

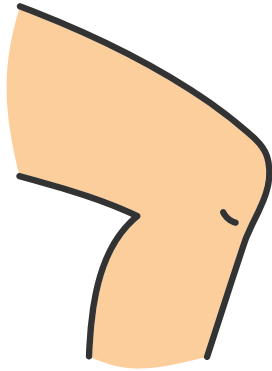
2 DAY JUICE FASTING PROGRAM

BY NAOMI GANJOO



A COMPREHENSIVE GUIDE FOR BEGINNERS

WHY SHOULD I DO JUICE FASTING?



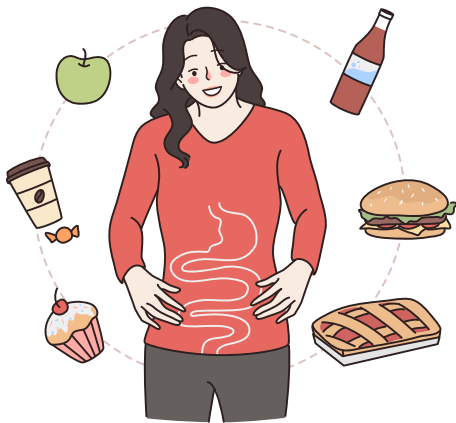
BETTER
JOINT
HEALTH



INCREASED
ENERGY



HYDRATION



BETTER
DIGESTION



CLEARER
SKIN



A BOOST OF
VITAMINS /
MINERALS

LET'S PREPARE FOR THE FAST

SHOPPING LIST FOR 2 DAYS PER PERSON

- 1kg ash gourd
- 2 lemon
- 8 Medium Apples
- 8 Large Carrots
- 8 Medium Beetroots
- 2 * 1 Inch Ginger Piece
- Black Pepper Powder
- 1 Pineapple
- 6 Oranges / Mausambi
- 2 Amla
- Cinnamon Powder
- Black Salt



JUICE FAST EQUIPMENTS



1 Automatic Juicer

OR



1 Mixer Grinder

A sieve



Because! Everyone is invited to this party!

2 DAYS!

JUICE FAST SCHEDULE



UPON WAKING	1 TBSP LEMON JUICE IN 1 GLASS LUKEWARM WITH A PINCH OF CINNAMON
10 AM	ABC JUICE (ADD CINNAMON, GINGER & BLACK SALT)
1 PM	VIT C FRUIT MEDLEY (ADD BLACK SALT, SENDHA NAMAK, BLACK PEPPER)
4 PM	SAME AS 10 AM - PLEASE SEE OPTIONS FOR KIDNEY PATIENTS
7 PM	ASH GOURD JUICE OR GREEN JUICE

LET'S SKIP TO THE GOOD PART (RECIPES!)

UPON WAKING - OPTION FOR KIDNEY PATIENTS



Soak a spoon of cumin and fennel seeds overnight in a glass bowl. Boil it in the morning, let it cool to room temperature and drink it. **(as suggested by Ayurvedic doctor)**

10 AM - OPTION 1 - ABC JUICE



- 2 apple
- 2 beetroot
- 2 carrot

10 AM - OPTION 2 - JAIN FRIENDLY



- 2 apples
- handful of mint leaves
- 2 cucumber

1 PM - OPTION 1 - VITAMIN C MEDLEY



- 0.5 pineapple (for sweetness)
- 3 oranges or 3 mausambi
- 1 amla
- add black salt, sendha namak, just a pinch of black pepper

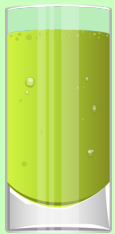
LET'S SKIP TO THE GOOD PART (RECIPES!)

1 PM - OPTION FOR KIDNEY PATIENTS



- 1 bitter gourd (karela)
- 1/2 bottle gourd (lauki)
- black salt

7 PM - OPTION 1 - ASHGOURD JUICE



- 500g ash gourd
- Wash, peel, de seed and juice

7 PM - OPTION 2 - GREEN JUICE



- 1/2 bottle gourd
- 1 amla
- bunch of coriander
- mint
- lemon juice

PLEASE NOTE- IF YOU ARE TOO HUNGRY

- before 2 pm - eat a bowl of papaya
- after 2 pm - eat a bowl of anar dana (pomegranate seeds) with black salt

JUICE FAST IS NOT RECOMMENDED FOR

- Pregnant Women
- Breast Feeding Women
(first 3 months)
- People with High Uric Acid
- Diabetic Patients
- Children under 16
- Senior Citizens (over 60)

DO'S

- DRINK AS MUCH WATER AS YOU FEEL NATURALLY THIRSTY
- YOGA, LIGHT WALKING OR PRANAYAMA IS OKAY
- SLEEP AT LEAST 8 HOURS & TRY TO FOLLOW CIRCADIAN CLOCK
- TRY TO GET IN TOUCH WITH YOUR BODY'S SIGNALS (NOTICE WHEN YOU'RE HUNGRY AND HOW DOES IT FEEL TO COUNTER MINDLESS EATING)
- CONSUME FRESH JUICE ONLY
- ADDING BLACK SALT (KALA NAMAK), CINNAMON, BLACK PEPPER TO THE JUICES

DONT'S

- DON'T EXERT WITH HEAVY PHYSICAL ACTIVITY LIKE RUNNING, WEIGHT TRAINING OR ANY SEXUAL ACTIVITY
- WE DON'T RECOMMEND ANY SUPPLEMENTATION DURING THE FAST LIKE CALCIUM, VIT C, VIT B 12, OMEGA 3&6
- DON'T CONSUME FIBRE OF THE FRUIT OR VEGETABLES
- DON'T ADD ICE TO YOUR JUICES (JUICING COLD VEGETABLES IS OKAY)

FREQUENTLY ASKED QUESTIONS

CAN I ADD SALT?

Yes, we have mentioned cinnamon, black salt, black pepper where required.

CAN I DRINK TEA?

Avoid if you are prone to acidity.
Otherwise, 1-2 sugarless green tea cups is OK.

I AM ALLERGIC!

If you are allergic to any ingredient, replace it with the best suitable choice or skip it.

WHAT IF I AM HUNGRY?

You can consume a bowl of papaya (before 2 pm) or pomegranate seeds (post 2 pm).

MEDICATION DURING FAST

For anyone who is on medication, we always recommend that you consult your medical doctor about how to adjust your dosage during the fast.

I'M FEELING WEAK/TIRED/DIZZY DURING THE FAST.

A lack of food can make people feel dizzy, weak, or nauseous, but if these symptoms persist, it is important to eat something.