

1 week Diet plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Poha with veggies & a glass of fresh orange juice 	Brown rice, rasam & cabbage stir-fry 	Low-glycemic fruits 	Wheat dosa with roasted chana dal chutney 
TUESDAY	Vegetable oats or dalia 	Brown rice, beetroot poriyai, dal & curd 	Roasted chana 	Chapati or rotis with vegetable kurma & salad 
WEDNESDAY	Ragi Rava Dosa with mint chutney 	Brown rice pulao with raita 	Whole wheat bread with almond/peanut butter 	Besan chilla with vegetables 
THURSDAY	Vegetable Upma 	Brown rice, sprouts curry, rasam & curd 	Roasted Makhana or Foxnuts 	Chapati or rotis with chana masala & green salad 
FRIDAY	Brown rice idlis with coconut chutney 	Dalia khichdi with vegetables & curd 	A handful of peanuts or walnuts 	Roti with a bowl of sprouts 
SATURDAY	Broccoli & gobi paratha 	Brown rice, stir-fry spinach, moong sprouts & curd 	Banana or any other fresh seasonal fruit 	Chapati or rotis with low-fat paneer curry & salad 
SUNDAY	Ragi banana pancakes 	Quinoa fried rice with vegetables, cashews & sesame seed 	Baked vegetable cutlets or sweet potato tikkis 	Bajra, moong & peas khichdi 

For weight loss

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strategies and advice on mutual funds automobile leasing entertainment expenses social security and corporate taxes

Electrical Installation Record ,1927 **Health Care Software Sourcebook, 1999** Aspen Reference Group,1998

Describes some 1 100 software packages for use in all aspects of health care Products are grouped by application in 23 categories such as information systems decision support financial management case management medical records radiology staff education and library reference materials Entr **Fundamentals of Federal Income Taxation** James J.

Freeland,2004 Part of the University Casebook Series Fundamentals of Federal Income Taxation provides detailed information on federal income taxation with selected cases and expanded coverage of capitalization issues The revised and updated thirteenth edition covers the Jobs and Growth Tax Relief Reconciliation Act of 2003 including reduction in tax rates for individuals accelerated marriage penalty relief reduction in the capital gains rate new rates on qualified dividend income increased additional depreciation under Section 168 k and liberalization of Section 179 bonus depreciation The casebook also contains new problems and discussion of capitalization rules such as gains on principal residences under Section 121 tax benefits of higher education retirement programs and capital gains and losses reflecting amendments to Section 1 h

Building Age ,1926 **Manufacturers' News** ,1926

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