

Post Delivery Diet

Course	Menu
On Rising	<p>Balwant Kadha (Post Delivery No. 1,2,3): 1 glass of water. Each bottle to be finished within 10 days. Start the first immediately that's on the first day itself.</p> <p>Suva Water: 1 tbsp Suva seeds. Boil in a glass of water. Strain and drink take for first 10days.</p>
Breakfast	<p>Tea 1 cup OR Coffee</p> <p>1 cup Bajra Dhebra OR Oats porridge OR Sindhi Koki OR Thalipeeth OR Moong Dal Chilla OR Jowari Upma OR Rava Upma OR Tomato Jowari Chilla + Green Chutney</p> <p>Hirabol: You get stone like or tablets of the same. Take 1 tablet after breakfast.</p>
Mid-Morning	<p>Methi Ladoo (1) OR Almonds (5 Soaked) + Walnuts (5 Soaked) OR Protein Ball (1) OR Assorted Fruits (1 Bowl)</p>
Pre-Lunch	<p>1 glass of Buttermilk - 2 tsp of curds add 1 tsp of jeera powder (NO salt).</p>
Lunch	<p>Jowari roti OR Bajri roti OR Multigrain roti + Vegetable (1 Bowl) + Salad (1 Small vati) + Dal (1 Small vati) OR Quinoa Khichdi</p> <p>After lunch 2 tbsp of Mukhwas Mukhvas: Make mukhwas of Suva, white TIL, Alsi, Dry Coconut.</p>
Evening	<p>Tea 1 cup OR Coffee 1 cup + Roasted poha chivada OR Methi palak Dhokla (5-6 pieces) + Green chutney OR Power Poha OR Oats palak OR Methi Dhokla OR Jowar puffs</p>

Mid-Evening	Nachni Raab: 50 ml milk +50 ml water+1 tbsp mix nuts powder +2 tbsp Nachni + 1 tbsp ghee. Boil all together. Make like thin soup and take it every evening OR Gunder Raab OR Whey soup OR Mix vegetable soup OR Nachni laddoo
Dinner	Bajra Moong dal khichdi OR Vegetable Khichdi OR Bajra stuff roti OR Nachni uttapam OR Dil Thepla OR Garlic roti OR Mix dal Handvo OR Multigrain dosa + Sambhar (1 Bowl) + Green chutney OR Rice besan pan cake OR Nachni uttapam After dinner 2 tbsp of Mukhwas (Same as above)
Post Dinner	Satavari Milk: Take 1 tbsp shatavari powder in a glass of milk. For milk production.

Recipes

Dil Thepla:

Ingredients	<ol style="list-style-type: none">1. 2 tbsp chopped dill (Shepu / Suva Bhaji)2. 3 tbsp of Jowari atta3. 1 tbsp of Wheat atta4. salt to taste5. 1 tsp turmeric powder (Haldi)6. 1 tsp coriander (Dhania) powder7. 1 tsp green chilli paste8. 1/2 tsp ginger (Adrak) paste9. 1 tsp oil10. Water to knead11. Oil for cooking
Method	<ol style="list-style-type: none">1. Combine all the ingredients and knead a semi soft dough. Keep aside for 10 minutes.2. Roll 1 round thepla. use oil and roast it on tava until light brown spots appear on both the sides.3. Garnish them with spring onions and serve fresh.

Oats Porridge:

Ingredients	<ol style="list-style-type: none">1. 1/2 cup- quick cooking Oats2. 1/4 cup- Vegetables (Carrot and Peas)3. 1 small sized Onion (finely chopped)4. a generous pinch of turmeric powder5. 3/4 tsp Garam masala6. 1 tsp Coriander leaves7. 1/4 tsp pepper powder8. 1 cup water (Adjust Accordingly)9. Salt as required
Method	<ol style="list-style-type: none">1. Dry roast the chopped Onion in a non-stick pan until it shrinks.2. Add the Oats and roast until you get an aroma.3. In the meantime, pressure cook the vegetables separately until soft and slightly mushy (2 whistles).4. Add the cooked vegetables, water, red chilli, turmeric, garam masala powder and salt to the Oats.5. Cook on medium flame for 3 minutes until the oats become soft, add more water if required.6. Boil for a while, then use a ladle/ masher to mash the ingredients well (depends on how you want the vegetables to be).7. Cook for 2 more minutes until the preparation gets porridge -like consistency.8. Add chopped coriander leaves and pepper powder and switch off the flame.9. Garnish with raw onions.10. Serve hot.

Sindhi Koki:

Ingredients	<ol style="list-style-type: none">1. 2 tsp whole Wheat flour (Gehun ka Atta) and 3 tsp of Jowari atta2. 1/4 cup chopped onions3. 1 tbsp chopped coriander (dhania)4. 1 chopped green chillies5. 1 tsp cumin seeds (jeera)6. 1 tsp pomegranate (Anardana) powder7. 1 tsp homemade ghee8. Salt to taste
Method	<ol style="list-style-type: none">1. Combine all the ingredients in a deep bowl and knead into a stiff dough using enough water.2. Divide the dough into 1 portion and roll out each portion into a circle using a little whole wheat flour for rolling and prick it using a fork.3. Heat a non-stick tava (griddle), grease it with ghee and cook each circle, on a slow flame, using ghee, till it turns golden brown in colour and crisp from both the sides.4. Serve hot

Thalipeeth:

Ingredients	<ol style="list-style-type: none">1. 3 tbsp Besan (Bengal gram flour - 3 tbsp Jowar (white millet) flour2. 3 tbsp Whole flour (Gehun ka Atta)3. 1 small Onion chopped4. 1 Tomato chopped5. 2 tbsp chopped coriander (dhania)6. 2 Green chilies finely chopped7. Salt to taste8. 1 tbsp sesame seeds (Til)9. 2 tsp oil for cooking.
Method	<ol style="list-style-type: none">1. Mix together all the ingredients in a bowl add enough water to make a thick batter.2. Heat and grease a non - stick tava (griddle).3. Spread a layer of the batter to form a pan cake of 4mm. (1/6 ") thickness and sprinkle some sesame seeds on top.4. Cook on both sides till golden brown, using a little oil.5. Repeat to make 3 more thalipeeth.6. Serve hot with green chutney.

Mix Vegetable Soup:

Ingredients	<ol style="list-style-type: none">1. Carrot diced 1 medium2. Bottle gourd (Lauki / Doodhi) diced 50grms3. Tomatoes quartered 2 mediums4. Oil 1 tsp5. Cumin seeds ½ tsp6. Black pepper corn 2-37. Onion sliced 1 small8. Salt to taste9. Sugar ¼ tsp
Method	<ol style="list-style-type: none">1. Heat 1 tbsp oil in a pan. Add cumin seeds and black pepper corns. when the cumin seeds begin to change colour and onion and sauté for 2 minutes.2. Add carrot, bottle gourd and stir.3. Add salt and mix. Add two cups of water, cover and cook till nearly done.4. Add tomatoes and continue to cook, Covered, till all the vegetables are Completely cooked. Strain and reserved Liquid and adjust consistency. It should be quite thick.5. Bring the soup to a boil. Adjust salt, add sugar and stir.6. Serve hot.

Jowari Tomato Chilla:

Ingredients	<ol style="list-style-type: none">1. 2 tbsp Jowari Atta2. 1 tbsp oats atta3. 1 tbsp wheat Atta4. 1 tbsp chopped onions5. 2 tbsp finely chopped tomatoes6. 1 tsp chopped green chillies7. 1 tbsp chopped coriander8. Salt to taste9. 1/2 tsp pure ghee
Method	<ol style="list-style-type: none">1. Mix all Ingredients in a bowl. add enough water to make a batter of pouring consistency.2. Grease a non-stick Tava.3. Pour the batter on Tava and spread it in a circular motion.4. Cook till golden brown from both sides.5. Serve hot with green chutney.

Jowari Upma:

Ingredients	<ol style="list-style-type: none">1. 2 tbsp jowar (white millet) flour2. 1 tsp of oil3. 1 tsp mustard seeds (rai/sarson)4. 1/4 tsp asafoetida (hing)5. 5 to 6 curry leaves (kadi patta)6. 1 tbsp chopped onions can add tomato and carrot7. 1 tbsp semolina (rava)8. 1 tsp boiled green peas9. 1/2 tsp green chilli paste10. 1 tbsp finely chopped coriander (dhania)11. Salt to taste12. 1 tsp lemon juice
Method	<ol style="list-style-type: none">1. Heat the oil in a deep non-stick pan, add the mustard seeds.2. When the mustard seeds crackle, add the asafoetida and curry leaves and sauté on a medium flame for a few seconds.3. Add the onions and sauté on a medium flame for 1 minute.4. Add the semolina and sauté on a medium flame for another 2 minutes.5. Add the jowar flour and sauté on a medium flame for 2 more minutes.6. Add the green chilli paste, coriander and salt and mix well.7. Add 1/2 cup of hot water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring continuously.8. Add the lemon juice and mix well.9. Serve immediately.

Protein Ball:

Ingredients	<ol style="list-style-type: none">1. Red dates 120 gms2. Half crushed almonds 30 gms/2 tbsp3. Almond oil 2 tbsp4. Desiccated coconut 2 tbsp - Cinnamon ¼ tsp5. Elaichi powder ½ tsp6. Cocoa powder 2 tbsp7. Chia seeds powder 2 tbsp8. Alsi/flax seeds powder 2 tbsp9. Black raisins 2 tbsp10. Fresh Grated ginger / ginger candy 1 tbsp
Method	Crush dates in a mixer. Add all the above ingredients. Mix it thoroughly. Make small balls(lemon size) .

Methi Ka Ladoo:

Ingredients	<ol style="list-style-type: none">1. Methi seeds - 100 grams (less than 1 cup)2. Milk - 1/2 litre (2 1/2 cup)3. Wheat flour - 300 grams (2 cup)4. Ghee - 250 grams (1 1/2 cup)5. Gond - 100 grams (1/2 cup)6. Almond - 30 – 35 Black pepper- 8-107. Jeera(cumin) powder8. 2 tsp Sauntth9. 2 tsp Elaichi (cardamom)10. 10-12 Cinnamon (Dal Cheeni)11. 4 pieces Jai fal (nutmeg)12. Sugar/Gur(jaggery) - 300 grams13. 1 ½ cup Gur pieces
Method	<ol style="list-style-type: none">1. Clean Methi seeds properly (wash seeds then put them in a thick cotton cloth and leave it in the sun to dry, cloth can be washed and used again).2. Put clean seeds in a mixer and make a thick paste somewhat like flour. Boil milk.3. Put the grounded Methi in milk and let it soak for 8-10 hours.4. Cut almonds into small pieces. Gently crush black pepper (break 1 pepper into 4-5 pieces), crush cinnamon and Jaifal into fine powder. Peel elaichi and crush it as well.5. Pour 1/2 cup Ghee in a pan (kadhai), fry soaked Methi on a medium flame till it turns light brown, it should be fried till you get a nice smell then put it on a plate.6. Put the remaining Ghee in the pan and heat, fry Gond and take it out on a plate (fry Gond on a low flame). Fry flour in leftover Ghee in the pan till it becomes light brown then take it out.7. Put 1 tsp Ghee in the pan followed by the pieces of Gur, melt Gur into Chashni on a low flame. Add Jeera powder, Sauntth powder, cut almonds, black pepper, cinnamon, Jai fal, Elaichi in the Chashni of Gur and mix well.8. Take little amounts of mixture, shape it into ladoo similar to a lemon and put it on a plate. Prepare ladoos of the entire mixture. Keep Methi Ladoos in open air for 4-5 hours.9. Methi ke Ladoo is ready, keep them in an air tight container and one Methi Ladoo every morning or evening with warm milk. This prevents pain in joints, back and pain due to the cold.

Quinoa Khichdi:

Ingredients	<ol style="list-style-type: none">1. Quinoa 30 gms2. Yellow Daal, uncooked 1 tbsp3. Green split moong dhal, uncooked 1 tbsp4. Ginger, minced ½ tsp5. Garlic, minced ½ tsp6. Turmeric a pinch7. Chopped vegetables (tomatoes, onions, spinach, bell peppers, carrots, peas) 1 cup8. Water 1 cup add as per consistency9. Oil ½ tsp10. Salt use minimum, to taste
Method	<ol style="list-style-type: none">1. Rinse quinoa, and both daal's in a bowl till the water is not so white and foggy.2. Drain all the water out.3. Pour into the pressure cooker and add all vegetables, ginger, garlic, and turmeric (optional). Add water into the cooker till all vegetables are dunked about ½ cup.4. Let the pressure cooker build pressure up to 3-4 whistles, release air/steam from the cooker and open slowly to see if quinoa and veggies are cooked.5. Serve with curds/plain yogurt and enjoy this delicious meal.

Whey Soup:

Ingredients	<ol style="list-style-type: none">1. 1/2 tsp oil2. 1/2 tsp cumin seeds (jeera)3. 1/2 slit green chillies4. 1 cup whey5. Salt and to taste6. Finely chopped coriander (dhania)7. 1/2 cup paneer cut into 12 mm (1/2) cubes
Method	<ol style="list-style-type: none">1. Heat the oil in a deep non-stick pan and add the cumin seeds.2. When the seeds crackle, add the green chillies, whey, salt and pepper, mix well and bring to boil.3. Add the paneer and coriander, mix well and simmer for 30 seconds.4. Serve hot.

Oats Methi Palak Dhokla:

Ingredients	<ol style="list-style-type: none">1. 1/2 cup powdered quick cooking rolled oats2. 1/2 cup semolina (Rava)3. 1/2 cup chopped spinach (Palak)4. 1/4 cup low - fat curds (Dahi)5. 1/2 tsp green chili Paste6. Methi leaves7. Salt to taste8. 1/2 tsp fruit salt
Method	<ol style="list-style-type: none">1. Combine the oats, semolina, curds, green chili paste, salt and 1/2 cup of water in a deep bowl, mix well and keep aside for 15 minutes.2. Add the spinach, methi and 2 tbsp of water and mix well to make batter of dropping consistency.3. Just before steaming. Add the fruit salt and 1/4 cup of water over it. when the bubbles from mix gently.4. Pour the batter in to a 200 mm. (8) diameter thali clockwise to spread the batter in an even layer.5. Steam in a steamer for 10 to 12 minutes or till the dhokla are cooked.6. Keep aside to cool for 3 to 4 minutes and cut into diamond shaped equal sized pieces.7. Serve immediately.

Bajra Moong Dal Khichdi:

Ingredients	<ol style="list-style-type: none">1. 1/4 cup bajra (black millet), soaked or 8 hours and drained2. 1/4 cup yellow moong dal (split yellow gram), washed and drained3. 1/2 tsp ghee4. 1 tsp cumin seeds (Jeera)5. 1/4 tsp turmeric powder (Haldi)6. Pinch of asafoetida (Hing)7. salt to taste
Method	<ol style="list-style-type: none">1. Combine the bajra, moong dal, salt and 2 cups of water in a pressure cooker, mix well and pressure cook for 4 whistles.2. Allow the steam to escape before opening the lid. Keep aside3. Heat the ghee in a deep pan and add the cumin seeds.4. When the seeds crackle, add the asafoetida, turmeric powder and sauté for a few seconds.5. Add the cooked bajra and moong dal and salt, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.6. Serve immediately.

Mix Dal Handov:

Ingredients	<ol style="list-style-type: none">1. 3 tbsp rice2. 2 tbsp toovar (Ahar) dal3. 1 tbsp urad dal (Split Black Gram)4. 1 tbsp green moong dal (Split Green Gram)5. 1 tbsp Chana Dal (Split Bengal Gram)6. 1 tbsp whole wheat (Gehun) (optional)7. 2 tbsp sour curds (Dahi)8. 1 cup grated doodhi9. 1 tsp oil10. 1 tsp lemon juice11. A pinch of eno12. 1 tsp sugar13. ¼ tsp chilli powder14. ¼ tsp turmeric powder (Haldi)15. 1 tsp ginger-green chilli paste16. Salt to taste17. 1 tsp oil18. ½ tsp rai19. ½ tsp til20. ½ tsp Ajwain21. ¼ tsp hing
Method	<ol style="list-style-type: none">1. Clean, wash and soak the rice and dals together in enough water for atleast 4 to 5 hours. Drain and keep aside.2. Blend in a mixer till smooth, add the curds and mix well. Cover and keep aside to ferment overnight.3. Add the doodhi, oil, lemon juice, soda bi-carb, sugar, chilli powder, turmeric powder, ginger-green chilli pastes and salt and mix well. Keep aside.4. Heat the oil in a non-stick pan and add the mustard seeds.5. When the seeds crackle, add the sesame seeds, carom seeds and hing and saute on a medium flame for a few seconds, while stirring continuously.6. Pour half the batter evenly to make a thick layer.7. Cover and cook on a slow flame for 7 to 8 minutes or till the base turns golden brown in colour and crisp.8. Lift the handvo gently using 2 large flat spoons and turn it over to the other side.9. Cover and cook on a slow flame for another 5 to 7 minutes or till it turns golden brown in colour. Cool slightly and cut into square pieces.

Garlic Roti:

Ingredients	<ol style="list-style-type: none">1. ¼ Cup Whole wheat flour2. ¼ Cup Jowar (White Millet Flour)3. 1/4 Cup Bajra (Black Millet Flour)4. 1/2 tsp chilli powder5. 1/4 cup quick cooking rolled oats6. 2 tbsp Finely chopped fresh green garlic (Hara lehsun)7. 1 Tsp oil for cooking8. 1/4 tsp oil for kneading
Method	<ol style="list-style-type: none">1. Put all the ingredients in a Bowl and Knead into a Dough till it becomes slightly Soft, use sufficient warm water.2. Take a wet muslin cloth a cover the dough Keep it aside for 7 mins.3. Knead the Dough again by Using 1/7 tsp of oil till becomes smooth. Divide the dough into 4 portions.4. Each proportion of the Dough roll out in to 126 mm (5") Circle Diameter between Two greased plastic sheet.5. First Heat a non-stick Tawa (griddle) cook each roti use 1/3 tsp of oil, till slightly brown spots appear on both the Sides and serve hot.

Rice Pancake:

Ingredients	<ol style="list-style-type: none">1. For Cooked Rice Pancake2. 3/4 cup Leftover cooked rice3. 2 tbsp Grated carrot4. 2 tbsp Finely chopped spring onions white and green5. 4 tbsp Shredded cabbage6. 3 tbsp Whole wheat flour7. 1/4 cup Gram/ Besan flour8. Pinch of Turmeric powder9. Pinch of asafoetida10. 1/2 green chillies finely chopped green chillies11. 2 tbsp low fat curds12. 1 tbsp finely chopped coriander13. Salt to taste
Method	<ol style="list-style-type: none">1. Combine all the ingredients in a bowl and mix well to make a batter of dropping consistency using approx. 1 cup of water.2. Heat a non-stick tava (griddle) and grease it with little oil.3. Pour a ladleful of the batter on it and spread into a circular motion to make a 100 mm. (4") diameter circle.4. Cook on both sides, using little oil, till it turns golden brown in colour from both the sides.5. Repeat steps 2 to 4 to make 9 more pancakes.6. Serve immediately with green chutney