

Diet plan for weightloss



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 bowl of poha or daliya with vegetable	Oats porridge (with skimmed milk) and fruits	2 brown rice idlis with sambhar	2 brown toasts with 1-egg omelette or 1 small bowl low-fat paneer bhurji	1 besan chilla with coriander-mint chutney
Snack	Mixed nuts (approx. 25g)	1 bowl of roasted makhana	1 apple	1 bowl of carrot and cucumber sticks	1 bowl of cut fruits and 1/2 glass of skimmed milk
Lunch	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (carrot-cauliflower-peas) and 1 bowl of curd	1 chapati, 1 small bowl of methi dal, 1/2 small bowl rice, 1 small bowl of sabzi (okra), and 1 bowl of vegetable salad	1 bajra roti, 1 small bowl of dal, 1 small bowl of sabzi (brinjal) and 1 bowl of vegetable salad	1 chapati, 1 small bowl of chole, 1/2 small bowl rice and 1 bowl of vegetable raita	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (pumpkin) and 1 bowl of curd
Snack	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of soup	1 bowl of sprouts salad	5-7 soaked almonds
Dinner	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (palak paneer)	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (bottle gourd)	Mixed vegetable salad topped with nuts, and grilled low-fat paneer	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (stuffed bitter gourd)	1 bowl of barnyard millet pulao with 1 small bowl of mixed vegetable curry
Optional beverages	Cucumber juice, wheatgrass juice, ash gourd juice, green tea, lemonade or amla juice				

This is an indicative diet. Consult a nutritionist to get a customized diet plan for your needs.

Weight Loss Plan This Month Clearance

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FDA Consumer ,1967 FDA Papers ,1972 *Journal of the American Dietetic Association* ,1991 Nutrition Abstracts and Reviews ,2000 **The Poultry Monthly** ,1879 **Dietary Fatty Acid Supplementation** ,1995 The Lancet ,1948 Toxicological Evaluation of Certain Food Additives and Contaminants Joint FAO/WHO Expert Committee on Food Additives. Meeting,International Program on Chemical Safety,1993 **Cosmopolitan** ,1989-10 **Good Housekeeping** ,1962 United States Economist, and Dry Goods Reporter ,1914 **Encouraging Commercial Sector Participation in Waste Diversion Programs** ,1992 **Dissertation Abstracts International** ,1990 Clinical Nephrology ,1988-07 Agricultural Review ,1938 Current Abstracts ,1956 **Proceedings of the Nutrition Society** ,2002 **Railway Age Gazette** ,1913 *Pharmacotherapy: A Pathophysiologic Approach, Eighth Edition* Joseph T. DiPiro,2011-04-04 The most comprehensive widely used and evidence based pharmacotherapy text available Full color design A Doody s Core Title ESSENTIAL PURCHASE for 2011 5 STAR DOODYS S REVIEW This is a gold standard reference in pharmacy and the information it provides equips readers with the knowledge base and confidence to provide the highest quality of patient care Doody s Review Service Hailed by Doody s Review Service as one of the best in pharmacy Pharmacotherapy A Pathophysiologic Approach is unmatched in its ability to help students develop a mastery of evidence based medicine for optimum patient outcomes The eighth edition will feature the addition of SI units throughout and an increased number of global examples and clinical questions Features Unparalleled guidance in the development of pharmaceutical care plans Full color presentation Key Concepts in each chapter Critical Presentation boxes summarize common disease signs and symptoms Clinical Controversies boxes examin complicated issues you face when providing drug therapy NEW material added to the online learning center EXPANDED evidence based recommendations EXPANDED coverage of timely issues such as palliative care and pain medicine Therapeutic recommendations in each disease specific chapter **Handbook of Nutrition and the Kidney** William E. Mitch,Saulo Klahr,2002 Now in its revised updated Fourth Edition this handbook is a practical easily accessible guide to the nutritional management of patients with kidney disorders Leading international experts present state of the art information on nutritional requirements in renal disease and offer dietary recommendations with menus and lists of supplements to enhance patient compliance Numerous tables and figures enable readers to find essential information quickly Half of this edition s chapters have been written by new contributing authors Coverage includes new information on nutritional requirements of patients receiving dialysis factors contributing to malnutrition in kidney disease and use of nutritional therapies to slow loss of kidney function A Brandon Hill recommended title

Adopting the Tune of Term: An Mental Symphony within **Weight Loss Plan This Month Clearance**

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