

# 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 This Month Install

**Editors of Reader's Digest**



## **Weight Loss Plan This Month Install:**

**The 20 Dollars Weight Loss Plan : Lose Weight, Remain Fit, Live Longer with The Secret Elements of Longevity** Cyril O, This Ebook is for everyone regardless of your weight The book highlights how to use the secret elements of longevity to lose weight and maintain the weight remain fit and most importantly remain young for a very long time The Elements of longevity that the creator has blessed us with is very overlooked while they are all around us This book cater to the weight need of people with body mass index ranging from the very thin 19 to the very obese 30 The good thing is that after reading this book you could walk to to the nearest store to start the process and within a month you are on your way to shedding all the weight and becoming fit young and on the way to prolong your life beyond your imagination Take action today It is a revelation that will save you money on your weight loss goal Yes 20 dollars will get you the desired weight depending on the ability to follow instructions *The Snack Factor Diet* Keri Glassman,2008-04-22 This revolutionary new approach to eating reveals the secret to losing weight is eating more all day in fact Glassman includes a variety of 30 day plans tailored to individual tastes goals and metabolism as well as hundreds of healthy snack ideas *The Hahnemannian Monthly* ,1929 **The Choose To Lose Weight-Loss Plan For Men** Ronald S. Goor,Nancy Goor,2000-01-13 THE CHOOSE TO LOSE WEGHT LOSS PLAN FOR MEN empowers you to control your weight by giving you all the information necessary to create your own clear quantitative fat budget No gimmicks no fluff No single food is off limits or forbidden You can eat as much as you like In addition an entire section is devoted to aerobic exercise stretching and weight training to take maximum advantage of the fat burning potential of the male body This is not a fad diet but a sustainable even enjoyable way of life for today s man Choose what you want to eat when you want to eat and how much you want to eat Food tables reveal the calorie and fat contents of more than 6 000 foods including brand name convenience foods and items from fast food chains *Preacher and Homiletic Monthly* ,1920 **How to Add Years to Your Life** Battle Creek Sanitarium (Battle Creek, Mich.),1934 *Virginia Medical Semi-monthly* ,1913 **The Monthly Cyclopædia of Practical Medicine. V.1-21, V.22, No. 1-5, Aug. 1887-Apr. 1908** ,1900 **The Pritikin Permanent Weight Loss Manual** Nathan Pritikin,1982-03 *The Monthly Cyclopaedia of Practical Medicine and Universal Medical Journal* ,1900 **Electrical Installation Record** ,1912 *ChangeOne: The Diet & Fitness Plan* Editors of Reader's Digest,2006-12-28 *Popular Science Monthly* ,1928 *Wholesale Grocery Review* ,1927 **EuroKarst 2022, Málaga** Bartolomé Andreo,Juan Antonio Barberá,Juan José Durán-Valsero,José Manuel Gil-Márquez,Matías Mudarra,2023-01-01 This book covers advances in the field of karst from a variety of perspectives to facilitate knowledge and promote interaction between disciplines New methods are addressed that advance data collection analysis and interpretation in a wide range of karst contexts Case studies are presented to provide examples of advancing science Issues addressed include karst hydrogeology water resources assessment groundwater pollution and protection methods to study karst aquifers based on hydrodynamic hydrochemistry isotopes dye tracing

geophysical surveys and modeling techniques karst geomorphology and landscape mining and engineering in karst media tunnels dams etc and karst cavities touristic caves natural heritage This book is a resource for scientists around the world to compare problems results and solutions Likewise the examples included are used in policy decision making in karst regions Finally the contributions are used as a tool for university teaching **Educational Symposium** Student American Veterinary Medical Association,1979 **Dairyman's Monthly Review** ,1923 The Journal of Gas Lighting, Water Supply & Sanitary Improvement ,1905 *Association Medical Journal* ,1917 *The Tufts University Guide to Total Nutrition* Stanley N. Gershoff,Catherine Whitney,1991

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