

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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**L. Kathleen Mahan, Sylvia Escott-
Stump**

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Approach Geoffrey P. Webb, Geoffrey P Webb, 2007-12-28 The third edition of this highly regarded introductory textbook continues to cover all aspects of nutrition including nutritional epidemiology, social aspects of nutrition, the science of food as a source of energy and essential nutrients and the microbiological safety of food and food processing. Its focus is on nutrition in industrialized nations. Understanding the Interaction Between Physical Activity and Diet for the Promotion of Health and Fitness Karsten Koehler, Clemens Drenowatz, 2022-02-18

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. **Health Promotion**

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Edelman, 1994 **Association for Worksite Health Promotion Membership Directory**, 1997 *B.E.T. Weekend Magazine*, 1996 *Health Promotion in Nursing Practice* Nola J. Pender, Carolyn L. Murdaugh, Mary Ann Parsons, 2006 A handy reference for health promotion frameworks, strategies and tools, this classic book focuses on national health promotion priorities identified in *Healthy People 2010* with special emphasis on culturally and racially diverse populations. The new edition of this text will expand upon the vision of the two new co-authors incorporated in the last edition. It will continue to be theory-based but will include more application of health promotion. New information will be integrated on health promotion in the learning disabled and the use of herbal medicine as it relates to health promotion. There will be new case studies and reflective practice activities to apply student's knowledge. For nursing students as well as nurse practitioners, community health nurses, occupational health nurses and school nurses. **Health Promotion and Education Thesaurus**, 2001

Congressional Record United States. Congress, 1991 The *Congressional Record* is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The *Congressional Record* began publication in 1873. Debates for sessions prior to 1873 are recorded in *The Debates and Proceedings in the Congress of the United States* 1789-1824, the *Register of Debates in Congress* 1824-1837 and the *Congressional Globe* 1833-1873.

Directory of Food and Nutrition Information for Professionals and Consumers Robyn C. Frank, Holly Berry Irving, 1992 Emphasizes nutrition education, food science, food service management and related aspects of applied nutrition. Part I has

chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information *TV Guide* ,2003 **Safety & Health** ,1987 Krause's Food, Nutrition, & Diet Therapy L. Kathleen Mahan,Sylvia Escott-Stump,2004 Krause s Food Nutrition Diet Therapy is a classic textbook in the field of nutrition and diet therapy providing a wealth of information on nutrition basics nutrition throughout the life cycle nutrition care nutrition for health and fitness and medical nutrition therapy Always up to date with the most current information available this outstanding resource recognizes the increasing importance of nutrition in achieving and maintaining optimal health and fitness and as a component of complete and effective healthcare It is universally recognized as an essential text for nutrition and diet therapy students and practicing registered dietitians It features extensive appendixes tables illustrations figures and clinical insight boxes that provide practical hands on information and clinical tools for use throughout a student s education and career **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 *Nutrition Abstracts and Reviews* ,2001 *United States Code Service* United States,2000 Resource added for course 10 110 104 Legal Research and the Paralegal program 101101 Military Medicine ,2001

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