

YAKRAT AAHAR

	05:00:00	07:30	8:00- 9:00	12:30 -1:30	2:00 PM	5:00 PM	7:30 to 8:30	9:00pm
1	PANCHAMRIT PEY	TOTLA SARVKALP QWATH	A5 F2 C3 D2 LIVOGRIT JUICE	SOUP BOILED VEGETABLE JAU ROTI2	GOAT MILK	LIVOGRIT JUICE	SOUP BOILED VEGETABLE JAU DALIYA	GOAT MILK
2	PANCHAMRIT PEY	TOTLA SARVKALP QWATH	GOAT MILK CHAINA + GOAT MILK	GOAT MILK CURD	GOAT MILK CHHACH	GOAT MILK	GOAT MILK CHAINA	GOAT MILK
3	PANCHAMRIT PEY	TOTLA SARVKALP QWATH	GOAT MILK CHAINA + GOAT MILK	GOAT MILK CURD	GOAT MILK CHHACH	GOAT MILK	GOAT MILK CHAINA	GOAT MILK
4	PANCHAMRIT PEY	TOTLA SARVKALP QWATH	GOAT MILK CHAINA + GOAT MILK	GOAT MILK CURD	GOAT MILK CHHACH	GOAT MILK	GOAT MILK CHAINA	GOAT MILK
5	PANCHAMRIT PEY	TOTLA SARVKALP QWATH	LIVOGRIT JUICE/PLATOGRIT JUICE/HEAM JUICE	LIVOGRIT JUICE JUICE	PLATOGRIT JUICE /HEAM JUICE	LIVOGRIT JUICE	LIVOGRIT JUICE	GOAT MILK
6	PANCHAMRIT PEY	TOTLA SARVKALP QWATH	LIVOGRIT JUICE/PLATOGRIT JUICE/HEAM JUICE	LIVOGRIT JUICE JUICE	PLATOGRIT JUICE /HEAM JUICE	LIVOGRIT JUICE	LIVOGRIT JUICE	GOAT MILK
7	PANCHAMRIT PEY	TOTLA SARVKALP QWATH	A5 F2 C3 D2 LIVOGRIT JUICE/PLATOGRIT JUICE/HEAM JUICE	ROTI SOUP BOILED VEGETABLE ROTI 2				

PRAMEH NASHAK AAHAR

	05:00:00	07:30	8:00- 9:00	12:30 -1:30	2:00 PM	5:00 PM	7:30 to 8:30	9:00pm
1	SAUNF METHI WATER	ANTI DIABETIC QWATH	A5 W2 BT2 G2 PAPAYA/APPLE SPR METHI	KJ MMP SOUP BOILED VEGETABLE AD ROTI 2	ANTI DM QWATH	KKSTG RM	SOUP BOILED VEGETABLE JAU DALIYA KJ MMP	ANTI DM QWATH
2	SAUNF METHI WATER	ANTI DIABETIC QWATH	A5 W2 BT2 G2 PAPAYA/APPLE SPR METHI	KJ,MMP,PEAR,SOP	ANTI DM QWATH	KKSTG	KJ MMP ,PAPAYA,SOP	ANTI DM QWATH
3	SAUNF METHI WATER	ANTI DIABETIC QWATH	SAUNF METHI WATER	SAUNF METHI WATER	SAUNF METHI WATER	SAUNF METHI WATER	SAUNF METHI WATER	ANTI DM QWATH
4	SAUNF METHI WATER	ANTI DIABETIC QWATH	KKSTG	KKSTG	KKSTG	KKSTG	KKSTG	ANTI DM QWATH
5	SAUNF METHI WATER	ANTI DIABETIC QWATH	KKSTG	KKSTG	KKSTG	KKSTG	KKSTG	ANTI DM QWATH
5	SAUNF METHI WATER	ANTI DIABETIC QWATH	KKSTG	KKSTG	KKSTG	KKSTG	KKSTG	ANTI DM QWATH
6	SAUNF METHI WATER	ANTI DIABETIC QWATH	A5 W2 BT2 G2 PAPAYA/APPLE SPR METHI	SOUP BOILED VEGETABLE LAUKI	ANTI DM QWATH	KKSTG	JAU DALIYA SOUP BOILED VEGETABLE,KJ,M MP	ANTI DM QWATH
7	SAUNF METHI WATER	ANTI DIABETIC QWATH	A5 W2 BT2 G2 PAPAYA/APPLE SPR METHI	SOUP BOILED VEGETABLE AD ROTIN 2				

VATA-NASHAK AAHAR

	05:00:00	07:30	8:00- 9:00	12:30 -1:30	2:00 PM	5:00 PM	7:30 to 8:30	9:00pm
1	METHI WATER	PEEDANTAK QWATHWATH	A5 F2 C3 D2 PEEDANIL JUICE,SPROUTED METHI	ATM,RAGI + BAJRA ROTI2,SOUP BOILED VEGETABLE	PEEDANIL PEY	PEEDANIL JUICE	ATM,SOUP BOILED VEGETABLE. DALIYA	ANTI GASTRIC QWATH
2	METHI WATER	PEEDANTAK QWATH	A5 F2 C3 D2 PEEDANIL JUICE,SPROUTED METHI	SOUP BOILED VEGETABLE ATM	PEEDANIL PEY	PEEDANIL JUICE	SOUP PAPAYA.ATM	ANTI GASTRIC QWATH
3	METHI WATER	PEEDANTAK QWATH	PEEDANIL JUICE,SPROUTED METHI	PEEDANIL JUICE,ATM	PEEDANIL JUICE	PEEDANIL JUICE	PEEDANIL JUICE,ATM	ANTI GASTRIC QWATH
4	METHI WATER	PEEDANTAK QWATH	PEEDANIL JUICE SPROUTED METHI	PEEDANIL JUICE,ATM	PEEDANIL JUICE	PEEDANIL JUICE	PEEDANIL JUICE,ATM	ANTI GASTRIC QWATH
5	METHI WATER	PEEDANTAK QWATH	PEEDANIL PEY	PEEDANIL PEY	PEEDANIL PEY	PEEDANIL PEY	PEEDANIL PEY	ANTI GASTRIC QWATH
6	METHI WATER	PEEDANTAK QWATH	PEEDANIL PEY	PEEDANIL PEY	PEEDANIL PEY	PEEDANIL PEY	SOUP BOILED VEGETABLE DALIYA ATM	ANTI GASTRIC QWATH
7	METHI WATER	PEEDANTAK QWATH	A5 F2 C3 D2 PEEDANIL JUICE,SPROUTED METHI	SOUP BOILED VEGETABLE ATM RAGI BAJRA 2				

KAPH-NASHAK AAHAR

	05:00:00	07:30	8:00- 9:00	12:30 -1:30	2:00 PM	5:00 PM	7:30 to 8:30	9:00pm
1	GINGER TURMERIC HONEY	SWASARI MULETHI QWATH	A5 F2 C3 D2 DIVYE PEY	SOUP BOILED VEGETABLE BESAN 2	SWASARI PEY	GINGER TURMERIC HONEY DATES 5	SOUP BOILED VEGETABLE DALIYA	ANTI COLD QWATH
2	GINGER TURMERIC HONEY	SWASARI MULETHI QWATH	DATES HERBAL TEA	KHAJOOR 5	SWASARI PEY	GINGER TURMERIC HONEY DATES 5	KHAJOOR 5	ANTI COLD QWATH
3	GINGER TURMERIC HONEY	SWASARI MULETHI QWATH	DATES HERBAL TEA	KHAJOOR 5	SWASARI PEY	GINGER TURMERIC HONEY DATES 5	KHAJOOR 5	ANTI COLD QWATH
4	GINGER TURMERIC HONEY	SWASARI MULETHI QWATH	DATES HERBAL TEA	KHAJOOR 5	SWASARI PEY	GINGER TURMERIC HONEY DATES 5	KHAJOOR 5	ANTI COLD QWATH
5	GINGER TURMERIC HONEY	SWASARI MULETHI QWATH	DATES HERBAL TEA	KHAJOOR 5	SWASARI PEY	GINGER TURMERIC HONEY DATES 5	KHAJOOR 5	ANTI COLD QWATH
6	GINGER TURMERIC HONEY	SWASARI MULETHI QWATH	A5 F2 C3 D2 DIVYE PEY	SOUP BOILED VEGETABLE	SWASARI PEY	GINGER TURMERIC HONEY DATES	SOUP BOILED VEGETABLE DALIYA	ANTI COLD QWATH
7	GINGER TURMERIC HONEY	SWASARI MULETHI QWATH	A5 F2 C3 D2 DIVYE PEY	SOUP BOILED VEGETABLE BESAN 2				

TWAKVAHAR

	05:00:00	07:30	8:00- 9:00	12:30 -1:30	2:00 PM	5:00 PM	7:30 to 8:30	9:00pm
1	SAUNF WATER	QWATH	A5 F2 C3 D2 SKIN JUICE	SOUP BOILED VEGETABLE JAU ROTI 2	SKIN JUICE	SKIN JUICE	SKIN JUICE	KAYAKALP PEY
2	SAUNF WATER	QWATH	CARROT JUICE/SAUNF WATER	CARROT JUICE/SAUNF WATER	CARROT JUICE/SAUNF WATER	CARROT JUICE/SAUNF WATER	CARROT JUICE/SAUNF WATER	KAYAKALP PEY
3	SAUNF WATER	QWATH	SKIN JUICE ANAR	SOUP / PEAR	SKIN JUICE	SKIN JUICE	SKIN JUICE	KAYAKALP PEY
4	SAUNF WATER	QWATH	SKIN JUICE ANAR	SKIN JUICE	SKIN JUICE	SKIN JUICE	SKIN JUICE	KAYAKALP PEY
5	SAUNF WATER	QWATH	SKIN JUICE	SKIN JUICE	SKIN JUICE	SKIN JUICE	SKIN JUICE	KAYAKALP PEY
6	SAUNF WATER	QWATH	SKIN JUICE	SOUP PEAR	SKIN JUICE	SKIN JUICE	SKIN JUICE	KAYAKALP PEY
7	SAUNF WATER	QWATH	A5 F2 C3 D2 SKIN JUICE	SOUP BOILED VEGETABLE ROTI 2				

VRIKKDOSH NASHAKAHAR

	05:00:00	07:30	8:00- 9:00	12:30 -1:30	2:00 PM	5:00 PM	7:30 to 8:30	9:00pm
1	METHI WATER	VDHQWATH GOKRU QWATH	PAPAYA SPR METHI	BOILED TORAI LAU JAU ROTI 2	DHANIYA GOKHRU PEY PEY	NEEM PEEPAL JUICE	JAU DALIYA BOILED TORAI	DHANIYA GOKHRU PEY PEY
2	METHI WATER	VDHQWATH GOKRU QWATH	PAPAYA SPR METHI	BOILED LOUKI / TORAI JAU ROTI 1	DHANIYA GOKHRU PEY PEY	NEEM PEEPAL JUICE	BOILED TORAI SOUP	DHANIYA GOKHRU PEY PEY
3	METHI WATER	VDHQWATH GOKRU QWATH	PAPAYA SPR METHI	BOILED LOUKI / TORAI JAU ROTI 1	DHANIYA GOKHRU PEY PEY	NEEM PEEPAL JUICE	BOILED LOUKI / TORAI	DHANIYA GOKHRU PEY PEY
4	METHI WATER	VDHQWATH GOKRU QWATH	PAPAYA SPR METHI	BOILED LOUKI / TORAI	DHANIYA GOKHRU PEY PEY	NEEM PEEPAL JUICE	BOILED LOUKI / TORAI	DHANIYA GOKHRU PEY PEY
5	DHANIYA GOKH	DHANIYA GOKHRU PEY	DHANIYA GOKHRU PEY	DHANIYA GOKHRU PEY	DHANIYA GOKHRU PEY PEY	DHANIYA GOKHRU PEY	DHANIYA GOKHRU PEY	DHANIYA GOKHRU PEY PEY
6	DHANIYA GOKH	DHANIYA GOKHRU PEY	DHANIYA GOKHRU PEY	DHANIYA GOKHRU PEY	DHANIYA GOKHRU PEY PEY	DHANIYA GOKHRU PEY	JAU DALIYA BOILED TORAI	DHANIYA GOKHRU PEY PEY
7	METHI WATER	VDHQWATH GOKRU QWATH	PAPAYA SPROUTED METHI	BOILED TORAI SP JAU ROTI 2				

HRIDAY ROG AAHAR

	05:00:00	07:30	8:00- 9:00	12:30 -1:30	2:00 PM	5:00 PM	7:30 to 8:30	9:00pm
1	ARJUN DALCHINI PEY	ARJUN DALCHINI QWATH	G2 BT2 A5 W2 APPLE	SOUP, BOILED VEGETABLE, SALAD, MULTIGRAIN ROTI 2	ARJUN DALCHINI PEY	LAUKI JUICE /ABCTGJ	SOUP BOILED VEGETABLE DALIYA	ARJUN DALCHINI PEY
2	ARJUN DALCHINI PEY	ARJUN DALCHINI QWATH	LAUKI JUICE	LAUKI SOUP, BOILED VEGETABLE	ARJUN DALCHINI PEY	LAUKI JUICE /ABCTGJ	LAUKI SOUP, BOILED LOUKI	ARJUN DALCHINI PEY
3	ARJUN DALCHINI PEY	ARJUN DALCHINI QWATH	LAUKI JUICE	LAUKI SOUP, BOILED VEGETABLE	ARJUN DALCHINI PEY	LAUKI JUICE /ABCTGJ	LAUKI SOUP, BOILED LOUKI	ARJUN DALCHINI PEY
4	ARJUN DALCHINI PEY	ARJUN DALCHINI QWATH	LAUKI JUICE	LAUKI SOUP, BOILED VEGETABLE	ARJUN DALCHINI PEY	LAUKI JUICE /ABCTGJ	LAUKI SOUP, BOILED LOUKI	ARJUN DALCHINI PEY
5	ARJUN DALCHINI PEY	ARJUN DALCHINI QWATH	LAUKI JUICE	LAUKI SOUP, BOILED VEGETABLE	ARJUN DALCHINI PEY	LAUKI JUICE /ABCTGJ	LAUKI SOUP, BOILED LOUKI	ARJUN DALCHINI PEY
6	ARJUN DALCHINI PEY	ARJUN DALCHINI QWATH	ARJUN DALCHINI PEY	ARJUN DALCHINI PEY	ARJUN DALCHINI PEY	LAUKI JUICE /ABCTGJ	SOUP BOILED VEGETABLE DALIYA	ARJUN DALCHINI PEY
7	ARJUN DALCHINI PEY	ARJUN DALCHINI QWATH	ARJUN DALCHINI PEY	SOUP, BOILED VEGETABLE, SALAD, MULTIGRAIN ROTI 2				

