

# 1000 Calorie Diet Plan

## Breakfast

1 Cup of vegetable poha  
1 Cup (200ml) of Low-fat milk



**150**  
Calories



**60**  
Calories

## Mid Morning Snack

1 Small Bowl of Mixed fruit chaat



**80**  
Calories

## Lunch

2 Small Chapatti  
1 Small bowl Palak dal



**160**  
Calories



**150**  
Calories

## Evening Snack

1 Cup of Masala Chai  
2 Pieces of Dhokla



**40**  
Calories



**160**  
Calories

## Dinner

1 Small Bowl Vegetable khichdi  
1 Small Bowl Cucumber and Tomato Salad



**150**  
Calories



**100**  
Calories

# Weight Loss Plan Compare Customer Service

**R Sandford**



## **Weight Loss Plan Compare Customer Service:**

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and addressing obstacles to long term success Extensive use of tables and figures illustrate major points and provide readers with sample handouts for clinical use *Illinois Welfare and Rehabilitation Services Plan* Illinois. Dept. of Human Services,1976 **Medical Journal of Australia** ,1918 *New York Journal of Homœopathy* ,1918 **Gas Age** ,1930 Includes summaries of proceedings and addresses of annual meetings of various gas associations L C set includes an index to these proceedings 1884 1902 issued as a supplement to Progressive age Feb 15 1910 **The American Journal of Nursing** ,1925 **Modern Hospital** ,1925 Kentucky Medical Journal ,1922

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