

Banana Diet

Course	Menu
On Rising	1 glass water + 1 tsp jeera powder
Breakfast	2 Bananas
Mid-Morning	Mint (15-20) Leaves + coriander (handful) + few drops of lime
Lunch	1 bowl Dal + 1 bowl Vegetable
Evening	1 glass buttermilk OR 1 cup herbal Tea OR 1 Cup green tea
Mid-Evening	2 medium banana
Dinner	Soya roti (1) + 1 bowl vegetable