

## ■ Wheat-Free Seasonal Flour Plan (Delhi)

Season	Base Mix	Tips
Summer (Mar–Jun)	60% Jowar 20% Ragi 20% Besan	Cooling grains, knead with lukewarm water + 1 tsp oil.
Monsoon (Jul–Sep)	50% Jowar 30% Oats 20% Besan	Avoid bajra, use light grains. Helps gut health.
Winter (Nov–Feb)	50% Bajra 30% Makki 20% Besan/Soya	Warming grains, knead with warm water + curd. Eat with ghee.
Spring/Autumn	50% Jowar 30% Ragi 20% Besan/Oats	Balanced mix, versatile for moderate weather.

### ■ Practical Tips for Wheat-Free Rotis

- Knead with warm water; add curd or oil for softness.
- Rest dough 15–20 mins before rolling.
- Roll slightly thick to prevent breaking.
- Eat fresh, as millet/besan rotis harden on cooling.
- Add grated lauki, spinach, or carrots for taste + softness.