

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.

Concert Tickets Weight Loss Plan This Month

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Wellness Reimagined Erin Clifford,2025-05-06 Wellness Reimagined A Holistic Approach to Health Happiness and Harmony is a practical empowering guide to creating a flexible fulfilling wellness routine tailored to your unique lifestyle and goals so you can live a life you truly love Wellness Reimagined is your guide to creating a life that reflects your unique goals values and needs Forget the one size fits all wellness plans this book is about embracing wellness as an ever evolving deeply personal journey Author and wellness coach Erin Clifford invites you to take a break from the chaos of daily life to redefine what wellness truly means to you Wellness isn't just the absence of illness it's the presence of a vibrant harmonious life that nurtures your physical mental emotional and spiritual well being In this guide Erin shares a holistic flexible approach that integrates nutrition exercise sleep stress management mindful living and intentional self care You'll learn to create a lifestyle that aligns with your personal values and helps you thrive not just survive Instead of rigid routines you'll explore adaptable habits and realistic goal setting techniques to enhance every part of your life whether that means boosting your energy with a mood enhancing meal plan establishing a fitness routine that fits a busy schedule or practicing mindful stress management With practical tools resources and Erin's SMART goal setting strategies Erin will empower you to set yourself up for success You'll discover how to design a wellness routine that flows with life's changes supporting you in both calm and chaotic times No need for perfect balance aim for harmony and build a lifestyle that you love starting with small steps that lead to meaningful change Start today and reimagine wellness on your own terms

Good Habits, Bad Habits Wendy Wood,2019-12-26 The world's leading expert on habits Matthew Syed bestselling author of Black Box Thinking and Rebel Ideas What if you could harness the extraordinary power of your unconscious mind to achieve your goals Shockingly we spend nearly half our day repeating things we've done in the past without thinking about them How we respond to the people around us the way we conduct ourselves in meetings what we buy when and how we exercise eat and drink a truly remarkable number of things we do every day we do by habit And yet whenever we want to change something about ourselves we rely on willpower alone We hope that our determination and intention will be enough to effect positive change And that is why almost all of us fail Professor Wendy Wood is the world's foremost expert on habits Drawing on three decades of original research she explains the fascinating science of how we form habits and provides the key to unlocking our habitual mind in order to make the changes we seek Combining a potent mix of neuroscience case studies and experiments conducted in her lab Good Habits Bad Habits is a comprehensive accessible and highly practical book that will change the way you think about almost every aspect of your life Wendy Wood is the world's foremost expert in the field and this book is essential Angela Duckworth bestselling author of Grit

Awaken the Diet Within! Julia Griggs Havey,1999-02 **Introductory Algebra** Linda Pulsinelli,Patricia Hooper,1991 **The Monthly Musical Record** ,1899 Includes music **The Monthly C.T.C. Gazette' and Official Record** ,1898 **The Wine-Lover's Healthy Weight Loss Plan** Tedd

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Musical Opinion and Music Trade Review ,1892 **The Athenaeum**

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Business Woman ,1959 **Cook's Excursionist and Home and Foreign Tourist Advertiser** Thomas Cook (Firm),1892

Monthly Bulletin ,1927 **U.S. News & World Report** ,2005 *Prevention's Stop Dieting & Lose Weight Cookbook*

Mary Jo Platt,1994 With good taste and a slimmer profile in mind this beautiful cookbook gives readers the tools they need to reshape their eating habits and their bodies No calorie counting No skipping meals These recipes follow a revolutionary new concept called fat budgeting which create recipes that satisfy a robust appetite and still help the consumer drop pounds

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