

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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Albert A Gayle



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Materials Performance, 1996 **Corrosion in the Petrochemical Industry, Second Edition**, 2015-12-01 Originally published in 1994 this second edition of *Corrosion in the Petrochemical Industry* collects peer reviewed articles written by experts in the field of corrosion that were specifically chosen for this book because of their relevance to the petrochemical industry This edition expands coverage of the different forms of corrosion including the effects of metallurgical variables on the corrosion of several alloys It discusses protection methods including discussion of corrosion inhibitors and corrosion resistance of aluminum magnesium stainless steels and nickels It also includes a section devoted specifically to petroleum and petrochemical industry related issues Health, 1990 **American Aviation News Issue**, 1958 Issues for include Annual air transport progress issue **Lessons in Cookery: Diet for adults** Frances Elizabeth Stewart, 1919 *McCall's*, 1996 *Computer Programs for the Building Industry* Geoffrey Hutton, Michael Rostron, 1984 **Transactions of the ASAE**. American Society of Agricultural Engineers, 1986 **Understanding Normal and Clinical Nutrition** Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes, 1987 Abstract A comprehensive reference text for college nutrition students dietitians clinical nutritionists and other health professionals presents detailed authoritative colorfully illustrated material on a variety of practical areas involving interactions between nutrition and health Topics addressed by the 25 text chapters include nutrition health interaction concepts diet planning guides the characteristics and requirements of each of the major nutrient classes nutritional needs at different life stages nutrient digestion absorption and in vivo transport weight control food safety nutritional assessment and care strategies hospital dietetics nutritional and drug therapy nutritional intervention in stress due to surgery infection and burns nutritional interactions with system and organ disorders

gastrointestinal tract liver exocrine pancreas gallbladder heart and blood vessels kidneys and nutritional care of cancer patients Ancillary data and information including food composition data RDA s biochemical pathways supplements and enteral formulas are presented in 12 appendices

Wallaces Farmer ,1979 **Sunset Kitchens Planning & Remodeling** Editors of Sunset Books,1983-10-01 TV Guide ,2001 **Balanced Daily Diet** Janet McKenzie Hill,1920

Metropolitan Management, Transportation and Planning ,1920 **The Delineator** R. S. O'Loughlin,H. F. Montgomery,Charles Dwyer,1927

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