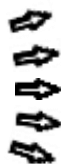


# FOOD GUIDELINE

[www.thoughtsrevolution.co](http://www.thoughtsrevolution.co)

GUIDELINE BY SANJAY G.M.



GOOD HEALTH IS COMBINATION OF 5

Sunlight  
Food (All type)  
Water (8 Glass) as per weight 100kg/4ltr  
Sleep (8-9 hour)  
Exercise

- Take Sun RAY'S early morning 7.00am - 8.00am or Evening 5.00pm-6.00pm for 15-20 minimum.

- Desi Cow ghee 2 teaspoon before entering for bath.

## • Breakfast options:-

6 days 6 item  
Sunday no breakfast

- 1) Flattened rice ((पोहे) and sprouted mung
- 3) Chickpeas (Brown) usal
- 5) Corn

- 2) Boil Eggs with brown bread or wheat roti
- 4) Wheat Lapsi
- 6) Sweet Potato

## • After Breakfast eat any 1 item 1 teaspoon

6 days 6 item

- 1) Sesame seed
- 2) Saunf (fennel seed)
- 3) sunflower seed
- 4) pumpkin seeds
- 5) Flaxseed
- 6) Honey

## • Lunch & Dinner

- Fish, Eggs -----2 days / week
- Spinach, Asparagus, Bathua OR any Green leafy-----2 days / week
- Pulses like lentils (मसूर) etc. or Seasonal Vegetables like Drumstick, capsicum, cabbage, Cauliflower etc ----- 3 days / week
- Eat 1 time Jowar Bhakri & 1 time wheat + 1 time small bowl brown rice.

## • Salad Item with Lunch & dinner

Carrot, Onion, Radish, Beetroot, Fenugreek Leaves, Tomato without seed, celery, sprouted mung, Spring onions, raw capsicum, Cucumber, Raw garlic (Take any 1 or 2 item )

- Between 5pm - 6pm Eat any 1 seasonal fruit

## • In evening eat any one item 1 teaspoon

6 days 6 item

- 1) Jaggery & coconut
- 2) peanut
- 3) chickpeas ( Brown)
- 4) dates
- 5) kishmish
- 6) Lemon Juice

Note:- All guideline is on my personal research or study from many author which convince me.  
Follow guideline under doctor's observation.