

# Diet plan for weightloss



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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
<b>Snack</b>	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
<b>Lunch</b>	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
<b>Snack</b>	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
<b>Dinner</b>	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
<b>Optional beverages</b>	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 Customer Service

**O. Ray Whittington**

## **Weight Loss Plan This Month Customer Service:**

**Basic Health Care Series** Juliann Moen, 2017-02-01 This book on obesity has been written in a very different way not those typical book type which preaches high and mighty things Obesity is most commonly caused by a combination of excessive food intake lack of physical activity and genetic susceptibility A few cases are caused primarily by genes endocrine disorders medications or mental illness Evidence to support the view that obese people eat little yet gain weight due to a slow metabolism is not generally supported On average obese people have a greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass Obesity is mostly preventable through a combination of social changes and personal choices Changes to diet and exercising are the main treatments Diet plays an important role in the genesis of obesity Personal choices advertising social customs and cultural influences as well as food availability and pricing all play a role in determining what and how much an individual eats This book has been written not in the usual format of cause effect treatment When we are in the house we get to eat only what is in the kitchen but when we go to a cafeteria we can get whatever we want and of there is also the advantage of self service

*Discharge Planning Handbook for Healthcare* Ali Birjandi, Lisa M. Bragg, 2017-11-15 Hidden opportunities to improve profits in the healthcare industry abound in the area of discharge planning The Discharge Planning Handbook for Healthcare Top Ten Secrets to Unlocking a New Revenue Pipeline provides innovative new solutions that will show hospital administrators how to turn one of the most antiquated aspects of healthcare into on

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