* **Daily JuicesTypes**

1. **Mint + Coriander leaf + Tulasi**
2. **Drumstick Leaves+ Curry Leaves**
3. **Spinach (Palakura) + Curry Leaves**
4. **Tavdu Juice**
5. **Carrot + Beetroot**
6. **Mixed Vegetable Juice**
7. **8 Days Whet grass**

* **Hazelnuts - 6**
* **Chia Seeds - (One spoon) - Morning**
* **Sabja Seeds - (One spoon) - 05:00 PM**
* **Till Laddu (1) - 11:00 AM**
* **Man Matter (1) - 10:30 AM**
* **Cloves (4)**
* **Garlic (4) - 02:30 PM**
* **Water (4 Liters) - 07:00 AM (1 Lit), 07:00 PM (1 Lit) and Between**
* **Neem Leaves (20)**
* **Dates (5) - 7:30 PM**
* **Almond (5) - 7:30 PM**