

SAAOL HEART REVERSAL CIRCLE (SHRC)

ZERO OIL PLANT BASED DIET



WALKING



YOGA



FRUITS AND VEGETABLES



HDL



50 RECIPES
Zero Oil for
DAYS

Eat Healthy



Live Healthy

SAAOL HEART CENTRE



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Dr. Bimal Chhajer,

MBBS, MD Heartcare & Lifestyle Expert
Co-Founder & Director of Saaol Heart Center

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The Theory of "Zero Oil Cooking"

Oils or fats have one common name in medical science and that is "Triglycerides". Triglycerides form a major part of the heart blockages and the body's overweight. Whatever be the variety of oil (whether it is olive oil, sunflower or corn oil and ghee) they all are triglycerides. We want a complete stop to the intake of any oil in the food.

The next question is about the body's need of fats? The nature has provided some quantity of invisible oil within every food that we eat. Do you know that wheat has 1% oil in it, pulses have 2-5% in them— every vegetable, every fruit has some in-built oil in them? That is good enough for our body's need. All the other animals (other than man) survive healthily on this natural oil. We, the humans, only have the technology to extract oil from the seeds and use them for cooking.

The final question is: How to cook? For this you need to remember that the cooking method has to change. What we had learnt from our mothers and grandmothers regarding the oily cooking have to be given off. The taste in the food comes from masalas or spices. Salt, chilli, cumin seeds, turmeric, coriander, onion, tomatoes etc. give taste to our food. We must add them to our food but we must cook them without oil. Saaol recommends and trains people for seasoning all these spices and ingredients with water (Saaol participants love to call this as "Saaol Oil"). This preserves the taste of the cooked food. Only the oils/fats/triglycerides remain absent as they would damage the heart.

We created and have written these recipes in numerous books that are published over the years. These books are titled "Food for Reversing Heart Disease", "Zero Oil Cook Book", "Zero Oil Snacks", "Zero Oil Sweets", "Zero Oil South Indian Food" and "Zero Oil Thali". You can buy these books and enjoy Saaol food.

HOW TO USE THE INDEX

The list has the book code and the page number in bracket after most of recipes (Except for simple ones like Rice, Chapati, Dal, Salad).

Take an example- PaoBhaji (G- 103)
"G" is Book code and 103 is Page Number.

BOOK CODE	NAME OF BOOK
A	Zero Oil Cook Book
B	Food For Reversing Heart Disease
C	Zero Oil Thali
D	South Indian Cook Book
E	Zero Oil Sweets
F	Being published in Future
G	Zero Oil Snacks

** These pages are for English books only. If you have our Hindi Books on cooking – please search for all these recipes from respective index.*

Day-49

Day-50

BREAKFAST

Tasty Noodles, (G-89)
 Fruits,
 Tea/Coffee

Uttapam with Onion
 and
 Cabbage, (G-198)
 Fresh Fruits, Drink
 (Saaol Tea)

MID-MORNING

Apple

Sprouts Chaat

LUNCH

Bean & Tomato Soup,
 (A-24)
 Tossed Salad, (C-185)
 Tomato Onion Raita, (C-168)
 Vegetable Egg Kofta
 Curry,
 Lemon Rice,
 GobhiMusallam,
 Naan, Orange in Spiced
 Syrup. (E-124)

Cold Soup (B-29),
 Ginger Veg. Salad (C-178)
 Fettuccini with
 Milanese Sauce, (B-318)
 Vegetable Chow-Chow,
 Fruity Sundae (E-121)

EVENING TEA

Seek kebabs (G-39)
 Saaol Tea

Soyabean wheels (G-60)
 Tea/Coffee

DINNER

Stuff Karela, (C-145)
 Plain Dal, Lemon Rice,
 Besan Roti, (C-48)
 Fruit Salad, (E-160)
 Sweet Raita (B-247)

Dal Makhani, (C-89)
 KathalSubji, (C-143)
 Carrot Raita, (B-349)
 Cucumber Salad,
 Tandoori Roti/
 Green Pea Rice, (F)

Day-47	Day-48
BREAKFAST	
PaoBhaji, (G-103) Fruit Tea/Coffee	Veg. Dhokla, (G-108) Mint Coriander Chutney (A-182), Fruit, Tea/Coffee
MID-MORNING	
Papaya Shake	Orange Juice
LUNCH	
Green Tofu Soup (F) Fruit Salad (E-163) PalakPaneer (B-257) Vegetable Jalfrazie (F) White Chana Curry (C-102) Radish Stuffed Roti (C-52), Angoori Petha (E-145)	Pumpkin Soup, (F) Veg. Medley (D-87) Masala Tinda (B-222) Radish Stuffed Roti (C-52) MakhanaKheer (E-24) Chane ki Dal (B-193)
EVENING TEA	
Punjabi Samosa (G-34) Tea/Coffee	Veg. Kababs (G-120) Tea/Coffee
DINNER	
Lauki Curry (C-129), Plain Roti (C-46), Dal Miloni (C-85), Pineapple Delight (E-140), Banana Stem Curry (D-111)	Garlic Rasam (D-49) Methi Stuffed Roti (C-47) GajarNutriBhaji (B-223) Plain Rice (C-71), Chirwa Laddu (E-150)

Menu Planning

For planning the meals, the daily diet should be chosen from all five groups (cereal grains and products, pulses and legumes, milk and milk products, fruits and vegetables, sugar and sugar products), which ensures meeting the requirement of all nutrients. Fat group is excluded from the list specially for heart patients. The heart patient will get their fat requirement from the invisible fat sources i.e. from all the other food groups. With experience one learn to choose sufficient quantity from each group. One group cannot be substituted for another.

For planning the menu the following points should be considered:

1. Major part of the day's calorie should be derived from cereals.
2. Whole grain cereals and pulses give higher nutritive value.
3. It is good to include two cereals in one meal like rice and wheat, oat/jawar and wheat.
4. Whole wheat flour should be used for chapatti as it will increase the fiber and vitamin B content.
5. One serving of cereal is 25 gm (one chapatti, one small bowl of rice) so a day's menu may require 10 to 12 servings.
6. Menu should have cereal – pulse combination to improve the protein quality of the diet.
7. Each meal should have plenty of green vegetables.
8. It is better to serve the fruits raw. Diet should contains at least one or two fruits everyday.
9. There should be a minimum milk of 200 ml/day (double toned) or 500 ml/day skimmed milk.
10. Energy derived from fats or oils is 10% of total calories, that should be come from invisible fat sources.
11. For non-vegetarian, only egg white is allowed which can be served along with cereals or pulses to improve the

quality of protein.

12. Inclusion of salads or raita not only help in meeting the vitamin requirements but the meals would be attractive and have high satiety value due to the fibre content.
13. Fried foods cannot be included, if the menu is planned special for heart patients.
14. One third of the total nutritional requirement per day, (especially calories and protein) should be met by lunch and dinner.
15. Usually the number of meals should be four and it can be increased for children and diseased person.
16. Ideally each meal should consist all the five food groups.
17. For quick calculations, average value of calories from the same group can be taken.

Advantages of planning a meal

1. Meeting nutritional requirement: A good menu will provide all the nutrients essential for the physical wellbeing of each member of a family.
2. Meal planning helps in fulfilling the needs of all the family members.
3. Meal planning will save time and energy : In planning of meals one can choose simple and nutritious meals, which take less time in cooking.
4. Individual's likes and dislikes are well considered while planning a meal. e.g. if a person does not like particular greens, it can be tried in a different form or substituted by equally nourishing food.
5. Planned meals provide variety: If the meals are monotonous, it is not consumed. Variety can be introduced in color, texture and taste.

Day-45	Day-46
BREAKFAST	
Idli Delight (G-195) Fruit, Saaol Tea	Palak on Toast (G-171) Fruits, Tea/Coffee
MID-MORNING	
Upma (E-201)	Fruit Chaat (A-32)
LUNCH	
Green Salad (D-88), Plain Rice (C-71), Parwal ki Subzi (B-220) Rice Pudding (D-28) Vegetable Stem Soup (F) Bhindi (B-232) Gravy Masala Aloo (C-131) Besan Roti (C-48)	Mushroom Soup, (A-29) Russian Salad (C-188), Sukha Soya Bean (B-214) Corn Roti (B-172) Masala Baigan (B-234) Plain Dal (C-87), Spanish Rice (B-147)
EVENING TEA	
Bread Upma (G-53) Tea/Coffee	Paneer& Corn Patties (G-196) Tea/Coffee
DINNER	
Mix Veg. (C-107) Missi Roti, (C-55) Cucumber Raita, (B-345) Chana Dal with Lauki (A-92) Hara and safed Rice, (B-166) Winter delight (E-124)	Dahi, Rice Roti (B-178), MuleekaSaag, (F) Pudina Chutney (D-190), Dal Amritsari, (B-196) AngooriPetha (E-145)

Day-43**Day-44****BREAKFAST**

RavaUpma, (G-201)
Fruit Milk Shake

Bharwa Masala Buns (G-95),
Dhaniya Chutney (A-178),

MID-MORNING

Carrot Juice

Marrie Biscuit
Tea

LUNCH

Onion-Potato Soup (F)
Cucumber - Radish
Salad,
Shabnam Curry, (F)
BaiganAchari, (F)
Plain Roti (C-46),
Methi Pulao (B-167)

Moong Soup, (F)
Minty Fruit Salad (A-41),
Mirchi
MakaikaSalan, (F)
Mix Veg. (C-107),
Besan
Roti (C-48),
Tomato Rice (C-58)

EVENING TEA

Poha salad (G-113),
Tea/Coffee

Cucumber kachori (G-160),
Mix Fruit Juice

DINNER

Rajma (C-104)
Radish Stuffed Roti (C-52)
Lauki Raita (C-173),
Kofta Curry (A-109),
Moong Dal Kheer (E-30)

Nutrella-AllooSubzi (B-302),
Plain Roti (C-46),
Chawal ki Kheer (E-26),
Bitter Gourd Curry, (D-110)
Radish Raita (B-343)

Food Behaviour

Have you ever thought what type of food is tasty and what is not? The answer depends on our "Food Behavior".

Man eats, if possible what his forefathers ate and what his environment offers. A young child does not form fixed food habits, but is patterned by adults, who eat certain foods and not others. The foods which his father does not like and which his mother therefore does not serve do not become familiar to the child and would not be eaten by him. The environment, the physical, psychological and social setting, which relates to culture of a group, also determines the food patterns.

Dietary study provides a mean of determining the kinds and amounts of foods eaten by an individual or group. The information may be dietary history, that is, a record of food usually eaten.

Family tradition and cultural background exert an influence on food habits. South Indians like more of rice, idli-pongal instead of whole wheat chapatti, Amarwari likes Ghee, A Bengali likes fish, meat, Haryanvi likes milk. In Delhi, the favourite dish is paneer, chicken, fast food. Similarly an Anglo Indian can't imagine food without bread, pastries, alcohol. Likewise, Territory, where one lives also play an important role in developing food habits.

It was also found in a study that the most favoured foods were fast food, chips, cake, pastries, fried food and the least-like foods as a group were vegetables.

It is our mindset. We tend to match whatever we liked in the past with whatever we are getting, if our liking matches, we feel happy otherwise we remain unhappy. Thanks to McDonalds, Pizza Huts, Dominos, Cake and Pastry shops around us!

Mind Set-What is the setting of our mind about food?

1. If food is boiled without oil, there will be no taste in it.
2. Oil and butter only makes food tasty
3. How can we cook without oil? I can guarantee that food cannot be cooked without oil.

4. I can't chew chapatti without oil
5. There will be no variety in food without oil
6. How can I give up Non-vegetarian food?
7. Can others survive without non-veg? Are they at all happy without meat?

Can we change our mind-set about food for our health? For reversing heart disease (A threatening disease to our happiness of life), it is necessary to eat zero oil food. If the food cooked without any cooking oil is equally good in taste and variety then why not go for zero oil cooking?

Logic-Understand why we should change our food behaviour :

1. Any oil is bad for the heart, so it is necessary to avoid all kind of fat/oil available in the market.
2. Oils have no taste. Try the oil/fat by putting it on your tongue. It is only a medium for seasoning and does not contribute to taste.
3. The taste is always from Spices (Salt, Chilli Powder, Dhania Powder, Haldi, Jeera, Garam Masala), sugar. The spices need to be cooked well to get the similar flavour as we get from the food cooked in oil.
4. Water of SAAOL OIL is the best and ideal medium for cooking or seasoning. Once the gravy has onion, tomato, ginger, garlic and spices, all properly cooked, the taste will be exactly the same as the gravy prepared using oil/fat
5. Do you want oil or taste?

What will be the menu for the whole week?

1. Choose from 50 soups
2. Select Chapaties from 20 varieties
3. Salads of numerous varieties
4. 100s of tasty curries
5. 25 kinds of dal preparations
6. Raitas- 20 varieties
7. Rice preparations 20 kinds
8. Plus 150 snacks, 150 sweets, 150 South Indian varieties

Day-41	Day-42
BREAKFAST	
Masala Tomato with Bread, (G-102) Fresh Fruits, Tea/Coffee	Rice Ball Kebabs with Coriander Leaves Podi, (G-100) Fresh Fruits, Tea/Coffee
MID-MORNING	
Hot and Sour Soup (B-126) with Hot Salad (B-144)	Veg Mocktail (A-66), Marie Biscuit
LUNCH	
Special Thali - Veg Korma (C-22), Baked Brinjal in Tomato Sauce (C-162), Bathua Raita (C-174), Cucumber Salad (C-180), Papad, Naan (C-49), Tahiri Pulao (A-84), Fruit Surprise (E-121)	NavratanThali – Masala Aloo, (C-131) Saag, (A-117) Butter Milk Kootu (C-158), Mushroom Pulao (C-72), Tomato Onion Raita, (C-168) Mix Salad (C-182), Roti (C-46), Phirni (C-200)
EVENING TEA	
Veg Dhokla (G-108), Fruit Juice, Tea/Coffee, Marrie Biscuit	ChatpatiChaats (G-197), Fruit Juice, Tea/Coffee, Marrie Biscuit
DINNER	
Lentil Spinach Soup, (A-26) Mix Veg. Salad (C-186), Dal Makhani, (C-89) Rice Stuffed Capsicum (C-111) Missi Roti, (C-55) Tomato Onion Chutney, (D-199) AmlaMurabba (A-189)	Cold Soup, (B-129) AlooGobhi, (C-164) Sprouted Moong Salad, (C-187) Lobia Curry, (F) Methi Roti (C-47), Gajar Halwa (E-31)

Day-39	Day-40
BREAKFAST	
Whole Wheat Burger, (G-67) Fruits, Green Chutney (A-178), Tea/Coffee	Rava Upma with Vegetable (E-201), Fresh Fruits, (D-154) Tea/Coffee
MID-MORNING	
Cucumber Snack (G-76)	Mexican fingers (G-192)
LUNCH	
Bean & Tomato Soup, (A-24) Tossed Salad, (C-185) Tomato Onion Raita, (C-168) Vegetable Egg Kofta Curry (C-156), Lemon Rice (C-63), Gobhi Musallam (C-142), Naan (C-49), Orange in Spiced Syrup. (E-122)	French Onion Soup, (A-21) Mix Salad Cucumber (C-180) Sprouted Dal Roti (C-51), White Channa Curry (C-102) Gajar Matar, (F) Tamrind Rice, (F) Fruit Surprise (E-121)
EVENING TEA	
Open Sandwich (G-72) Fruit Juice/ Tea/Coffee	Sukhi Bhel Puri (E-202), Milk Shake, (G-202) Tea and Coffee
DINNER	
Stuff Karela, (C-145) Plain Dal (C-87), Lemon Rice (C-63), Besan Roti, (C-48) Fruit Salad, (E-163) Sweet Raita (B-347)	Plain Rice (C-71), Shepherd's Pie (C-160), Vegetable Korma, (C-138) Hot Salad, (B-143) Plain Chapati (C-46), Amla Murabba (A-189)

Day-1	Day-2
BREAKFAST	
Bread Upma (G-53) Fruit Saaol Tea	Carrot and Paneer toast (G-74) Fruit, Tea/Coffee
MID-MORNING	
Fruit Chat Tea	Sprouted, Chat, Mix B 369 Fruit Juice
LUNCH	
Milligatwany (A-28) Soup, Sukha Soyabean, (B-214) Masala Tinda, (B-222) Dal Palak, (B-192) Green Cucumber Salad, (D-88) Besan Roti, (C-48) Methi Stuff Roti (C-47) Fruit Cream (E-112)	Mushroom Soup (A-29) Veg Medley, (D-87) Gajar Nutri Bhaji, (B-223) Bhindi (B-224) Capsicum Subzi, Drumstick Rasam, (D-51) Corn Roti, (B-172) Spinach Rice, (B-147) Angoori Petha (E-145)
EVENING TEA	
Sabudana Vada (G-23) Tea/Coffee	Matar Patties (G-30) Tea/Coffee
DINNER	
Hari Moong dal Kadhi, (B-197) Parwalki Sabzi, (B-220) Grated Vegetable Salad, (C-178) Methi Stuffed Roti, (C-47) Rice Pudding (E-28)	Chana Dal, (B-193) Cauliflower with Curd, (B-228) Radish Stuffed Roti, (C-52) Makhaneki Kheer, (E-24) Kachumber Salad (C-183)

Day-3	Day-4
BREAKFAST	
Moong Dal Cheela, (A-178) Hari Chutney, Fruits, Milk	RavaUpma (G-201) Khatti-Mithi, Fruits, Tea Chutney (A-181)
MID-MORNING	
Bread BhelPuri, (G-61) Saaol Tea	Apple Shake
LUNCH	
Spinach Soup, (B-130) Mix Veg Curd Salad, (D-89) Bhindi Gravy, (B-232) Masala Baigan, (B-234) Tamarind Leaf Dal (D-104) Soya Mince Roti, (B-180) Sprout Pulao (F) Chikoo Dessert (E-67)	Lauki& Lemon Soup (F) Papaya Salad, Pea Kofta in Green Lake, (B-239) Masala Aloo (C-131) Plain Dal, (C-87) Baked Puri (A-127) Puri, Tomato Rice, (D-124) Rasgulla (E-48)
EVENING TEA	
Carrot &Paneer Toast, (G-74) Fruit Juice	Baked Potato Kebab, (G-183) Tea/Coffee
DINNER	
Garlic Rasam, (D-49) Kamal KakriKofta, (B-230) Cauliflower Stuffed Roti, Khajoori Balls (E-76)	White Chana Curry, (C-102) Beetroot Salad, Rice (B-171) Roti, Baked (C-46) Caramelized Oranges (E-146)

Day-37	Day-38
BREAKFAST	
Paneer Macroni Hariyali, (G-84) Tomato Chutney, (A-188) Fruits, Tea/Coffee	Russian Sandwich, (G-71) Fruits, Tea/Coffee
MID-MORNING	
Refreshing Drink (A-64)	Tea/ Namkeen/ Biscuit
LUNCH	
Lentil Spinach Soup, (A-26) Sweet Lime and Cucumber Salad, (C-179) Onion Ring Salad, Masala Beans Poriyal, (C-140) Drumstick Curry, (D-109) Boiled Rice (C-71)/ Plain Chapati, (C-46) Sago Kheer(E-93)	French Onion Soup (A-21) Moong Mushroom Salad, (A-44) Lauki Raita (C-173) Spinach PaneerKofta Curry (C-151) Vegetable Korma (C-138) Rainbow Pulao (FB) Naan, (C-49) Pineapple Delight. (E-140)
EVENING TEA	
Palak on Toast (G-171) Tea/Coffee	Aloo Tikki (G-88) Tea/Coffee
DINNER	
Kamal KakriKofta Curry, (C-153) Mashed Amaranth, (C-159) Spring Onion Raita (B-350) Plain Chapati (C-46)/Rice (C-71), Moong Dal Kheer (E-30)	Capsicum Poriyal (D-59), Raw Banana Kofta Curry, (C-155) Sprouted Dal Onion (A-33) Stuff Chapati, (A-83) Mix Vegetable Salad (A-43) with Curd (D-89)

Day-35	Day-36
BREAKFAST	
Corn Boat with Open Sandwich,(G-72) Fruits, Tea/Coffee	Sprouted Stuffed Canapes,(E-101) Fruit Shake (A-55)
MID-MORNING	
Veg Mocktail (A-66)	Tea, Zero Oil Namkeen
LUNCH	
Gazpacho, (A-22) Mixed Veg Salad (D-89) Flavoured Rice, (B-169) Masala AlooBhindi, (B-281) Cauliflower in Gravy, (B-265) Plain Chapati, (C-46) Mango Bonanza (E-33)	Cabbage Soup (A-20) Italian Salad (B-141) Mushroom Paradise (B-312) Vegetable Chunks in Tomato Gravy (B-337) Chinese Rice, (F) Yoghurt Pudding (E-71)
EVENING TEA	
Veggie Delight, (G-110) Tea/ Shake	Mix Dal Dosa (G-48) Tea/Coffee
DINNER	
Kadhi with Pakoras (C-83) BrinjalBharta, (C-106) Green Pulao, (B-158) Mix Salad, (A-43) Plain Roti (C-46)	Dal Makhani, (C-89) KathalSubji, (C-143) Carrot Raita, (B-349) Cucumber Salad, (A-47) Plain Roti (C-46), Green Pea Rice, (F) Apple Jam (E-129)

Day-5	Day-6
BREAKFAST	
Masala Omelette with bread (G-38) Chutney, Chilli Garlic Spread (A-172)	Uttapam without Onion, (G-37) Dal Chutney, (A-176) Fruit, Saaol Tea
MID-MORNING	
Orange Juice, Biscuit	Vegetable, (G-137) Khakaras, Tea
LUNCH	
Cabbage & Tomato Soup (F) Tossed Salad (C-185) BharvaHariMirch (B-242) Carrot Gazpacho (B-250), Dal Bahar (B-205) Green Peas Rice (F) Missi Roti (C-55) MurmuraLaddu (E-153)	Sweet Corn Soup(A-30), Onion Ring Salad, Green Beans Stew (B-253) Navratan Korma (B-268) Tridali Dal (B-206) Naan (C-49) Lemon Rice (F) StHuffed Pears (E-123)
EVENING TEA	
Soya Nuggets (G-50) Manchurian, Tea/Coffee	Ragada Patties (G-55) Tea/Coffee
DINNER	
Tofu Kofta Curry (F) Spinach Roti, Mix Veg Salad, (F) Moong Dal, Kheer (E-30)	Broad Bean Curry (D-114) Masala Arbi (B-290) Carrot Stuffed Roti (F) Apple Murabba (E-132)

Day-7	Day-8
BREAKFAST	
Masala Pasta, (G-83) Banana Fries (E-47), Fruits, Tea	Carrot Sprout Sandwich (G-75) Pudeena Chutney (D-190), Fruits, Milk
MID-MORNING	
Poha Salad, (G-113) Apple Juice	Noodles (G-89) Tea/Coffee
LUNCH	
Carrot Ginger Soup (F) Tomato Salad(B-138), Tandoori Phoolgobhi, (B-274) HaryaliMakkai (B-294) Green Berry Dal (D-101) Mint Rice, (B-156) Besan& Pea Roti, (C-53) MethiLaddu (E-136)	Mix Veg. Soup (F) Kala Chana and Chhole Salad (A-39) Cabbage Kofta Curry (C-150) Gobhi kiKheer (F)
EVENING TEA	
Seek Kebab (G-39) Tea/Coffee	Low Calorie Toast Sandwich (G-115) Tea
DINNER	
Besawali Shimla Mirch, (B-313) Stuffed Roti(A-83), Fruit Salad, (E-163) Clocassia Leaf Dal (D-105) Pineapple Delight (E-140)	Spicy Lentil Rasam (D-53) Pumpkin Pachadi (B-285) Plain Roti(C-46), Corn and Bean Salad (B-134) SitafalFirnīe(E-85)

Day-33	Day-34
BREAKFAST	
Vegetable Momos (G-185), Fruit Shake,(A-55) Tomato onion Chutney(A-189)	Uttapam with Onion and Cabbage, (G-198) Fresh Fruits, Drink (Saaol Tea)
MID-MORNING	
Baked Potato Kabab (G-183) Tea/Coffee	Fruit Mocktail,(A-53) Biscuit
LUNCH	
Cold Soup (B-29),Grated Salad (C-178) Pasta Primavera(G-80), Vegetable Chow-Chow (B-318), Fruity Sundae (E-119)	Rasam Soup (D-56) Tofu Tit Bits (B-135) Onion-Cucumber Ring Salad, Kamal KakriKofta Curry (C-153) BharvaHariMirch (B-242) Corn Roti(B-172), Mixed Pulao,(B-154) Orange Wonder (E-55)
EVENING TEA	
Paneer& Corn Patties (G-196) Tea and Coffee	Healthy Garam Chat (G-121) Tea/Coffee
DINNER	
Chinese Rice (F) Spinach PaneerKofta Curry,(C-151) Tossed Salad (C-185) Sprouted Dal Roti,(C-51) Atta Ladoo (E-111)	Dal Miloni, (C-85) Mix Vegetable, (C-107) Plain Rice,(C-46) Methi Stuff Roti, (C-47) Grated Salad (C-181), BesanLaddu (E-113)

Day-31	Day-32
BREAKFAST	
Khandvi (G-167), Fruits, Tea/Coffee	Vegetable Dhokala (G-108) Fruits, Green Chutney, Tea/Coffee
MID-MORNING	
Tea/ Namkeen	Tea and Namkeen,
LUNCH	
Spinach Soup with Macaroni (B-127), Carrot Salad with Chutney (B-144), Dam Aloo, Urad Dal Roti (C-122), Flavoured Rice (B-220), ParwalSubzi, Papad, Milk Cake (E-56)	Wheat Flour Soup (B-132), Sprout, Corn and Vegetable Salad, Cabbage (B-199) Sambhar, Baked Vegetable Benanza (B-288), Plain Rice/Chapati, Jaggery Curd (E-168)
EVENING TEA	
Mexican Fingers (G-192), Tea/Coffee	Chana Dal Bhel Chat (G-187), Fruit Juice/Tea/Coffee
DINNER	
Dal miloni (C-89), LaukiKofta Curry (C-116), Navratan (F)Pulao, Stuffed Puri, Orange Kheer (E-90)	Rice Stuffed Capsicum (C-111), Yammi Dal (B-206) MethiChapati, Papad, Apple Snowballs

Day-9	Day-10
BREAKFAST	
Idli Delight (G-195) Sambhar(D-25), Kotu podi (A-174), Chutney, Saaol Tea	Cabbage Cutlets (G-122) Brown Bread, Tea/Coffee, Fruits
MID-MORNING	
AluTikki (G-88) Tea	Banana Shake
LUNCH	
Peas and Corn Soup (F) Macroni Salad (C-190) Spinach Curd Gravy (B-225) Masala AaluBhindi (B-281) Urad Dal(B-195), Garlic Rice (F) Yoghurt Pudding (E-71)	Spinach and Beans Soup (F) Sprout Corn and Veg Salad (B-136) Broccoli Curry (B-279) Masala Karela (B-276) Sindhi Kadhi (C-82) BesanMethi Roti (C-54) Rainbow Pulao (F) KhusKheer (E-68)
EVENING TEA	
Khandvi (G-167) Milk Shake	Rice Ball Kebabs (G-100) Tea
DINNER	
Cucumber Dal (F) Tomato Goju (B-271) Besan Roti(C-48), Tofu Tit Bit Salad (B-135) Rusbada (E-42)	Sambhar (C-88) MethiChaman (B-227) Sprout Dal Roti (C-51) Sweet Lime and Cucumber Salad(A-47) Orange Pudding (C179)

Day-11	Day-12
BREAKFAST	
Moong Dal Pan cake (G-54) Hot Potato Ball(G-106), Saaol Tea, Fruits	Masala Omelette with Bread (F-38) Tomato Sauce(D-200), Fruit Juice
MID-MORNING	
Veg Momos (G-185) Tea	ChatpatiChapati (G-109) Tomato Onion Chutney(A-180), Tea
LUNCH	
French Onion and Tomato Soup (A-21) Cauliflower Salad (B-139) BesanBhindi (B-273) LahsuniBaigan (B-321) Cabbage Stuffed Roti (F) Boiled Rice(C-71), Sandesh (E-49)	Mashroom and Cabbage Soup (F) Rajma Salad (B-140) Green Onion Subzi (B-262) Mix Vegetable Bake (B-328) Plain Roti(C-46), Curd Rice(D-122), Carrot Kheer (E-29)
EVENING TEA	
Green BesanTikka (G-142) Tea/Coffee	Mexican Dosa (G-208) Tea/Coffee
DINNER	
Tahiri(C-65), Lentil Stuffed Tomato(B-252), Veg. Raita (C-167)	Sprout Stuffed Roti (F) Capsicum in Soya Sauce (B-280) Radish Leaf Dal Curry (B-307) ChirwaLaddu (E-150)

Day-29	Day-30
BREAKFAST	
Tasty Noodles, (G-89) Fruits, Tea/Coffee	Mexican Dosa, (G-208) Green Mint,(A-182) Onion Chutney, (A-183) Fruits Tea/Coffee
MID-MORNING	
Mixed Fruit Juice	Sprouted Moth Chat
LUNCH	
Sprouts, Stem Veg Soup, Fenugreek Dal, (D-170) Potato Saag, (C-137) Sweet Raita (B-347) Stuffed Chapati/Tamarind Rice, (F) Stuffed Pear (E-123).	Colocasia Stem Soup, Corn and Bean Salad (B-134) Bhindi-Capsicum Subzi (B-224) Soya Rasam (B-201) Radish Raita (B-343) Mustard Rice (B-150) Chapati, Faluda Delight (E-4)
EVENING TEA	
Mini Pizza, G-78 Tea/Coffee	Nest Roll, G-194 Tea/Coffee
DINNER	
Dal Makhani, (C-89) Corn Stuffed Tomato (C-118) Rainbow Rice (F) Tandoori Roti, Grated Vegetable Salad (C-178)	Spicy Lentil Rasam (D-53) Kuzhambu, Veg. RavaUppuma, Mixed Salad, Pumpkin Halwa (C-109)

Day-27	Day-28
BREAKFAST	
Veg Masala Pasta (G-83) Fresh Fruits, Drink (Saaol Tea)	Stuffed Masala Bun (G-94) Instant Mango Chutney, (A-186) Fruit, Tea/Coffee
MID-MORNING	
Tea, Zero oil Namkeen	Lemon water, Biscuit
LUNCH	
Hot and Sour Soup (B-126) White Channa Salad, (A-39) Sindhi Curry Kurma (C-82) Onion Plain Rice,(B-177) Apple Snowballs (A-207)	French Onion Soup(A-21) BathuaRaita (B-344) SaunfWaaleKhatteBaingan (F) Herbed Mushroom Pulao(A-70)/Sprouted Dal Chapati,(C-51) Winter Delight (E-124)
EVENING TEA	
AlooTikki (G-88), Tea/Coffee	Vegetable Khakaras (G-137), Tea/Shake
DINNER	
Moong Dal, (C-91) GajarMatar (F) Green Cucumber Salad, (D-88) Vinegar Onion, Plain Chapati (C-46)/Rice (C-71) Chiko Dessert (E-67)	Capsicum Poriyal (C-133) Sorrel Dal (C-95) Cucumber-Onion Salad, Methi Chapati (C-47)/ Mustard Rice, (B-150) Mango Smoothie (E-174)

Day-13	Day-14
BREAKFAST	
Veg Masala Pasta (G-83) Open Sandwich(G-72), Green Chutney(A-178), Fruits, Tea (Saaol drink)	PaoBhaji (G-103), Potato Stuffed Roti, Tomato Chutney(C-188), Fruits Tea.
MID-MORNING	
Juice/Tea/Coffee, Biscuits.	Tea, Biscuit.
LUNCH	
Vegetable Sweet Corn Soup, (A-30) NutrellaKeemaMatar (C-112) Corn Palak(B-258), Cucumber Raita (C-169) Sprout Salad(A-33), Plain Rice(C-71)/Methi Roti(A-47), Fresh Fruit Custard(A-213)	Tomato Soup (A-31) Dum Alu(C-123), Rajma (C-104) Vegetable Biryani (F) Mint Raita(C-203), Sprouts Salad(A-47), Onion with Vinegar, Missi Roti(D-74), Papad with Chutney, Phirni(C-222)
EVENING TEA	
Poha Salad (G-113) Tea, Biscuit	Bread boat (G-207) Tea, Marie Biscuits.
DINNER	
Dal Makhni(C-89) BaiganBhartha(C-106), ZeeraPulao, Grated Veg. Salad(C-178), Onion Rings Salad, Plain Chapati(C-46), Sevai E-25	Cabbage and Paneer Delight (E-69) Masaledar Karela(B-276), Green Cucumber Salad(D-88), Spinach Roti, Onion Rings, Fresh Fruits, Papad with Chutney, Phirni (E-100)

Day-15	Day-16
BREAKFAST	
Idli Sambhar, With Chutney (G-150), Fruits, (G-150) Tea.	SujiCheela (G-176) Paneer Corn Vegetable Ball(G-135), Fresh Fruits.
MID-MORNING	
Fruit Punch(A-54), Sprouted Chat(B-369).	Tea, Biscuit.
LUNCH	
French Onion Soup, (A-21) Mix Salad Cucumber(C-180) Sprouted Stuff Chapati (C-51), White Channa Curry (C-102) GajarMatar, (F) Tamrind Rice, (F) Fruit Surprise (E-121)	Lentil-spinach Soup (A-26) KhattaChanna (C-99) Stuffed Capsicum (C-119) Sprouts Pulao (F-8) Naan(C-49), DahiVada (C-175) Tossed Salad(C-185), Stewed Apple. (A-224)
EVENING TEA	
Bhelpuri, (G-41) Tea, Biscuit.	Veg. Pancake(A-146), Tea/Coffee/Fruit Shake(A-55).
DINNER	
Lobia Curry (FB) Mix Vegetable(C-107), Green Cucumber Salad (D-88) Plain Chapati (C-46) Papads Chutney, Jaggery Rice(E-158)	Moong Dal(C-19), Masala Bhindi, (C-110) Lemon Rice (C-63) Grated Vegetable Salad (C-178) Plain Chapati (C-46), Vermicelli Milk delight (E-25)

Day-25	Day-26
BREAKFAST	
Vegetable Khakras (G-137) Fruits, Green Chutney, (175)	Bread Surprise (G-146) Fruit Shake, Tomato Onion Chutney (A-188) Tea/Coffee
MID-MORNING	
Tea and Namkeen	Jain Bhakri Pizza (G-190) Tea/Coffee
LUNCH	
Minestrone Soup (A-27) Carrot and Spinach Raita (C-171) Grated Salad, (C-181) Dum Arbi (C-161) Raw Banana Kofta Curry (C-155) Papad, Green Pea (C-70) Pulao/Plain Chapati, (C-46) Juicy Fruit Jelly (E-98)	Spinach and Beans Soup (F) Sprout Corn and Veg Salad (B-136) Broccoli Curry (B-279) Masala Karela (B-276) Sindhi Kadhi (C-82) BesanMethi Roti (C-54) Rainbow Pulao (F) KhusKheer (E-68)
EVENING TEA	
Chi-chi-pi-pi Toast (G-191) Fruit Juice/Tea/Coffee	Tacos (G-203), Milk Shake, Tea and Coffee
DINNER	
Plain Chapati, (C-46) Tridali Dal (B-206) Beetroot Salad, LahsuniBaigan (B-321) Mint Raita, (C-166)Amla Murabba (A-189)	PaneerKofta Curry, (C-146) Stuffed Karela (C-145) Macaroni Salad (C-190) Methi Stuffed Roti. (C-47)

Day-23	Day-24
BREAKFAST	
Raddish Stuffed Paratha(C-52), Green Coriander Chutney(A-175), Fruits, Tea	Chatpatildli Chat(B-387), Fruits, Tea/Coffee
MID-MORNING	
Chaat(B-374)	Tea/ Namkeen (Zero Oil)
LUNCH	
Beans Tomato Soup, (A-24) Spicy Fruit Salad, Aloo Posta (C-122) Vegetable Chaw-Chaw (B-318) Ice-cream (A-217)	Mushroom Soup (A-29) Veg Medley, (D-87) GajarNutriBhaji (B-223) Bhindi Capsicum Subzi (B-224) Drumstick Rasam, (D-51) Corn Roti, (B-172) Spanish Rice, (B-147) AngooriPetha (E-145)
EVENING TEA	
Soya Treat, (G-111) Tea/Coffee	Nest Rolls (G-194) Tea/ Coffee
DINNER	
Plain Roti (C-46) Kamal Kakari Kofta (C-153) Masala AlooBhindi (B-281) Yog Hurt Pudding (E-71)	Mix Vegetables (A-114) Tamarind Leaf Dal (D-104) NavratanPulao (C-74) Naan (C-49) Kachumber Salad (F)

Day-17	Day-18
BREAKFAST	
Bread Upma, (G-53) Fresh Fruits, Fruit Shake (A-55)/ Saaol Tea.	Green Peas Balls Garlic Spread (G-139) Fruits/Saaol Tea.
MID-MORNING	
JalJeera(A-51), Jhatpat Chaat	Minty Dal Kebabs (G-175)
LUNCH	
Beetroot Soup (A-19) Corn Stuffed Tomato (C-118) Rasam (D-56) Carrot Raita (C-172) Sprouts Stuffed Roti (FB) KhattiMithi Chutney(A-181), Tomato Rice(A-87), Mix Vegetable Salad(A-43), MakhanaKheer (F-24)	French Onion Soup (A-21) Moong Mushroom Salad(A-44), LaukiRaita (C-173) Spinach PaneerKofta Curry (C-151) Vegetable Korma (C-138) Rainbow Pulao (C-68) Naan(C-49), Pineapple Delight. (E-140)
EVENING TEA	
Veg Dhokla (G-108) Grapes Delight(A-56)	Cabbage Baked (G-122) Cutlet(G-169), Amla Drink(A-51)/Saaol Tea.
DINNER	
Chana Curry (C-102) MasalArbi (B-290), Potato Bhajiya (G-52) Plain Chapati(C-46), Kheer (E-30)	Kathal Dry, (C-143) Mango Dal(C-90) Masala Puri(B-188), Onion – Cucumber Salad, Plain Rice(C-71), Chocolate Jelly(E-88).

Day-19	Day-20
BREAKFAST	
Beaten Rice Uppama (D-170) Yam Chips (D-172) Saaol Tea, Fruits.	Masala Vada (D-157) Small Onion Sambar (D-27) Fresh Fruits, Drink (Saaol Tea)
MID-MORNING	
Papaya Thandai(A-63).	Mushroom Soup(A-29), Bread Slice (Roasted)
LUNCH	
Cabbage Soup (A-20) Stuffed Kerela (C-145) Mashed Green Gram Dal(D-41), Mix. Vegetable Curd Salad(D-89), Mustard Seeds Rice(D-131), Missi Roti(C-55), Sago Kheer (E-93)	Rasam Soup (D-56) Tofu Tit Bits (B-135) Onion-Cucumber Ring Salad, Kamal KakriKofta Curry (C-153) BharvaHariMirch (B-242) Sprouted dal Roti(C-51), ZeeraPulao, Orange Wonder (E-35)
EVENING TEA	
Soyabean Wheels (G-60) Potato Bhajiya(G-52), Tea/coffee.	Potato Bonda, (G-65) Tea/Coffee
DINNER	
Parwal Ki sabzi(B-220), Baked Veg. Bonanza (B-288) Green Pea Pulao(C-70), Plain Chapati(C-46), Carrot Radish Salad, Fruit Cream. (E-112)	Garlic Rasam (D-49) BrinjalRasavangy (C-134) Green Cucumber Salad(D-88), Appam. (D-121)

Day-21	Day-22
BREAKFAST	
Skimmed Milk 1 cup with Cornflakes, Toasted bread with jam, Fruit	Vegetable Saaol Dalia/ Skimmed Milk, Fruits
MID-MORNING	
Tea, Biscuit	Tea, Zero Oil Namkeen
LUNCH	
Green Pea Soup (A-23) Beans & corn Salad(A-35), Chana Dal with Ghia (C-92) Soyabean Sukha(B-214), Raddish Stuffed Roti(C-52), Mushroom Pulao(A-70), Orange Kheer. (E-90)	Carrot Ginger Soup (FB) Black Channa(C-101), SarsonKaSaag (C-109) Plain Rice(C-71), Mixed Salad(C-182), Methi Makkai Roti (C-56), Stewed Apple (C-207).
EVENING TEA	
Corn Dhokla, (G-158) Tea/ Shake	Bread Pakora, (G-64) Tea/Coffee
DINNER	
Rajmah(A-112), PalakPaneer (Tofu) (B-257) Plain Roti(C-46), Rice (C-71), Pumpkin Halwa (C-201)	Cauliflower Kofta, Curry (C-154), Posta alu (C-122), Moong Dal(C-91), Radish Roti(C 52) /Onion Rice(B-177), Mandagabe(D-189), Mango Suffle (E-139)