

# 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 ½ 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, ½ 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, ½ 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 Top Best Price

**LM Reder**



## **Weight Loss Plan Top Best Price:**

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jun 24 2022 indeed editorial team updated june 24 2022 when a company wants to communicate a message to every employee in their organization it often sends an organizational announcement an organizational announcement requires some preparation if a company wants to convey a message that is clear and accurate

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sep 26 2017 make a list of everything that must be communicated to employees about the organizational change anticipate questions employees may have about the changes and be ready to answer them include the points you will address in the initial announcement as well as how you will continue to communicate with employees about changes as they begin to happen

*five key messages for communicating organizational change* - May 16 2023

april 22 2022 key points anchor your change communications plan around the five topics staff must understand about any organizational change the need for change change solution change capacity change commitment and change impact

organizational restructuring announcement letter 52editions - Dec 31 2021

if you would like to inform your employees about a change in the organizational structure here is a sample organizational restructuring announcement letter anyone who has been through a company reorganization knows that it can be a trying time

**how to communicate organizational change 4 steps** - Jan 12 2023

jun 26 2020 communicating change given that organizational change is often difficult to implement it s important to consider the management skills required to cultivate success effective communication in particular plays a vital role in