

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.

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Juvenile Dieting, Unsafe Over-the-counter Diet Products, and Recent Enforcement Efforts by the Federal Trade Commission United States. Congress. House. Committee on Small Business. Subcommittee on Regulation, Business Opportunities, and Energy, 1990 Abstract This hearing discusses the dangers of unsupervised dieting unsafe over the counter diet products and recent enforcement efforts by the FDA against companies perpetrating diet frauds Witnesses describe the unhealthy effects of these diets and suggest ways of confronting the operators of these companies Several cases of anorexia nervosa and bulimia are described **Community Nutrition** Nweze Nnakwe, 2012-02-29 Thoroughly revised and updated Community Nutrition Planning Health Promotion and Disease Prevention Second Edition uses real world examples to reinforce core nutrition concepts and explores the current and emerging nutrition issues faced by today's diverse communities It presents the skills cultural concepts and background knowledge that are essential for promoting health and preventing disease **Weekly World News** , 1996-01-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Resources in Education** , 1990-10 *Association for Worksite Health Promotion Membership Directory* , 1997 **Health Promotion International** , 2007 **Worksite Health Promotion Economics** Robert L. Kaman, 1995 This text is an analysis of the effectiveness of worksite health promotion programmes It aims to provide professionals students and researchers with ways to measure the effectiveness of a worksite health promotion programme and presents the current state of research in the industry Health Promotion Programs Michael L. Teague, 1987 Based on the objectives found in Healthy People 2000 this text serves as a practical useful guide to understanding how health promotion impacts the wellbeing of older adults Drawing on experience in family practice health counseling health promotion and community health the authors provide a comprehensive interdisciplinary look at health promotion in later life and how students can take an active role The Graphic , 1878 **Marketing Health/fitness Services** Richard F. Gerson, 1989 This book provides you with the expertise of proven marketing strategies and tactics You'll find the skills you need to write a business and a marketing plan for your health fitness product program service facility or company book cover McCall's , 1996 **Worksite Health Promotion** , 1991 *Health Promotion Programs for Older Adults* Cathy Stauffer Kimble, Mary E. Longe, 1989 Written to provide hospitals with current information about what hospitals across the country are doing to preserve and improve the health of their rapidly growing older adult communities Discusses the relationship between hospitals and older adults market assessment goal setting program planning learning process and environment organizational placement staffing and training finances promotion of the program and evaluation Appendices contain information on resource organizations packaged health promotion programs program planning resources and national certification programs for exercise instructors **TV Guide** , 1995 **Health Promotion Throughout the**

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Singapore Medical Journal ,1960 **National Safety and Health News** ,1986 *The Role of the Government in the Promotion of Efficiency in the Retail Marketing of Food Products in Greater Santiago, Chile* Peter D. Bennett, 1965 *Company Practices in Health Care Cost Management* ,1984

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