

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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Weight Loss for People Who Feel Too Much Colette Baron-Reid, 2013-01-01 Here's the truth: Other people's drama is making you fat. You're a good person. You feel for other people's troubles and challenges. Heck, you're probably the go-to person for a whole list of people when the going gets tough. But is your caring nature keeping you out of the best shape of your life? Break the cycle and be the loving person you are without letting other people's drama keep you from being a hot mamma. *Weight Loss for People Who Feel Too Much* focuses on the keys to weight loss for sensitive people. With a simple, practical program, bestselling author and internationally renowned intuitive counselor Colette Baron Reid shows you how to release the extra pounds and create a new healthy relationship with your body, your weight, and food. This 4-step, 8-week program will show you how to finally let go of what's weighing you down physically and emotionally. You will learn how to reverse empathy overload and establish healthy boundaries. Avoid the noisy trigger foods that lead to autopilot eating. Deal with challenging situations and avoid your detours from procrastination to perfectionism that sabotage the success you deserve. This book is your guide to having a new healthy, loving relationship with your food and your feelings. It's the end to other people's drama and the beginning to the body and life you deserve. *Hcg Diet 800 Calorie Protocol Second Edition* Sonia E. Russell, 2012-08 Licensed nurse Sonia Russell, LPN, is recognized as a leading expert in hCG diet research and weight loss safety. Many dieters have claimed to be weak, tired, complain of hunger, frequent headaches, and hair loss on the original 500-calorie VLCD. The HCG Diet 800 Calorie Protocol was developed from years of patient data obtained in the clinical setting to provide the dieter with a safer, effective, and more comfortable plan. The 800 Calorie Protocol includes the use of vitamins and minerals, adding breakfast, more protein sources, an extra fruit serving, and more food choices. The results have shown to yield the same, if not better, weight loss when compared to the original 500-calorie protocol. The modified version also includes an improved phase 3 stabilization plan by removing certain foods that many dieters have been known to overindulge upon. The 800 Calorie Protocol teaches the principals of eating clean by prohibiting canned and processed foods, fat-free, sugar-free, store-bought foods, or products containing preservatives, flavor enhancers, pesticides, herbicides, sugar substitutes, corn syrups, or hormones. The dieter will learn healthier ways to grocery shop, read food labels, and prepare and cook healthier foods. The HCG Diet 800 Calorie Protocol Second Edition contains detailed updates to each phase of the 800 Calorie Protocol, including new stall-breaking techniques, egg white protein alternatives, approved breakfast protein shakes, updates to the phase 2 food guide, phase 2 allowable water, veggies, more delicious phase 2 and 3 recipes, sample menus for phases 2 and 3, a detailed phase 3 stabilization plan, dieter testimonials, all required hCG essentials, updated hCG diet FAQs, recommended supplements, calorie counting charts, and exercise routines. **Keto for Beginners** Stefano Villa, 2019-03-29 Are You Ready To Lose Weight with The Keto Diet Easily? Did you know you can lose weight when you eat fat instead of carbs? Losing weight is not easy. Yes, that's right. It requires the right knowledge, diet, and commitment. That's why this eBook will not

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Primary Care - E-Book Terry Mahan Buttaro,Patricia Polgar-Bailey,Joanne Sandberg-Cook,JoAnn Trybulski,2012-03-01 Written by and for Nurse Practitioners from a unique collaborative perspective Primary Care A Collaborative Practice 4th Edition prepares you to provide care for all of the major disorders of adults seen in the outpatient setting Evidence based content reflects the latest guidelines for primary care of hundreds of conditions including hypertension diabetes and sexually transmitted infections Now in full color the 4th Edition includes chapters on emerging topics such as genetics obesity lifestyle management and emergency preparedness Combining a special blend of academic and clinical expertise the author team provides a practical text reference that promotes a truly collaborative primary care practice Comprehensive evidence based content incorporates the latest standardized guidelines for primary

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[Women's Bodies, Women's Wisdom](#) Christiane Northrup, M.D., 2020-05-12 The New York Times bestselling guide to physical and emotional wellness for women of all ages fully revised and updated for 2020. A masterpiece for every woman who has an interest in her body, her mind, and her soul. Caroline Myss Ph.D. author of *Anatomy of the Spirit* I recommend *Women's Bodies* *Women's Wisdom* to all women and also to all men who want to understand and nourish the women in their lives. Deepak Chopra M.D. author of *Ageless Body Timeless Mind* Emphasizing the body's innate wisdom and ability to heal *Women's Bodies* *Women's Wisdom* covers the entire range of women's health from the first menstrual period through menopause. It includes updated information on pregnancy, labor, and birth, sexuality, nutrition, hormone replacement therapy, treating fibroids, avoiding hysterectomy, and maintaining breast and menstrual health. Fully revised and updated to include the very latest treatment innovations and research data and reflecting today's woman's proactive involvement in her own health care, this important new edition will help women everywhere enjoy vibrant health with far fewer medical interventions. Filled with

dramatic case histories *Women s Bodies Women s Wisdom* is contemporary medicine at its best combining new technologies with natural remedies and the miraculous healing powers within the body itself

The Hollywood Trainer Weight-loss Plan Jeanette Jenkins,2007 Outlines a holistic three week plan for wellness and weight loss as based on the author s 7 simple steps to success philosophy in a reference that provides a customizable exercise regimen menu plans and self assessment guidelines

Food Allergy and Gluten-Free Weight Loss Nicolette M. Dumke,2011 Food Allergy and Gluten Free Weight Loss gives definitive answers to the question Why is it so hard to lose weight It is because we have missed or ignored the most important pieces in the puzzle of how our bodies determine whether to store or burn fat Those puzzle pieces are hormones such as insulin cortisol leptin and others Individuals with food allergies or gluten intolerance face additional weight loss challenges such as inflammation due to allergies or a diet too high in rice This book explains how to put your body chemistry and hormones to work for you rather than against you reduce inflammation which inhibits the action of your master weight control hormone leptin and flip your fat switch from store to burn It includes a flexible healthy eating plan that eliminates hunger promotes the burning of fat and reduces inflammation and tells how to customize the plan so it fits you your allergies or intolerances and your need for pleasure in what you eat Information about cooking for special diets 175 recipes a list of sources for special foods and extensive appendix and reference sections are also included

Annual Editions Dorothy Klimis-Zacas,2004 This sixteenth edition of Annual Editions Nutrition contains timely selections from the best of the public press Sources such as Harvard Health Letter Mayo Clinic Health Letter Healthy Weight Journal and The New England Journal of Medicine Some of the issues discussed include the importance of nutrients and fibre the affect of diet on health weight management food safety and the world s food supply

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