



DIETARY GUIDELINES (NON-VEGETARIAN MEAL PLAN)

Fitness with Nidhi

Day 1

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
EGG WHITE OMELETTE WITH WHOLE WHEAT TOAST	1 FRUIT OF CHOICE	GRILLED CHICKEN SALAD	OATS SOUP	CHICKEN VEGGIE RICE

Day 2

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
OVERNIGHT OATS	GREEK YOGURT WITH BLUEBERRIES	VEGGIE SPROUTS RICE	CARROT STICK AND HUMMUS	SOUP AND GRILLED PANEER

Day 3

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DALIYA	PISTACHIOS	CHINESE FRIED QUINOA	SATTU DRINK	GRILLED CHICKEN AND BROCCOLI

Day 4

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
POWA	APPLE AND PEANUT BUTTER	STEAMED CHICKEN BALLS	GREEK YOGURT AND ALMONDS	EGG CHICKEN WRAP

Day 5

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
PANEER SANDWICH	COCONUT WATER	RICE WITH FISH CURRY	MAKAHNA PANEER CHAAT	STEAMED FISH

Day 6

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MIXED BEAN SALAD	VEGETABLE JUICE	VEGGIE DAL KHICHO	POTATO SPINACH OMELETTE	CHICKEN BREAST BROWN RICE AND MIXED VEGGIES

Day 7

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
BANANA PEANUT BUTTER SMOOTHIE	BUTTERMILK	SAMBAR RICE	EGG AVOCADO TOAST	CHICKEN AND AIR FRY VEGGIES

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Mediterranean Diet For Dummies Rachel Berman,2024-10-22 Your companion to the easy family friendly diet that anyone can follow The Mediterranean Diet incorporates the foods and eating habits of the Mediterranean to improve your health and promote longevity Mediterranean Diet For Dummies shows you that you don t have to give up the things you love to live a healthy lifestyle This easy to follow sustainable diet focuses on plant based foods and healthy fats while still letting you enjoy favorites like meat and cheese in moderation Discover the proven benefits of the popular Mediterranean Diet including reduced risk of chronic health conditions like heart disease and diabetes Rachel Berman a registered dietitian and recognized national nutrition expert walks you through the latest research on this diet You ll also find recipes and meal plans to help you get started on any budget Find out why so many people are switching to a Mediterranean Diet and get clear advice that will make it easy for you to switch too Learn how the Mediterranean Diet can improve your health and extend your life Get easy to understand summaries of the latest research on the diet including its benefits for brain health Discover the pros and cons of adapting the Mediterranean Diet to fit your lifestyle Follow recipes and meal plans that take the guesswork out of healthy eating If you want or need to change your diet this Dummies guide can be an important step toward a healthier lifestyle Natural Gas United States. Congress. Senate. Committee on Energy and Natural Resources,2010

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In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Weight Loss Plan 2025 Customer Service**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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