

Khichdi Diet (R)

On rising : 1 tbsp coriander seeds boil in a cup of water , strain it , drink

10:00 : Juice : Mint – 10-15 leaves + Coriander – handful + ginger – ½”
(Blend it , strained it , drink it)

Pre Workout : Fruits (No citrus , no grapes , No sitapha
+ Herbal tea – 1 cup

Lunch : Vegetable khichdi – 1 bowl + Kadhi – 1 bowl
(Use Green and yellow dal + Use / kolam or sona masuri rice)
(No Tur Dal)

Post lunch : 1 glass Buttermilk (No salt , add jeera , ginger , curry patta)

Evening : 4:00 : Papaya / Pomegranate/ Apple / Pear
5:00 : Sukhabhel / Murmura – 1vati

Dinner : 1 bowl Get glowing + Same as lunch

Infused water : Keep this ingredients infused in 1 litre water .No need to boil Keep aside for 2 hours . Then start siping from this water thruout the day . U can strain the water or keep ingredients in it .

Recipes:

1. Herbal tea :

Ingrediants:

Tulsi 4-5 leaves

ginger 1 tsp

pinch of cinnamon powder

lime juice 1/2 tsp

Method:

Boil a glass of Water put tulsi 4-5 leaves and ginger 1 tsp let it be half.

Strain add dash of lime and pinch of cinnamon powder to it strain and sip it hot

2. **Get Glowing Soup**

Ingredients:

- 1 cup red pumpkin
- 1 /2 cup chopped carrot
- 2 tbsp chopped onions
- 1 /4 tsp Suva /dilli seeds optional
- Salt,blk pepper powder to taste

Method:

1. Heat oil in pressure cooker ,saute dilli seeds for a minute, add onions saute for a min.
2. Add carrot, pumpkin with 2 cups water and pressure cook till 2 whistle.
3. Blend the mixture
4. Add salt, black pepper powder
- 5 Boil for 5 mins
6. Serve hot.