



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
POHA	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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The Weekly Japan Digest, 2003 *The National Guide to Educational Credit for Training Programs* American Council on Education, 2005 Highlights over 6 000 educational programs offered by business labor unions schools training suppliers professional and voluntary associations and government agencies Diet, Blood Cholesterol, and Coronary Heart Disease Russell Lesley Smith, Edward Robert Pinckney, 1988 *TV Guide*, 1994 *Biology Digest*, 1991 *The Consumer Health Information Source Book* Alan M. Rees, 1994 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what's most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it *Your Body, Your Diet* Elizabeth Dane, 2001 Why does a diet that works for one person fail miserably for another According to Dr Dane the key is metabolic type Our metabolic types determine not only the rate at which we burn calories but also our cravings for particular foods our changing energy levels throughout the day even our personalities Now Dr Dane combines the wisdom of ancient Eastern medicine with the latest findings of Western medical science to create a weight loss and lifestyle strategy that will leave readers slimmer more radiant and full of energy This remarkable book includes a detailed step by step 28 day guide to personal renewal including How to customize your diet for your exact metabolic type How to stop craving the foods that are most damaging to your body Why the combination of food is as

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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 to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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