

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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Integrated Cost and Schedule Control in Project Management Ursula Kuehn PMP, EVP, Ursula Kuehn, 2010-10 The Practical Precise and Proven Approach to Integrated Cost and Schedule Control This trusted project management resource now in its second edition includes expanded coverage of how integrated cost and schedule control works within the federal government With the renewed emphasis on transparency in government the processes detailed in this book are particularly relevant Building on the solid foundation of the first edition this updated second edition includes new material on Project planning in the federal government Integrated baseline reviews Federal requirements for an ANSI EIA 748 compliant earned value management system Federal requirements for performance reports Integrated Cost and Schedule Control in Project Management Second Edition continues to offer a practical approach that is accessible to project managers at all levels The step by step presentation numerous case studies and instructive examples give practitioners relevant material they can put to use immediately *Specifications, Schedule, and Drawings* United States. Bureau of Reclamation, 1930 *Schedules, Specifications, and Drawings* United States. Bureau of Reclamation, 1937 **Popular Mechanics** ,1926-04 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Computerworld** ,2006-05-15 For more than 40 years Computerworld has been the leading source of technology news and information for IT influencers worldwide Computerworld's award winning Web site Computerworld.com twice monthly publication focused conference series and custom research form the hub of the world's largest global IT media network **Dams and Control Works** United States. Bureau of Reclamation, 1929 A description of representative storage and diversion dams and high pressure reservoir outlet works constructed by the Bureau of Reclamation **Computer Program Abstracts** ,1971 **A Selection of ... Internal Revenue Service Tax Information Publications** United States. Internal Revenue Service, 1994 **Specifications - Bureau of Reclamation** United States. Bureau of Reclamation, *Railway Age* ,1924 Effective Project Management Through Applied Cost and Schedule Control James Bent, Kenneth K. Humphreys, 1996-05-01 This work outlines a state of the art project control and trending programme focusing on advanced applied cost and schedule control skills for all phases of a project at both owner and contractor level It contains information on the three major aspects of the total project programme the techniques and procedures utilized for a project the experience and analytical ability of project personnel and the commitment and teamwork of a project group **Buying the Big Jets** Professor Paul Clark, 2012-10-01 Selecting the right aircraft for an airline operation is a vastly complex process involving a multitude of skills and considerable knowledge of the business Buying The Big Jets was first published in 2001 to provide guidance to those involved in aircraft selection strategies This Second Edition brings the picture fully up to date incorporating new discussion on the strategies of low cost carriers and the significance of

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