

Name	Sangeetha Bhat
Plan	Diet Plan - Cycle 7 (2025-03-17)

Category	Details	Recipes
On Rising	Warm water (100ml) + 1 tsp castor oil OR coconut oil OR ghee After 15 min:- 4 prunes (overnight soaked) NO RASIN	<ul style="list-style-type: none"> • Inflammation Mix
Break fast		<ul style="list-style-type: none"> • Vegetable Poha
Mid Morning	1 pomegranate juice	
Lunch	Four times a week:- 1 bowl of Salad + 1 bowl of soup (your choice) Thrice a week:- Kodo millet (soaked overnight) cook like rice + 1 bowl of dal + veggies	<ul style="list-style-type: none"> • Rava Chilla
Evening	4-5 pm:- Berries (100 ml) bowl 5pm:- 1 whole cucumber with chat masala OR Carrot/cucumber + celery sticks with Humos	
Dinner	Twice a week :- Adai dosa (2) + currypata + veggies + coconut chutney Four times a week:- Thai curry + veggies Thrice a week:- Bulgur wheat OR Dalia khichdi (no dal) All the day:- soup (your choice)	<ul style="list-style-type: none"> • Adai Dosa • Vegetable Thai Curry* (OP W) (HV) • Dalia Khichdi (OP I)

Infused Water	2 mint stem + 2 basil + 1 elaichi	
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Recipes:



Vegetable Thai Curry* (OP W) (HV)

Serving: 1

Type: Veg

Ingredients

- -1/2 cup broccoli florets
- -1/2 large handful of spinach
- -2 tablespoons coconut oil
- -2 tbsp medium onion
- -1 teaspoon minced garlic
- -1 teaspoon minced ginger
- -1 teaspoon red curry paste
- - 1/4 cup coconut cream (or coconut milk)

Preparation Method

- -Chop onions and minced garlic. Add 1 tbsp. Coconut Oil to a pan and bring to medium-high heat.
- -Once hot, add onions to the pan and cook until semi-translucent. Then add garlic to the the pan to brown it.
- -Turn heat down to medium-low and add broccoli to the pan. Stir everything together well.
- -Once broccoli is partially cooked, move vegetables to the side of the pan and add curry paste. Let this cook for 45-60 seconds.
- -Add spinach on top of the broccoli and once it begins to wilt, add the coconut cream and the rest of the coconut oil.
- -Stir together and ginger. Let simmer for 5-10 minutes, depending on the thickness you want.



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 !!



Rava Chilla

Serving: 1

Type: Veg

Ingredients

- 2 tbsp semolina (rava / sooji) (rava/sooji)
- 2 tsp fresh curds (dahi)
- $\frac{1}{4}$ tsp chopped green chillies
- 2 tsp finely chopped onions
- 2 tsp finely chopped coriander (dhania)
- a pinch of asafoetida (hing)
- salt to taste
- $\frac{1}{2}$ tsp oil for cooking

Preparation Method

- Combine the semolina, curds and $\frac{1}{4}$ cup of water in a deep bowl, whisk well. Cover with a lid and keep aside for 30 minutes.
- Add all the remaining ingredients and mix very well.
- Spread this batter on a hot tawa. Roast this chilla till golden brown on both the sides using oil.
- Serve immediately with green chutney.



Adai Dosa

Serving: 1

Type: Veg

Ingredients

- **To soak :**
- -2 tbsp masuri rice / dosa rice
- -1 tbsp toor / urad dal
- -1 tbsp chana dal
- -1 tbsp moong dal
- - $\frac{1}{4}$ tsp methi / fenugreek seeds
- -2 dried kashmiri red chilli
- **-other ingredients: . . . -**
- -1 tbsp onion finely chopped
- -1 tbsp coriander finely chopped
- -1 tbsp Curry patta leaves roughly chopped
- - $\frac{1}{2}$ tsp ginger paste
- - $\frac{1}{2}$ tsp cumin / jeera
- -pinch of hing / asafoetida
- - $\frac{1}{2}$ tsp salt
- -1 tsp oil for roasting

Preparation Method

- -Firstly, soak all the ingredients listed under
- -blend to slightly coarse paste adding water as required.
- -transfer the batter into large mixing bowl.
- -add in 1 tbsp onion, 1 tbsp coriander, 1 tbsp leaves and $\frac{1}{2}$ tsp ginger paste.
- -also add $\frac{1}{2}$ tsp cumin, pinch of hing and 1 tsp salt.
- -mix well making sure everything is combined well.
- -check for thick flowing consistency, add more water if required.
- -further, pour a ladleful of batter onto a hot tawa and spread gently.
- -pour a $\frac{1}{2}$ tsp of oil over adai.
- -allow to cook on low to medium flame.
- -now flip the adai and cook both sides by pressing gently.
- -finally, fold the adai dosa and serve with green chutney or coconut chutney

Inflammation Mix

Serving: 1

Type: Veg



<i>Ingredients</i>	<i>Preparation Method</i>
<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>



Vegetable Poha

Serving: 1

Type: Veg

<i>Ingredients</i>	<i>Preparation Method</i>
<ul style="list-style-type: none"> • Serves 1 • 2 tbsp thick poha • 1/2 tsp turmeric powder • Salt to taste • For the vegetables • 3 tbsp grated carrot • 3 tbsp chopped onions • 2 tbsp capsicum • 1 tsp finely chopped coriander leaves and lemon wedges for the garnish • For the tempering • 1 tsp oil • 1/4 tsp mustard seeds • A pinch of hing • 1 green chilli, finely chopped • 6-8 curry leaves • 1 tsp chana dal • 1 tsp peanuts 	<ul style="list-style-type: none"> • 1. Add 3 tbsp water and soak the poha in it. Once the poha has soaked all the water, add turmeric powder, sugar and salt. • 2. Heat the oil in a non-stick pan over a medium flame, add the mustard seeds, once the seeds splutter and add hing, curry leaves, urad dal, chana dal and peanuts, cook on slow flame till dals turn lightly brown in color. • 3. Add onions, carrots and capsicum and cook on medium flame for 3-4 minutes. • 4. Add the prepared soaked poha mixture and mix well, (sprinkle some water if felt the poha are a bit dry). Mix well, cover and cook on medium flame for 2 minutes. • 5. Add lemon juice and coriander leaves on top and serve hot.