

## DIET CHART

**NOTE :fast food, hard spices, protein supplements, meat products(including egg), out sources food, packed food(bread, biscuits etc.) , black mustard oil, refined oil and all intoxications like alcohol cigarette and otherdrugs are strictly forbidden.**

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| EMPTY STOMACH<br>(AWAKEN)          | <i>A glass of hot water (At 6am)and must do exercise (morning walk,yoga,pranayama) and then take 500 gram of mixed fruits.(at 7am)</i> |
| BREAKFAST                          | <i>Herbal breakfast[Oats, soyabean, boiled vegetables,sprouts, cereals, paneer(once in a week) etc (at9am)</i>                         |
| PRIOR TO LUNCH<br>(BEFORE LUNCH)   | <i>250gm of salad (minimum 3 types- cucumber,onion, beetroot, carrot, radish, lettuce etc.) (at 12 pm)</i>                             |
| LUNCH<br>(at 1pm)                  | <i>Food cooked in home (healthy food).</i>   |
| EVENING SNACKS<br>(at 4-5pm)       | <i>Hunzatea(check recipe on youtube) with 60-70gmdry fruit(walnut,raisins(kishmish),almond,pistah).</i>                                |
| PRIOR TO DINNER<br>(BEFORE DINNER) | <i>Repeat 250gm salad (at 8pm)</i>   |
| DINNER                             | <i>Home food(less in amount) followed by a glass ofmilk.(at 9pm)</i>   |

**LIQUID INTAKE (WATER AND JUICES) AROUND 3-4 LITRES PER DAY, OILS- 500ML PER MONTH (only olive or yellow mustard oil)**