

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.

Box Office Weight Loss Plan Update

Minjie Lin

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Box Office, 1953 [McCall's](http://www.mccalls.com), 1996 **Produce News**, 1966 **The British National Bibliography** Arthur James Wells, 1998 [The Publishers Weekly](http://www.publishersweekly.com), 1990 **Dr.**

Atkins New Diet Revolution Robert C. Atkins, 2003 With dozens of tips to make doing Atkins easier at home and elsewhere this revised classic contains the basic Atkins diet enhanced by new explanations of the underlying theories Includes new charts in a special exercise chapter and 100 recipes

TV Guide, 1995 **Natural Health**, 1996 **The Choose To Lose Weight-Loss Plan For Men** Ronald S. Goor, Nancy Goor, 2000-01-13 THE CHOOSE TO LOSE WEIGHT LOSS PLAN FOR MEN empowers you to control your weight by giving you all the information necessary to create your own clear quantitative fat budget No gimmicks no fluff No single food is off limits or forbidden You can eat as much as you like In addition an entire section is devoted to aerobic exercise stretching and weight training to take maximum advantage of the fat burning potential of the male body This is not a fad diet but a sustainable even enjoyable way of life for today's man Choose what you want to eat when you want to eat and how much you want to eat Food tables reveal the calorie and fat contents of more than 6 000 foods including brand name convenience foods and items from fast food chains

Newsletters Directory, 1987 **Forthcoming Books** Rose Arny, 1992 [Cosmopolitan](http://www.cosmopolitan.com), 1994 **Hotel & Motel Management**, 1979

Computer Buyer's Guide and Handbook, 1991 [Consumer Sourcebook](http://www.consumersourcebook.com) Wilson, Gill, 1989 **Business Week**, 2001

Sales Management, 1959 **Vegetarian Times**, 1983-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all Because while vegetarians are a great, vital, passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

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