



7 Day Dietary Therapy for your Seasonal Cleanse

7 Day Dietary therapy:

Embracing and combining the understanding of the bio-chemistry of foods and the 5,000 years old wisdom of Ayurveda...

I prescribe the following dietary therapy for seasonal detox against allergies, excess mucus, digestive complaints and of course weight loss!

> Do not use for rapid weight loss (yes it is very effective!) before I have assessed your metabolic function.

Day 1 and Day 2: Liquid Diet 3-4 times/day.

Ingredients:

- 1/2 tsp ground cumin,
- 1/2 tsp ground turmeric,
- 1 tsp fresh ginger,
- 1 tsp fresh turmeric
- A pinch of rock salt
- A pinch of ground black peppers
- 1/2 pinch of asafoetida
- Organic chicken bone broth

Method of preparation:

- Combine 1 part Wild Rice and 16 parts Water (1:16)
- Rice to be thoroughly washed or roasted before adding the water.
- Cook for 1 hour
- Serve with 1/2 tsp of ghee

Day 3 and Day 4: Semi-Solid Diet 2-3 times/day

- Combine 1 part of Wild Rice and 8 parts of Water (1:8)
- Method of preparation same as above

Day 5 and Day 6: Soft Chewable Diet 2-3 times/ daily

- Combine 1 part of Wild Rice and 4 parts of Water/organic Chicken bone broth (1:4)
- Method of preparation same as above

Day 7- Firm Diet: 2-3 times / daily

- Combine 1 part of Wild Rice and 2 parts of Water/organic Chicken bone broth (1:2)
- Method of preparation same as above

Day 8 onwards:

- Eat a balanced and varied diet, I have planned according to your body type (Dosha) and metabolic status.

For continued weight loss and maintenance the individualised meal plan to be followed.

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