

No Salt Diet

On Rising	1 glass warm water + 1 tbsp Saunf(Fennel) + 8 black raisins
Break Fast	1 apple +1 TSP cinnamon powder Juice: Carrot (2) + mint (15 leaves) + spinach +few drops lime juice
Mid-Morning	10-15 cherries
Lunch	Paneer salad (¼ cup paneer+ ½ cup cucumber + 1 grated carrot + ½ cup tomatoes + 3 chopped walnuts + 4 tbsp orange juice + ¼ cup chopped coriander.
Evening	Tea 1 cup +1 bowl papaya
Late Evening	2 slices watermelon + Juice: ½ apple + 1 celery + handful coriander+ few drops lime.
Dinner	2 egg whites + 1 whole egg omelette (Add veggies, no bread, no salt)