

Cleansing Diet

On Rising	1 glass spinach celery juice
Break Fast	1 glass Dudhi juice + 1 fruit bowl
Mid-Morning	4 almonds + 2 walnuts
Lunch	1 bowl crunchy vegetable stir fry + 1 jowari roti + 1 katori sprouts subji + 1 katori curds OR 1 bowl Mediterranean Quinoa with roasted almonds + 1 glass buttermilk
Evening	1 cup Herbal Tea
Early Evening	1 glass coconut water OR lemon mint basil water
Late Evening	2 lettuce wraps with mushroom OR Chicken
Dinner	1 bowl soup + (Carrot OR Beet OR radish sticks with hung curd OR tzatziki)
Bed Time	1 cup chamomile tea (optional)

Recipes

Crunchy Vegetable Stir Fry:

Ingredients:	<ol style="list-style-type: none">1. Broccoli florets – 1 cup2. Cauliflower florets – ½ cup3. Spring onions – 14. Green peas – 2 tbsp5. Carrot peeled and cubed – 1 medium6. Tofu/paneer – 20 gm7. French beans – 2 tbsp8. Oil – ½ tsp9. Salt – use minimum, to taste10. Pepper – sprinkle as per taste11. Whole wheat / multigrain bread – 1 slice <p>Topping to garnish:</p> <ol style="list-style-type: none">1. Lemon juice – 1 tsp2. Chopped garlic – ½ tsp3. Chopped parsley – ½ tsp
Method:	Remove crusts from bread and slice into strips. Bake at 160°C till crisp. Combine all vegetables. Mix topping ingredients in a small bowl. Set aside. Stir-fry spring onions, broccoli and cauliflower for 1 minute. Add carrots. Add 2 tbsp water and stir till vegetables are tender. Stir in green peas, carrots, French beans, tofu and the seasonings. Turn into serving dish, stir in bread strips and the lime, garlic and parsley toppings. Serve immediately.

Mediterranean Quinoa Salad:

Ingredients:	<ol style="list-style-type: none">1. Quinoa – 30 gm2. Vegetable broth/plain water - 1 cup3. Chopped olives - 1/4th cup4. Tomato diced - 15. Cucumber diced -1/26. Chopped flat-leaf parsley - 1 tsp7. Oil - ½ tsp <p>Dressing:</p> <ol style="list-style-type: none">1. Fresh lemon juice - 1/4th cup2. Salt - as per taste3. Freshly ground black pepper - 1/4th tsp
Method:	Bring broth to a boil in a medium saucepan. Pressure cook quinoa until cooked. Add the quinoa, oil, and salt. Bring back to a boil, adjust heat to maintain a gentle simmer, cover and cook until tender, about 15 minutes. Remove from the heat and let stand, covered, for 5 minutes more. Drain excess liquid, if needed. Cool. Meanwhile, whisk the lemon juice, salt, and pepper in a large serving bowl. Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing. Add the quinoa and the remaining salad ingredients and toss to coat with the dressing. Serve.