



DIME DIET SAMPLE



TIME OF DAY

FOOD OR DRINK

CONTENT

06:00 A.M. 10 ML OF SUPERJUICE IN 500 ML WATER

SUPERJUICE MEANS LIME OR HIMALAYAN BERRY OR APPLE CIDER VINEGAR

08:00 A.M. 5 GM OF POWDER IN 500 ML. WATER

POWDER IS WHEAT GRASS OR ALFA-ALFA OR SPIRULINA OR ARJUN BARK

09:00 A.M. 2 TEASPOONFULS OF SEEDS

SEEDS CAN BE CHIA OR FLAX OR SESAME

01:00 P.M. GREEN LEAVES OR JUICE
500 GMS OR 500 ML.

GREEN LEAVES ARE CORIANDER, MINT, FENUGREEK AND SPINACH. 1
BASIL, PARSLEY, ARAGULA, SWISS CHARD, BEET GREENS, BETEL. 2
GARDEN CRESS, KALE, CILANTRO, COLLARD GREENS, DILL, FENNEL. 3

03:00 P.M. FRUITS = 500 GMS.

FRUIT IS REGIONAL AND SEASONAL.
PEAR, APPLE, PLUM, ORANGE, PAPAAYA OR PEACH. 1
BANANA, PINEAPPLE, WATERMELON, CHICKOO, KIWI. 2
BERRIES 3.

05:00 P.M. RAW VEGETABLE SALAD 500 GMS.

SALAD IS BEETROOT, CARROT, CUCUMBER, LETTUCE, TOMATO 1
CELERY, RADISH, BELL PEPPER OR CABBAGE

06 : 30 P.M. WARM WATER = 500 ML.

CAN BE LIME JUICE OR HIBISCUS TEA

07: 00 P.M. COOKED FOOD = 20% OF MEAL
1 ROTI + 1 BOWL OF DAL. **OR**
1 CHAPPATI + 1 BOWL OF VEG CURRY.

OPTIONS CAN BE REGIONAL AND SEASONAL AND VARIABLE
ROTI IS ROUND PANCAKE OF MULTIGRAIN FLOUR
DAL IS LENTIL SOUP OR VEGETABLE BROTH
CHAPPATI IS ROUND FLATBREAD FROM GRAIN DOUGH.
CURRY IS BOILED OR COOKED VEGETABLES.

08 : 00 P.M. ALKALINE WATER = 500 ML.

CUCUMBER AND CORIANDER MAKE LIME WATER ALKALINE