

THE GREAT INDIAN COLON FOOD PLAN AND CLEANSE

This is a 3 day plan, mix and match all lunch and dinner options, and spread it over 3 days for best results



AFTER WAKING UP

1 apple
+ 2 glasses of leminger concoction

HOW TO PREPARE

For 2 glasses of leminger concoction(400 ml)

- Take 2 glasses of warm water
- 2 tsp sea salt/ rock salt/ pink salt
- 2 Tbsp lemon juice
- 2 Tbsp ginger juice.

Mix it really well i.e all the ingredients are dissolved in water really well so as to avoid pressure on kidney

BREAKFAST one hour after concoction

1 glass vegetable juice (unstrained). Add 1 tbsp of overnight soaked chia seeds/ 2 Tbsp of powdered flax seeds

For vegetable juice- You can use carrot, beetroot, cucumber, 1/2 inch ginger, 1/2-1 lemon juice, 2-3 garlic pods. You can also add 1/2 raw potato (optional)

+ 2 Idli/ Dosa with coconut chutney and sambhar

For coconut chutney- coconut, coriander, curry leaves, chilli

OR 5-6 medium pc White dhokla with chutney

OR 1 bowl, 150 gms Veg poha with sprouts

2tbsp raw poha, 2 tbsp of sprouts with veggies like green peas, onion, carrots, tomatoe, add 1 TBSP grated coconut added to it

OR Rice Kanji

Rice Kanji- 1 cup cooked rice, 2 cups water, Tempering of onions, green chillies, ginger- chilli paste, mustard and curry leaves, urad dal , coriander , homemade curd/ almond milk curd. Soak cooked rice in water overnight. Next day mix it in a blender. Add the temper of above seasonings

OR 2 tbsp Oats groats

+ 2 tbsp Sattu with 150 ml buttermilk/ Oats besan dosa

MID MORNING

1 fruit (100-150 gm) Apple/banana/orange/mango/pear
+ 4-5 soaked almonds + 2 walnuts OR
2 dried figs + 1 tbsp trail mix (flaxseeds, pumpkin seeds, sunflower seeds)

LUNCH 1 glass of leminger concoction 30 min before lunch

**A bowl of salad (cucumber, raddish, carrot, onion)
+ mixed lentil dosa with chutney**

OR White rice pulav with okra curry (beans based)

white rice pulao Soaked in water for 3-4 hours 1 cup, Ghee 1 tbsp. Cumin seeds\ 1 tsp, Asafoetida a pinch, Carrot, onion, green peas, spring onions, cauliflower, brocolli - 1 cup, ginger garlic paste, Turmeric powder 1/4 tsp, Black peppercorns crushed 1 tsp, Sea salt to taste Fresh coriander leaves chopped 2 tbsp

OR dosa with okra sambhar OR veg dal khichadi

EVENING

1 cup Kurmura bhel with onion, tomato, potatoes, cilantro

OR 1 cup kurmura + 2 tbsp boiled brown chana bhel

OR 1 cup tempered poha (chivda) OR 5-6 pcs/ 100 gms Khandavi

DINNER 1 glass of leminger concoction 30 min before lunch

1 bowl Stir fry veggies (lettuce, brocolli, cauliflower, onion, garlic, ginger slivers, cabbage with honey lemon or coconut vinegar or lemon balsamic vinegar dressing)

OR mixed veg-lentil soup (mix lentils, tomatoes, onions, ginger-garlic, bell peppers and gourd) + carrot, cucumber, raddish sticks with hummus (you can dip veggies in coconut vinegar) OR 1 bowl chickpeas/ Chhole salad

OR 2-3 pcs veg cutlet with chutney (coriander, mintleaves, green chilly, grated coconut, ginger, lemon)

For cutlet- 1 bowl of cooked veggies- green pea, carrot, french beans, potato (potato for binding). Use cold pressed virgin coconut oil/ unrefined oil for shallow frying. Chickpeas to be soaked for 18 hours and then washed and pressure cooked.

NOTES

Increase your water intake upto 3 liters. Sip water to flush out toxins

Use Unrefined coconut/ Rice bran/ groundnut for Indian cooking, extra virgin olive oil to be added raw to salads.

Have your salad/soup before your main course to feel partially full.

Maintain a gap of 2.5 to 3 hours between dinner and bed time; eating just before bedtime will cause acidity & heartburn.

Don't keep more than 3-4 hours gap between each meal

Sleep: 7-8 hours. Spend 5-10 minutes on deep breathing before you hit the bed. Oxygen(Vitamin 'O') suppresses cortisol (stress hormone) and betters our sleep. Sleep is the time when healing, growth, detoxification happens inside the body.

Eat mindfully- Chew your food well, eat slow for good 20 minutes, place your spoon/fork on table after every bite, take deep breaths, enjoy what you are eating. The exhale should be a little longer than the inhale.

Use ROCK SALT/ sea salt over table salt

Engage in yoga, meditation & deep breathing practices as it will help in relieving stress & anxiety. Atleast go for a 30 mins brisk/interval walk.

If you have hypothyroid, avoid cruciferous veggies like raddish, cabbage, brocolli, cauliflower in raw form. Ensure it is cooked thoroughly

" Luke's Vitamin ' O' (oxygen) Prescription "Use for Fat burn, indigestion, bloating, gas, immunity, acidity/ heartburn, disease, metabolism, energy, stress and well being. Before meals, sit with back erect, take 5 - 10 deep breaths (inhale and exhale deeply) Between every morsel of food, put down spoon/fork, take one deep breath. (inhale and complete exhale) Post meal, take 5 - 10 deep breaths and give thanks for your clean, nutritious meal. Note: The exhale should be a little longer than the inhale. Follow natural breath.

The Amazing Team behind
The Great Indian
Colon Food Plan and Cleanse



HAVE A SUPER CLEANSE!

Feel lighter and feel clean from within

IMP - if the portions are too large, reduce them, but never over eat....
reduce snack size too, if too large

Disclaimer: always check with your doctor before starting any diet or cleanse program.



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