

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

Weight Loss Plan Best

Judith Willis



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web an array or string of xml response arguments t t type string what xml rpc response type used as a child element of response t default object object t type string false action value to use for the action attribute in response will be t appended with id on output

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the objectives of the boiling point determination lab were to determine the boiling point of a mystery substance provided to each student boiling point is the point at which a liquid changes physical states and becomes a vapor or gas boiling point is important to understand because it can be used to help distinguish between different substances

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the boiling point of an organic liquid is the temperature at which its vapour pressure equals the atmospheric pressure over the liquid or it is the temperature at which the vapour and liquid phases are in equilibrium at agiven pressure the boiling point is considered as a criterion of purity of a compound and is useful for identification of

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given that the boiling points of ethanol and methanol 78 c and 64 c respectively are far off in a significant way this seems like a valid conclusion conclusion thermometer calibrations are necessary in order to collect reliable information as precise calculations are imperative to gathering correct results

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melting point 1 a push the open end of a capillary tube into the powdered acetamide b move the powder to the closed end of the capillary tube by tapping it on the table repeat until the the powdered acetamide occupies 1 2 mm of the capillary tube end c

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boiling point determination lab report conclusion objectivesto correctly measure boiling issues of various liquids and identify an unknown liquid based on its boiling point background information objekte can be distinguished into acid properties and physical properties

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discussion and conclusion the technique recrystallization was used because it is a simple method to purify a solid compound the percentage yield for benzoic acid and acetanilide acid being high indicated the initial sample had a low concentration of impurities with the melting point being in a specific

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introduction in this lab we will be using boiling points melting points and infrared spectrometry to identify unknown compounds boiling points are affected by three key factors the first being intermolecular forces inter molecular affect boiling point based on bond strength

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determination of boiling points introduction the boiling point of a compound is the temperature at which it changes from a liquid to a gas this is a physical property often used to identify substances or to check the purity of the compound it

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clean up solid and liquid spills immediately true g conclusions after conducting the boiling point determination lab it can be concluded that the unknown substance 193 is isopropyl alcohol on account of its observed boiling point of 88 c

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conclusion after completing this experiment the melting point of three different unknown compounds was obtained using the mel temp apparatus compound a had a melting point range of 114 6 115 5 c thus revealing it to be acetanilide compound b had a melting point range of 122 6 124 5 c thus

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nov 27 2019 essay sample the purpose of this experiment is to determine the boiling points of various organic compounds and to use these to identify unknowns equipment free essays

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melting point can be used as the identity and purity of an organic solid however it is not the same as the boiling point the boiling point is a characteristic unique of pure liquids the boiling point is the temperature at which the vapor pressure of a liquid is equal to the atmospheric pressure

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the purpose of the experiment is to understand what vapour pressure is and how it changes with temperature to understand the relationship between vapour pressure at a given temperature and boiling temperature at a given pressure to determine the vapour pressure of a pure liquid at various temperatures

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exploring boiling points abstract in this experiment we are given a set of straight chain alkanes and a set of compounds to compare by following the trendline of the straight chain alkanes it could be concluded that as the molar mass of the straight

chain alkanes increases their boiling points increase as well

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laboratory partners samantha and mackenzie goals □ correctly determine the boiling point of an unknown liquid □ measure the refractive index of an unknown □ use the gas chromatogram to determine the mass percentage of a mixture and *boiling point determination faculty of science* - Jun 18 2023

50 c so in order to convert an experimental measurement taken in calgary which is at higher altitude than sea level and so is at a lower pressure to that reported for sea level higher pressure one needs to add a correction factor since the boiling point at sea level is higher than that at higher altitudes

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introduction in chemistry one may encounter an unknown substance that need to be determined by physical properties such as boiling point melting point density solubility etc in this experiment i am to figure out the boiling point of a mystery substance in order to identify it chemical responsibility this experiment requires the handling of a bunsen burner boiling

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there are a variety of methods by which a sample s boiling point can be determined including distillation reflux and by using a thiele tube the most straightforward method uses a thiele tube and has the advantage of using less than 0 5ml 0 5 ml of material

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