

Khichdi Diet

On rising : 1 tbsp coriander seeds boil in a cup of water , strain it , drink

10:00 : Juice : Mint – 10-15 leaves + Coriander – handful + ginger – ½”
(Blend it , strained it , drink it)

Pre Workout : Fruits (No citrus , no grapes , No sitapha
+ Herbal tea – 1 cup (made up of lemongrass + Mint + Ginger)

Lunch : Vegetable khichdi – 1 bowl + Kadhi – 1 bowl
(Use Green and yellow dal + Use / kolam or sona masuri rice)
(No Tur Dal)

Post lunch : 1 glass Buttermilk (No salt , add jeera , ginger , curry patta)

Evening : 4:00 : Papaya / Pomegranate/ Apple / Pear
5:00 : Sukhabhel / Murmura – 1vati

Dinner : 1 bowl Get glowing + Same as lunch

Infused water : Keep this ingredients infused in 1 litre water .No need to boil Keep aside for 2 hours . Then start siping from this water thruout the day . U can strain the water or keep ingredients in it .