

MS. KAJAL R. SAWLA

30.04.2022

**DIET MODIFICATION – 1**  
**(to be followed for 1 week)**

On waking up : 1 glass sauf water (*fims*)

9.30am : 200ml ash gourd + mint juice

11.00am : 200ml moong water

Lunch (1.00pm) : 1 bowl barley, carrot & pumpkin soup

4.00pm : 200ml dudhi + cucumber + mint juice

5.30pm : 200ml kokum water

Dinner (7.00 pm) : 1 bowl barley, carrot & pumpkin soup



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### **HOME REMEDIES :**

- Sauf water - soak 1 tsp sauf in 1 glass water overnight. Strain & drink the water. Discard the seeds
- Moong water - Pressure cook ½ cup moong with 350ml water (make sure you overcook the moong). Blenderize the moong. Heat a small pan & add 1 tsp ghee, ½ tsp jeera, 1 pinch haldi, pour the tadka on the moong panni. Mix it well , add salt & cook it for 3-4 mins. Switch of the flame & add lemon juice & mix well.

### **INSTRUCTIONS:**

- Drink 1 ltr jeera infused water per day
- Avoid milk, tea, coffee, maida, fried foods, processed foods, sugar, honey, jaggery, aerated beverages, alcohol
- Extract juice from a juicer. Do not add any spices/sugar/ chaat masala to it



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