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Plan	Diet Plan - Cycle 4 (2025-08-27)

Category	Details	Recipes
On Rising	<p>For gas / bloating : 1/2 tsp jeera + 1/2 tsp fennel seeds + pinch of ajwain</p> <p>For constipation : 1 tbsp coriander seeds Boil in 1 cup water , strain it add ghee or castor oil 1 tsp drink lukewarm</p> <p>For inflammation : inflammation mix</p> <p>For indigestion : 1/4 tsp hing + pinch of pepper powder + pinch of salt Boil in 1 cup water , strain it add Few drops lemon juice drink lukewarm</p> <p>for skin : 1/2 tsp mulethi + 1/2 tsp manjistha powder</p> <p>For energy : 1 star anise Boil in 1 cup water , strain it , drink lukewarm</p>	<ul style="list-style-type: none"> Inflammation Mix
Break fast	<p>JUICE : Water retention : 2 celery + 2 cucumber</p> <p>For hair / skin : 1/2 carrot + 1/2 beet + 10 curry leaves + awla 1</p> <p>For blood purification : 10-12 mint + handful coriander + 10 curry leaves</p> <p>For energy : 1/2 pomegranate + 5 curry leaves</p>	

Lunch	Barley OR Jowar OR Oats OR khapali atta roti (2) + 1 bowl vegetable OR Moong dal chilla (2) + 1 bowl vegetable Can have paneer sabji 3 times a week	
Evening	seasonal fruit 1	<ul style="list-style-type: none"> • Roasted Pohe Chivda (ES)
Dinner	Vegetable khichdi + 1 bowl kadhi OR Vegetable patties (4) + 1 bowl stir fry vegetable OR Turai stir fry OR Dalia khichdi (no dal) add more vegetable OR Ragi / buckwheat chilla (2) / dosa + 1 bowl vegetable OR Oats chilla (2) + 1 bowl vegetable OR Thalipeeth (2) + 1 bowl vegetable + 1 bowl soup (your choice)	<ul style="list-style-type: none"> • Vegetable Kadhi • Veggie Patties • Turai Stir fry • Dalia Khichdi (OP I) • Buckwheat Dosa • Oats Chilla • Thalipeeth • Mix Vegetable Soup (L) • Drumstick and celery soup • Carrot & Ginger Soup with Saunf • Ash Gourd & Curry Leaf Soup
Infused Water		

Recipes:



Oats Chilla

Serving: 1

Type: Veg

<i>Ingredients</i>	<i>Preparation Method</i>
<ul style="list-style-type: none"> • Makes 2 chilla • -2 tbsp Oats flour • -1 tbsp wheat flour • -1 tbsp jowari flour • -1/4 cup finely chopped onions • -1/4 cup chopped tomatoes • -2 tsp finely chopped green chillies • -1 tsp oil for greasing and cooking • -Salt to taste • -2 tbsp finely chopped coriander • -1 tsp ginger paste 	<ul style="list-style-type: none"> • -Mix all the ingredients in a bowl and mix well to make a batter of pouring consistency using water. • -Heat a non-stick pan and grease it lightly using 1 tsp of oil. • -Pour the batter on the non-stick pan and spread it in a circular motion to make. • -Cook using oil, till it turns light brown in color from both the sides. • -Serve Hot With Coriander green chutney



Roasted Pohe Chivda (ES)

Serving: 1

Type: Veg

<i>Ingredients</i>	<i>Preparation Method</i>
<ul style="list-style-type: none"> • White Rice flakes (poha) 1 katori • Roasted chana dal (Dalia) 1 tablespoon • Curry leaves 2 tsp. • Green chilli broken 1, as per taste • Oil 1/2 tsp. • Red chilli powder 1 tsp. alter as per taste • Turmeric powder a pinch • Salt use minimum, to taste 	<ul style="list-style-type: none"> • 1. Dry-roast the poha in a pan over medium heat till crisp. Transfer to a bowl and set aside. • 2. Heat the oil in the same pan; add the curry leaves, green chillies, roasted chana dal and saute over low heat till they change colour. • 3. Stir in the turmeric powder and chilli powder. Add the poha and mix gently so that the poha flakes do not break Sprinkle salt and mix well. Remove from heat and set aside to cool.



Dalia Khichdi (OP I)

Serving: 1

Type: Veg

Ingredients

- -Finely chopped onion, tomato, carrot and french beans - 1 cup
- -Green peas - 10 gms
- -Chopped Green Chilli - 1 tsp
- -Ginger garlic paste - $\frac{1}{2}$ tsp
- -Broken Wheat (Dalia) - 2 tbsp or 30 gms
- -Turmeric powder - $\frac{1}{2}$ tsp
- -Coriander powder - 1 tsp
- -Cumin seeds - $\frac{1}{2}$ tsp
- -Oil - 1 tsp
- -Salt - to taste
- -Chopped coriander - to garnish

Preparation Method

- 1) Heat the oil in pressure cooker and add the cumin seeds
- 2) When the seeds crackle, add the onions, green chillies and ginger garlic paste, mix them well and saute till the onions turn translucent.
- 3) Add the chopped vegetables and saute for 3 minutes
- 4) Add the broken wheat, turmeric powder, coriander powder and salt along with 1 cup of water and mix well
- 5) Pressure cook for 1 or 2 whistles. Allow the steam to escape before opening the lid.
- 6) Serve Hot !!



Thalipeeth

Serving: 1

Type: Veg

<i>Ingredients</i>	<i>Preparation Method</i>
<ul style="list-style-type: none"> • INGREDIENT : • 3 tbsp Besan (bengal gram flour) • 3 tbsp Jowar (white millet) flour • 3 tbsp Whole flour (gehun ka atta) • 1 small Onion , chopped • 1 Tomato, chopped • 2 tbsp chopped coriander (dhania) • 2 Green chilies,finely chopped • Salt to taste • OTHER INGREDIENT : • 1 tbsp sesame seeds (til) • 2 tsp oil for cooking. 	<ul 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 • 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. • TIPS : • 1 You can add almost any flour that is on your kitchen shelf like bajra flour, rice flour, nachni flour, etc



Veggie Patties

Serving: 1

Type: Veg

<i>Ingredients</i>	<i>Preparation Method</i>
<ul style="list-style-type: none"> • 1 tbsp channa dal (pressure cooked,drained,mashed) • 1/2 boiled mashed potato • 1 cup grated mixed vegetables (carrot, dudhi, cabbage) • 2 tbsp chopped coriander • 1 tsp garam masala • 1 tsp ginger chilli paste • 2 tsp lemon juice • 1/4 tsp black pepper powder • salt to taste 	<ul style="list-style-type: none"> • 1. Ooze out water completely from the grated vegetables. • 2. Mix all Ingredients • 3. Form into flat pattice • 4. Roast on a non stick pan on both sides without oil



Buckwheat Dosa

Serving: 1

Type: Veg

Ingredients

- -2 tbsp buckwheat flour
- -1 tbsp urad dal flour (split black lentils)
- -1 tsp rice flour
- -1 tsp oil
- -1 tsp mustard seeds (rai / sarson)
- -1/4 tsp asafoetida (hing)
- -1 tsp finely chopped green chillies
- -2 tbsp finely chopped coriander (dhania)
- -salt to taste
- Other Ingredients
- -oil for greasing and cooking

Preparation Method

- -Combine all the flours the buckwheat . Add water to make dosa batter consistency . Keep aside ferment for an hour
- -Heat the oil in a small pan and add the mustard seeds.
- -When the seeds crackle, add the asafoetida and sauté on a medium flame for a few seconds.
- -Add the tempering, green chillies, coriander, salt and approximately 1 cup of water and mix well.
- -Heat a non-stick tava (griddle) and grease it lightly with oil.
- -Pour batter in a circular manner. Pour a little oil in the holes of the dosa and cook on
- -Serve immediately with green chutney.



Drumstick and celery soup

Serving: 1


Type: Veg


Ingredients


- Drumstick 1 whole
- Celery 1/2 stick
- Black pepper powder to taste
- salt to taste
- Lemon juice 1 tsp
- Bell pepper, zucchini, baby corn 1 tbsp (finely chopped) (optional) for garnish


Preparation Method


- Pressure cook drumstick celery together with little water for three whistles
- Blend it in a mixer into smooth paste . Strain it .
- Add salt pepper . Boil .
- Then add few drops lemon while serving .
- Add chopped veggies (optional) . Serve hot


	<h2>Mix Vegetable Soup (L)</h2>
	<p>Serving: 1 Type: Veg</p>
<i>Ingredients</i>	<i>Preparation Method</i>
<ul style="list-style-type: none"> • Carrots diced 1 medium • Bottle gourd (lauki/doodhi) diced 50 grams • Tomatoes quartered 2 medium • Oil 1 tsp • Cumin seeds $\frac{1}{2}$ teaspoon • Black peppercorns 2 to 3 • Onion sliced 1 small • Salt to taste • Sugar $\frac{1}{4}$ teaspoon 	<ul style="list-style-type: none"> • 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. • Add carrots, bottle gourd and stir. Add salt and mix. Add two cups of water, cover and cook till nearly done. • Add tomatoes and continue to cook, covered, till all the vegetables are completely cooked. Strain and reserve the liquid. • 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. • Bring the soup to a boil. Adjust salt, add sugar and stir. Serve hot.

	<h2>Carrot & Ginger Soup with Saunf</h2>
	<p>Serving: 1 Type: Veg</p>
<i>Ingredients</i>	<i>Preparation Method</i>
<ul style="list-style-type: none"> • 2 small carrots (chopped and steamed) • $\frac{1}{2}$ inch ginger • $\frac{1}{2}$ tsp fennel seeds (saunf) • Rock salt to taste • Black pepper (optional) • 1 tsp ghee or sesame oil • 1 cup water or thin veg broth 	<ol style="list-style-type: none"> 1. In a pan, dry roast fennel seeds until aromatic. 2. Heat ghee, sauté ginger and steamed carrots. 3. Add roasted fennel and water. Let simmer for 5 minutes. 4. Blend smooth and strain if needed for silky texture. 5. Add salt and pepper. Serve warm. 6. Optional: Add a squeeze of lime before serving.

	<h2>Ash Gourd & Curry Leaf Soup</h2> <p>Serving: 1</p> <p>Type: Veg</p>
<h3>Ingredients</h3> <ul style="list-style-type: none"> • 0.5 cups ash gourd (peeled, deseeded, chopped) • 5–6 curry leaves • 1/2 inch ginger (grated) • 1/2 tsp black pepper • Rock salt to taste • 1 tsp ghee or coconut oil • 1 cups water 	<h3>Preparation Method</h3> <ul style="list-style-type: none"> • Steam or boil ash gourd until soft. • In a pan, heat ghee. Add curry leaves, ginger, and pepper. • Add boiled ash gourd and sauté for 2-3 minutes. • Blend to a smooth consistency with water. • Simmer for 2–3 minutes, add rock salt, and serve warm.

	<h2>Turai Stir fry</h2> <p>Serving: 1</p> <p>Type: Veg</p>
<h3>Ingredients</h3> <ul style="list-style-type: none"> • Turai - 150grms (slices and blanched) • Oil - 1/2 tsp • Mustard seeds (Rai)- 1/2 tsp • Coriander seeds - 1/2 tsp • Sesame seeds - 1/2 tsp • Oregano - 1/4 tsp • Chilli flakes - 1/4 tsp • Grated Coconut- 3 tbsp • Coriander leaves - 1 tbsp chopped • Salt to taste 	<h3>Preparation Method</h3> <ul style="list-style-type: none"> • Blanch the turai in boiling water for 2-3 minutes • Drain and discard the water, keep the turai aside • Heat the oil in a wok , add the mustard seeds, coriander seeds , sesame seeds . • When they crackles add the turai , add salt to taste stir it. • Add oregano , chilli flakes, grated coconut and stir fry on a medium flames , for few minutes. • Sprinkle a little water , if the mixture becomes too dry. • Garnish with coriander leaves. • Serve Immediately.

	<h2>Inflammation Mix</h2>
	<p>Serving: 1 Type: Veg</p>
<p><i>Ingredients</i></p>	<p><i>Preparation Method</i></p>
<ul style="list-style-type: none"> • Honey - 2 tbsp • Haldi powder - 1 tbsp • Ginger powder (sunth)- Half tbsp • Black pepper powder - Half tbsp 	<p>First mix all ingredients , store in glass jar</p> <p>Dose : Take 1 tbsp empty stomach , Do not eat anything after this for 30 minutes.</p>

	<h2>Vegetable Kadhi</h2>
	<p>Serving: 1 Type: Veg</p>

Ingredients

- -Gram flour (besan) - 1 tbsp
- -Yogurt - 30 gms
- -Ginger-garlic-green chilli paste - 1 tbsp
- -Salt as per taste use minimum
- -oil - $\frac{1}{2}$ tsp
- -Mustard seeds - $\frac{1}{2}$ tsp
- -Cumin seeds - $\frac{1}{2}$ tsp
- -Curry leaves - 4-5
- -Dried red chillies, broken - 1
- -Asafoetida a pinch
- -Cloves -2
- -Cinnamon - $\frac{1}{2}$ inch stick
- -Carrot finely chopped - 2 tbsp
- -Fresh coriander leaves, chopped - 1 tbsp
- Mix chopped vegetable - $\frac{1}{2}$ cup
- Turmeric powder 1 to taste
- Coriander powder 1 To taste

Preparation Method

- -Whisk together the gram flour, yogurt and ginger-green chilli paste to make a smooth mixture. Add 1 cup of water and salt and mix well. Set aside.
- -Heat the oil in a deep pan and add the mustard seeds, cumin seeds, curry leaves, red chillies, asafoetida, cloves and cinnamon. When the seeds splutter, add the vegetables, cook well
- -Add $\frac{1}{2}$ cup of water and cook on medium heat till the vegetables are cooked. Add turmeric powder and coriander powder
- -Add the yogurt mixture and continue to cook, stirring continuously, till the mixture thickens slightly. Adjust the salt.
- -Serve hot garnished with the fresh coriander leaves.