

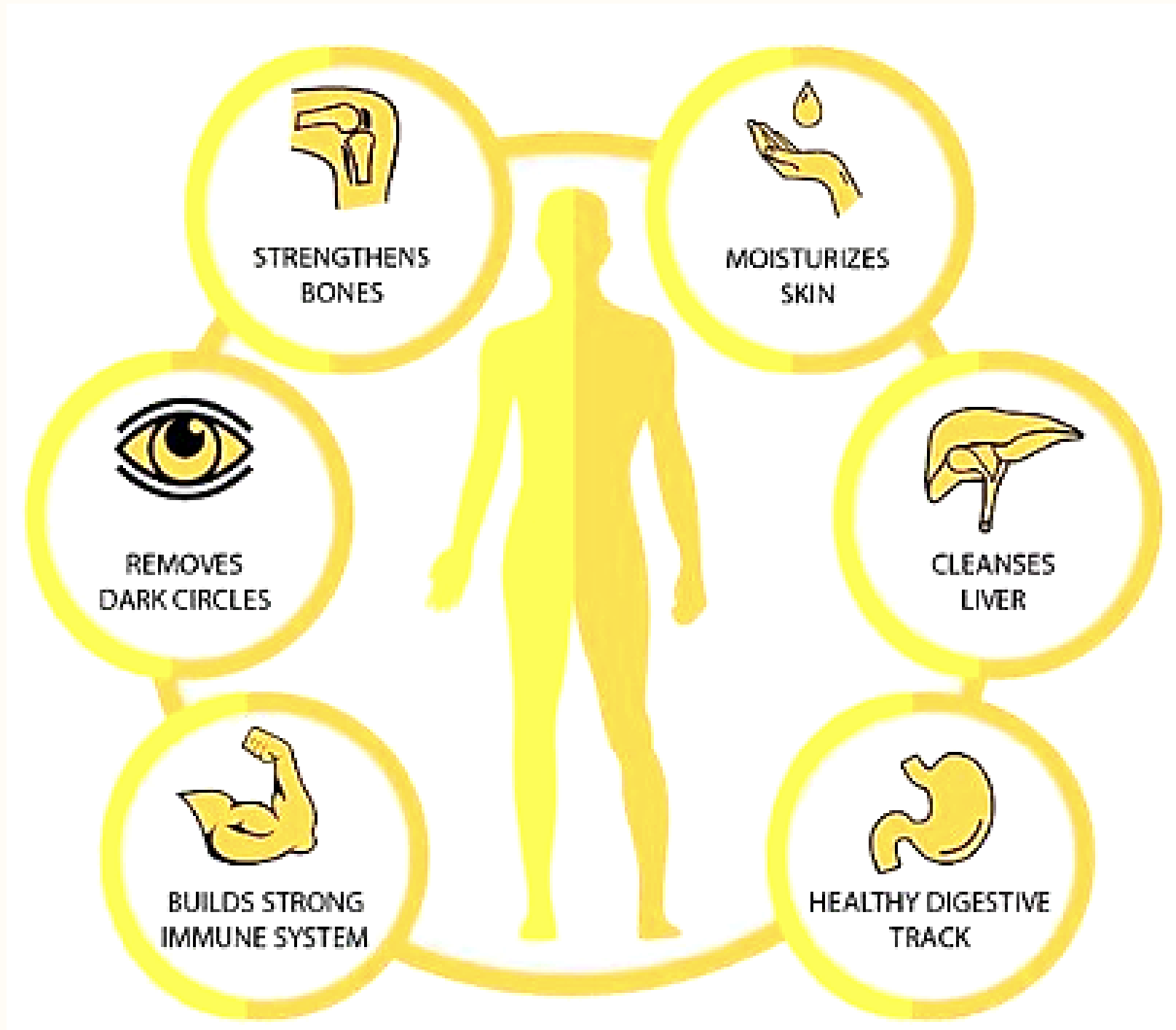
Goal oriented diet plans & eating habits for your health & wellbeing

NUTRITION AIMED TO DETOX EFFECTIVELY YOUR BODY

NUTRITION
FOR YOUR
EVOLUTION



BENEFITS OF EATING GHEE



GHEE DETOXIFICATION (ALSO CALLED SNEHANA, AND OLEATION CLEANSE) IS DONE BY INGESTING THE GHEE SO THAT IT WORKS AS A 'SPONGE' TO ABSORB FAT-SOLUBLE TOXINS IN OUR BODY, TO TRANSPORT THEM TO THE LIVER, TO BE FLUSHED OUT OF OUR BODY. THE GHEE IS TO INGEST FOR 4 DAYS, FOLLOWED BY A LAXATIVE ON THE LAST EVE

HOME MADE GHEE: 'CLARIFIED BUTTER'



WHAT TO EAT PRE, DURING AND AFTER THE GHEE DETOX:

- **BREAKFAST: GINGER TEA, OATMEAL/CEREALS, FRUIT**
- **LUNCH AND DINNER: KHICHARI, SOUP, VEGGIES**
- **SNACKS: HOT WATER, GINGER TEA. NUTS, FRUITS**
- **NO COFFE/SUGAR/ALCOHOL**

**GHEE DOSE: 1ST DAY 2 TSP.
2ND DAY 4. 3RD 6. 4TH 8**



KHICHARI RECIPE

- **1 CUP BASMATI RICE**
- **1/2 CUP DRY MUNG BEANS**
- **4 CUPS WATER**
- **1 TSP MUSTARD SEEDS**
- **1 TSP CUMIN SEEDS**
- **1 STICK OF KOMBU (OR WAKAME SEAWEED)**
- **1/2 TSP SEA SALT**
- **1 TSP TURMERIC**
- **VEGETABLES**
- **GHEE (QUANTITY VARIES)**

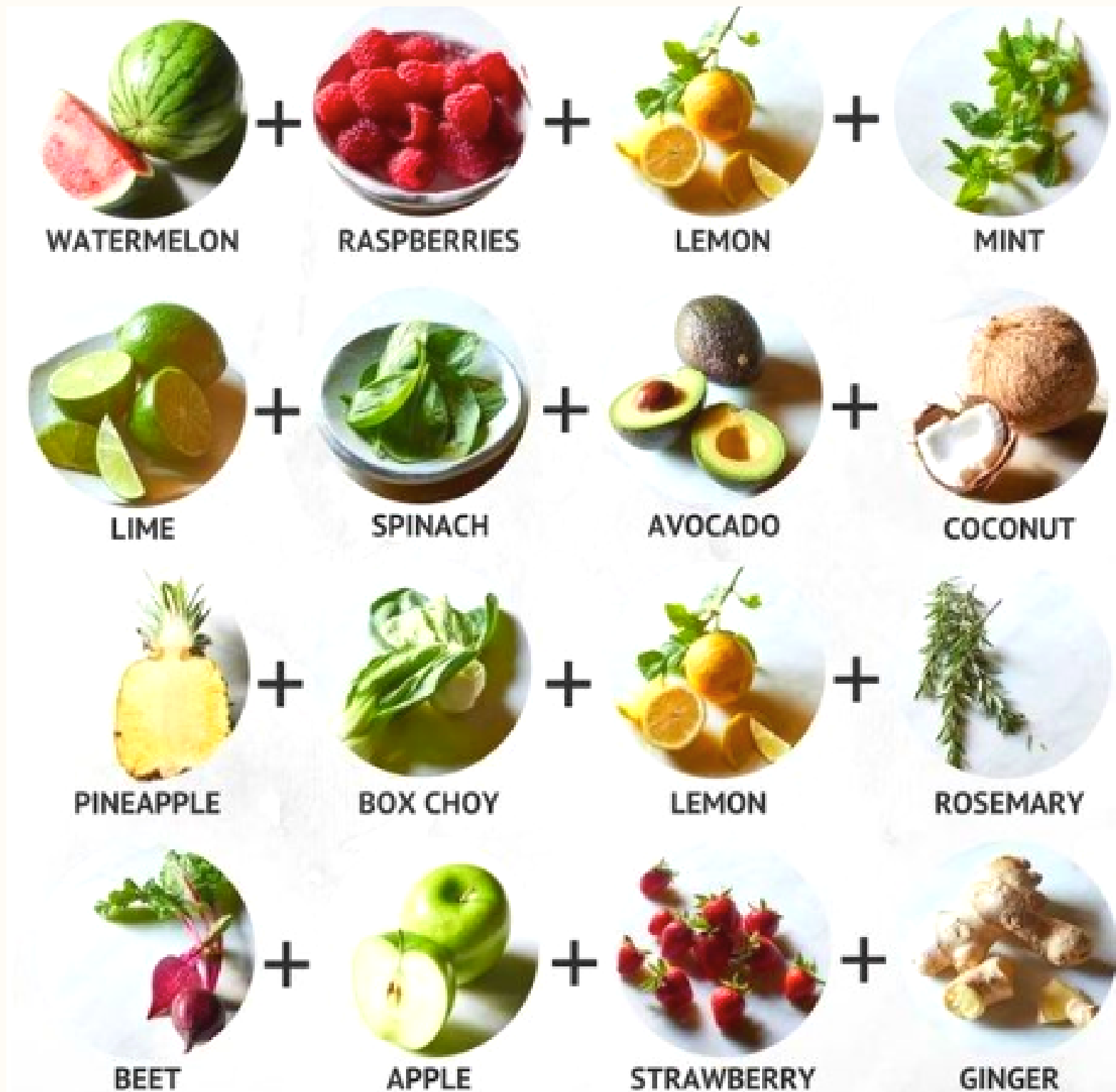


DETOXING-SMOOTHY RECIPE

- **1 CUP SPINACH OR KALE**
- **1 GREEN PEAR OR APPLE**
- **2 CUPS OF PINEAPPLE OR APPLE OR PEAR JUICE**
- **2 TBLS MINT AND GINGER**

YOU CAN ALSO ADD:

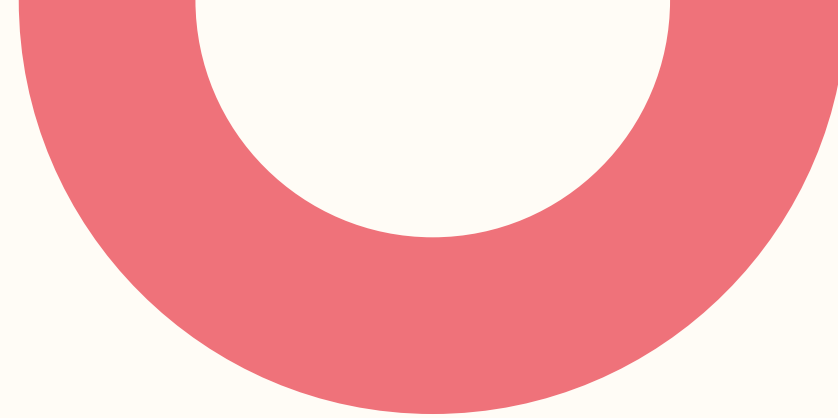
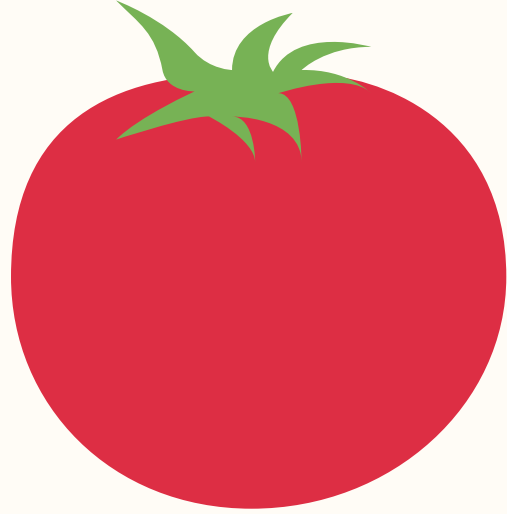
- **SPIRULINA**
- **MORINGA**
- **MATCHA**



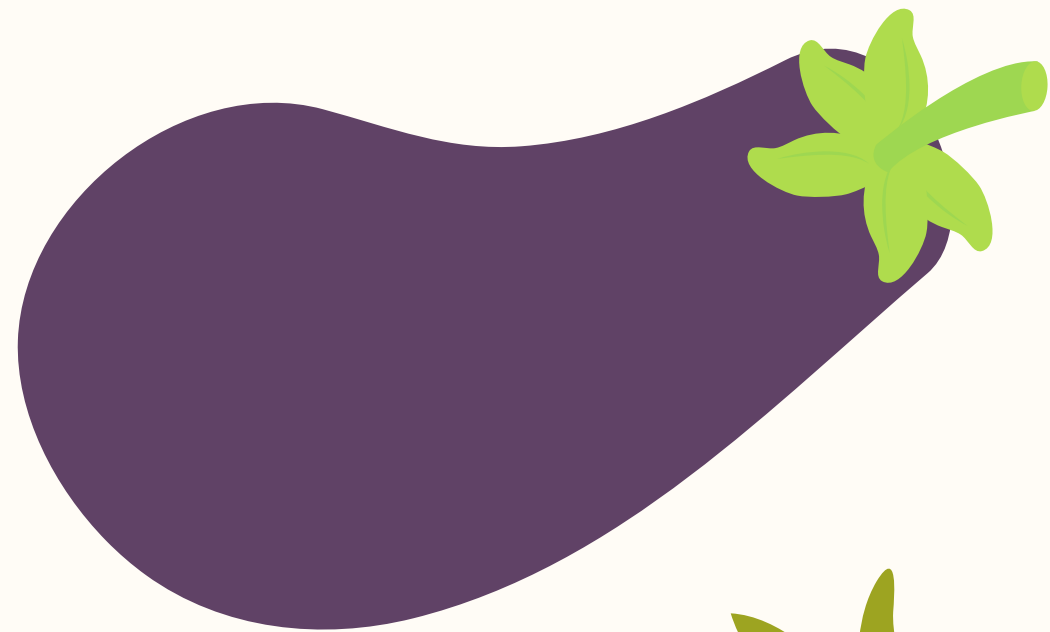
VEGETABLES AND FRUITS MIX FOR DETOXING DRINKS

OTHER EFFECTIVE DETOXES

- **FASTING, ONLY WATER FOR 3 DAY (EASIER IN HOT CLIMATES, OR IN SUMMER)**
- **INTERMITTENT FASTING (14 - 21 HOURS, OVERNIGHT)**
- **GREEN LEAF VEGGIES AND FRUITS SMOOTHIES**
- **FOOD COOKED WITHOUT SPICES, OIL AND DAIRIES**
- **EXREMES: AYAHUASCA AND PANCHAKARMA**



LET'S DO THIS!



THIS COURSE IS FOR EDUCATIONAL PURPOSES. PLEASE CONSULT YOUR PHYSICIAN TO VERIFY IF THE SUGGESTED DIET, EXERCISE, AND/OR LIFESTYLE CHANGES THAT WE PROPOSE ARE SUITABLE TO YOU, CONSIDERING YOUR HEALTH HISTORY AND PERSONAL CIRCUMSTANCES.

