SATTVIK FOOD NOTES

FOOD SHOULD BE AS UNPROCESSED AS POSSIBLE

FOOD SHOULD BE LIVING (FROM FARM AND NOT CANNED OR PACKED )

FOLLOW 3 HR RULE

70 % OF DIET SHOULD BE RAW FOOD

RAW FOOD HAS PERFECT RATIO OF ALL THE NUTRIENTS WHICH IS DESIGNED BY MOTHER NATURE

70 % OF OUR DIET SHOULD CONSIST OF WATER RICH FOOD

INTHAT ALSO 70% VEGES AND 30 % GRAINS

NO MIXING OF GRAINS( RICE AND CHAPATI , DAL AND RICE , DAL AND CHAPATI ,)

INSTEAD CAN EAT RICE SABJI

CHAPATI SABJI

EAT LOCAL FURITS THAT ARE SEASONAL AS MUCH AS POSSIBLE

ALWAYS SOAK NUTS 6 HRS BEFORE CONSUMPTION, THIS MAKES THEM EASIER FOR OUR BODY TO ABSORB THE NUTRIENTS

COCONUT AND TOMATO SHOULD NOT BE COOKED ON FLAME ( COOKING KHATAM HONE KE BAAD UPER SE DAL KAR DHAKKAN LAGA DENNE GA STREAM ME COOK HO JAYEGA )

SALT AT END

SALAD AND SOUP SHOULD BE GRAIN FREE