

Overall view of diet plan:

You have tired and test many Diet variation with me,

1. Now you have to fast fruit based once a week and keep either Ekadasi 11th day of moon day or Pardosh is 14th day moon cycle.
- Monday fast we have finalised.

Mind in tips

- Vegetables leafy green spinach Methi coriander curry leaves
- Raw vegetable juice add once a day on and off.
- Fruits berries banana orange tomato Apple dry coconut
- Grains gluten free brown rice buckwheat quinos
- Chia Seed, pumpkin seed and flax seed
- Dairy product in moderation low fat milk, cheese and yogurt.

Have pomegranates and ionized salt daily

- Include broccoli brown rice Chia seed flaxseed Brazil nut mushroom ,sunflower seed mushroom are reach **source of Selenium**
- Avoid excessive intake of coffee along with this atoms as coffee destroyed Selenium absorption

- Food the best **source of zinc** is mainly found in chickpea, lentil, beans, oatmeal, mung pumpkin and watermelon seeds.

After Mini fasting plan

Options for breakfast:

Breakfast recipes

1. Overnight Oatmeal Smoothie

- 1 packet of plain, instant oatmeal
- 1/2 to 1/3 cup nonfat milk or unsweetened, plant-based milk+1 medium fruit (pear, apple, mango or solid fruit +1 teaspoon honey+1 tablespoon chopped almonds
- Combine the oatmeal, milk, and honey in a small container.
- Top with chopped almonds and pear pieces.

- Cover and refrigerate overnight. only in case you cool you can eat, otherwise 2-3 hour soaked at room temperature will do.

2. Hummus:

Raw soaked chana steam just one boil and grate it in mixer add coconut oil or olive oil raw and salad of choice with green chutney .

3. Moong

Overnight soaked boiled moong with salad.

You can have chocolate chip dipped in non fat milk with this.

4. Chia seed pudding: Fruits and plant based milk and chia seeds

5. Flax seed 2tsp with fruits

Lunch :

Veg and Brown rice or jowari chapatti

Even Fruit /sprout what you didn't have in breakfast

Dinner:

The light possible but not empty stomach soup and least oil and can have chilla or rice if not had in morning.



Food has

Water is important source of balance.

Next we will start with Liver / gall bladder detox diet

With lemon water or Fruit juices.