

# FOOD-ONLY HAIR, SKIN & EYE NUTRITION PLAN (NO SUPPLEMENTS)

- 1 **Daily Smart Chutney (1 tbsp, 6 days/week)**
- 2 **Ingredients:** White sesame 1/2 cup, Black sesame 1/4 cup, Flax seeds 1/4 cup, Pumpkin seeds 1/2 cup, Sunflower seeds 1/4 cup, Niger seeds 2 tbsp, Peanuts 1/2 cup, Dry coconut 1/4 cup, Curry leaves 1.5 cups, Amla powder 2 tbsp, Jaggery 3 tbsp, Dry ginger 1/2 tsp, Rock salt
- 3 **Method:** Dry roast separately, cool, grind coarse, mix powders at end, store airtight (3 weeks).
- 4 **How to Take:** 1 tbsp after breakfast or lunch, 6 days/week, Sunday break.
- 5 **Natural Vitamin D:** 20–30 min morning sunlight (8–10 am), 4–5 days/week.
- 6 **B12 Support from Food:** Daily curd/buttermilk, fermented foods (idli, dosa, dhokla), homemade paneer.
- 7 **Iron & Zinc Support:** Sprouted moong/matki (3x/week), palak/methi/beetroot, lemon on meals.
- 8 **Expected Results:** 2–3 weeks dandruff less, 4–6 weeks hair fall reduced, 8–10 weeks regrowth, 3 months greying slows.