

# 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.

# Weight Loss Plan Vs Promo

**Nola J. Pender, Carolyn L.  
Murdaugh, Mary Ann Parsons**

## Weight Loss Plan Vs Promo:

### Understanding the Interaction Between Physical Activity and Diet for the Promotion of Health and Fitness

Karsten Koehler, Clemens Drenowatz, 2022-02-18 [Health Promotion and Aging](#) David Haber, 2013-03-26 Print CourseSmart *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. *Health Promotion Throughout the Lifespan* Carole Edelman, Carol Lynn Mandle, 2006 This comprehensive text provides the most current and accurate health promotion and disease prevention information available. The book addresses health promotion for all ages and all population groups: individuals, families and communities. It includes extensive coverage of growth and development throughout the life span with an emphasis on normal development as well as the specific problems and health promotion issues common to each stage. A complete unit is devoted to health promotion interventions. It also offers a unique assessment framework based on Gordon's Functional Health Patterns to provide consistency in presentation and an approach in line with the promotion of health. Extensive coverage of growth and development throughout all stages of the life span. A unit on specific interventions for health promotion. Addresses health promotion for all population groups: individual, family and the community. Incorporates Case Studies that depict actual clinical situations to give students a real life perspective. Innovative Practice examples highlight unique and creative health promotion programs. Summarizes specific clinical interventions in Health Teaching boxes to provide students with how to nursing actions. Think About It clinical scenarios provide critical thinking questions to help readers grasp important concepts. Multicultural Awareness boxes present cultural perspectives important to care planning. Introduces significant issues, trends and controversies in health promotion through Hot Topics boxes to engage students in critical discussion and debate about these topics. Research Highlights emphasize current research efforts and research opportunities in health promotion. A new Study Questions section with answers and rationales helps you review and assess your understanding of chapter content. Care Plans are presented in a consistent format. Nursing Diagnosis: Defining Characteristics, Related Factors, Expected Outcomes and Interventions. Healthy People 2010 boxes highlight current national health promotion priorities. A new full color design helps to highlight important features and content. A new companion Evolve website offers case studies with questions and answers. WebLinks content updates and a Glossary with search capability to enhance your learning experience. **Health Promotion Throughout the Life Span - Pageburst on VitalSource** Carole Lium Edelman, Carol Lynn Mandle, 2009-09-29 Take your understanding to a whole new level with Pageburst digital books on VitalSource. Easy to use interactive features let you make highlights, share notes, run instant topic searches and so much more. Best of all with Pageburst you get flexible online, offline and mobile access.

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