

## Liquid Diet

Course	Menu
On Rising	1 glass water + 1 tsp jeera powder
Breakfast	Banana oats smoothie
Mid-Morning	1 glass buttermilk
Lunch	1 bowl Moong soup OR Pumpkin soup
Evening	1 cup Herbal tea OR Green tea
Mid-Evening	Raw pressery ( TRIM JUICE) OR 1/4 beet + 1/2 orange + 10-15 mint leaves + 1/2 cucumber + 1 celery
Pre-Dinner	1 glass Moong pani (can add ajwain , black pepper powder , pinch of salt)
Dinner	1 Bowl Mix vegetable soup OR Tomato soup

### Banana Oats Smoothie:

Ingredients	<ol style="list-style-type: none"><li>1. 2 tbsp old-fashioned rolled oats</li><li>2. 1 small banana cut into thirds</li><li>3. 1 cup almond milk / low fat milk</li><li>4. 1 teaspoon honey (optional)</li><li>5. ¼ teaspoon ground cinnamon</li></ol>
Method	<ol style="list-style-type: none"><li>1. Add all ingredients to blender.</li><li>2. Blend until smooth.</li><li>3. Enjoy.</li></ol>

### Moong Soup:

Ingredients	<ol style="list-style-type: none"><li>1. Half cup Moong (Whole Green Gram)</li><li>2. ¼ tsp Cumin seed (Jeera)</li><li>3. 1 tsp Lemon Juice)</li><li>4. 4 to 5 curry leaves (Kadi Patta)</li><li>5. 1/4 tsp Asafoetida (Hing)</li><li>6. 1 tsp oil -Salt to taste</li></ol>
Method	<ol style="list-style-type: none"><li>1. Wash the Moong, add 5 cups of water. Pressure cook 3 to 4 whistles. let it cool and Open the Lid. Heat the oil in a pan add cumin seed.</li><li>2. When the seed Crackle, add Curry Leaves, asafoetida and Moong (along with water), mix well and Bring to boil.</li><li>3. Add lemon drops and Mix well.</li><li>4. Serve hot garnished with coriander</li></ol>

### Pumpkin Soup:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. 1 cup red pumpkin</li><li>2. 1/2 chopped carrot</li><li>3. 2 tbsp chopped onions</li><li>4. 1/4 tsp Suva / Dill seeds optional</li><li>5. Salt, Black Pepper powder to taste</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Heat oil in pressure cooker, sauté Dill seeds for a minute, add onions sauté for a min.</li><li>2. Add carrot, pumpkin with 2 cups water and pressure cook till 2 whistles.</li><li>3. Blend the mixture.</li><li>4. Add salt, black pepper powder.</li><li>5. Boil for 5 mins.</li><li>6. Serve hot.</li></ol>

### Mix Vegetable Soup:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. Carrots diced 1 medium</li><li>2. Bottle gourd (lauki/doodhi) diced 50 grams</li><li>3. Tomatoes quartered 2 mediums</li><li>4. Oil 1 tsp Cumin seeds 1/2 teaspoon</li><li>5. Black peppercorns 2 to 3</li><li>6. Onion sliced 1 small</li><li>7. Salt to taste</li><li>8. Sugar 1/4 teaspoon</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Heat one tablespoon oil in a pan. Add cumin seeds and black peppercorns. When the cumin seeds begin to change colour add onion and sauté for two minutes.</li><li>2. Add carrots, bottle gourd and stir. Add salt and mix. Add two cups of water, cover and cook till nearly done.</li><li>3. Add tomatoes and continue to cook, covered, till all the vegetables are completely cooked. Strain and reserve the liquid.</li><li>4. All the vegetables and then puree in a blender. Transfer into a deep pan, add the reserved liquid and adjust consistency. It should be quite thick.</li><li>5. Bring the soup to a boil. Adjust salt, add sugar and stir. Serve hot.</li></ol>

### Moong Pani:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. 1 tbsp moong (Whole Green Gram), washed and drained</li><li>2. ½ tsp cumin seeds (Jeera) powder</li><li>3. 1/2 tsp ginger juice</li><li>4. salt to taste</li><li>5. Few drops of lemon juice</li><li>6. 1 tbsp finely chopped coriander (dhania)</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Combine the ½ cups of water and moong in a pressure cooker and pressure cook for 2 whistles.</li><li>2. Allow the steam to escape before opening the lid.</li><li>3. Add jeera powder, 1/2 tsp ginger juice, few drops of lemon juice, salt to taste, coriander Mix well.</li><li>4. Serve hot.</li></ol>

### Tomato Soup:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. ½ tsp olive oil</li><li>2. ½ no small onion, finely chopped</li><li>3. ½ tsp finely chopped garlic</li><li>4. 1 tbsp fresh oregano chopped</li><li>5. 1 tsp basil chopped</li><li>6. 1 tsp fresh thyme chopped</li><li>7. 1 cup finely chopped tomatoes</li><li>8. 1 cup vegetable stock</li><li>9. 1 tbsp tomato paste</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. In a large saucepan, heat oil over medium heat. Add onion, garlic, oregano, basil and thyme and cook, stirring often until onion begin to soften about 5 minutes.</li><li>2. Add the tomatoes and cook, stirring occasionally for 5 minutes. Stir in vegetable stock, tomato paste and sugar. Season to taste with salt and freshly ground pepper.</li><li>3. Bring soup to a boil. Reduce heat, simmer, uncovered for 15 minutes.</li><li>4. Remove from flame and allow to cool for 3 to 4 minutes. Using a hand blender, blend into a smooth paste. Serve immediately.</li></ol>