

Intermittent Fasting Weight Loss Diet Plan

Health



Follow a fasting window that suits you



Start from **14:10**
14 hours of fasting with an eating window of 10 hours



Then move to **16:8, 19:5** or **20:4**

BREAKFAST



Idli or dosa



A glass of ragi/oats porridge



A bowl of upma with vegetables

LUNCH



-2 mixed whole grain chapatis, 1 bowl of gravy / a bowl of chicken or fish



Mixed vegetable salad



2 eggs



brown rice/ millet kichdi

DINNER



Light food like vegetable or chicken soup



Steamed vegetables, stir fry

SNACKS



Nuts



Fruit



Flax seeds

HANDY TIPS TO FOLLOW:



Abstain from drinking or eating during fasting window



Drink plenty of water, at least 2-3 liters



Maintain portion control when you eat



Eat dinner before 8, 7 or 6 p.m., depending on the window

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How to Lose Weight in Your Sleep: Easy No Diet Weight Loss Secrets to Be at Your Dream Weight , **Weekly World News** ,2002-04-30 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](http://www.weeklyworldnews.com) is a leading entertainment news site **Weekly World News** ,1996-05-28 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](http://www.weeklyworldnews.com) is a leading entertainment news site **The New York Times Index** ,1926 **Netter's Sports Medicine, E-Book** Christopher Madden,Margot Putukian,Eric McCarty,Craig Young,2021-12-24 With comprehensive highly visual coverage designed for sports clinicians team physicians sports medicine fellows primary care physicians and other health care professionals who provide care to athletes and active individuals Netter s Sports Medicine 3rd Edition is an ideal resource for everyday use Editors include three past presidents of the American Medical Society for Sports Medicine it includes contributions from world renowned experts as well as a rich illustration program with many classic paintings by Frank H Netter MD From Little League to professional sports weekend warriors to Olympic champions and backcountry mountainside to the Super Bowl field this interdisciplinary reference is indispensable in the busy outpatient office in the training room on the sidelines and in preparation for sports medicine board certification More than 1 000 superb Netter graphics tables figures pictures diagnostic images and other medical artwork highlight easy to read bulleted text New coverage of esports as well as other key topics such as travel considerations for the athlete EKG interpretation cardiac disease diagnostic imaging and ultrasound injury prevention protocols and mixed martial arts Up to date information on nutritional supplements eating disorders sports and pharmacology for chronic conditions and behavioral medicine and extreme and adventure sports Designed for quick reference with a logical organization by both topic and sport Online features include downloadable patient education handouts and handy links *Vegetarian Times* ,1990-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both [ChangeOne: The Diet & Fitness Plan](#) Editors of Reader's Digest,2006-12-28 **Vegetarian Times** ,1990-03 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *United States Code Annotated* United States,1928 *Ward's Business Directory of U.S. Private and Public Companies* ,2007 This multi volume set is a

primary source for basic company and industry information Names addresses SIC code and geographic location of over 135 000 U S companies are included **Vegetarian Times** ,1996-11 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *Brandweek* ,1994 *McCall's* ,1928 *Modern Hospital* ,1925 **Medical Times** ,1904 The Insurance Press ,1925 **Charlotte Medical Journal** ,1912 **Southwestern Medicine** ,1927 **Railroad Brakemen's Journal** ,1930 The Medical Standard ,1904

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