



*Who are hungry for health...*

**Jaganji's**  
**Amruthaharam**  
*(Natural and Milletfoods)*



# **Yoga Diet**

## **Lunch-1**

<b>Day</b>	<b>Sweet</b>	<b>Sprouts with</b>	<b>Rice</b>	<b>Raitha</b>	<b>Roti</b>	<b>Juice</b>
<b>Monday</b>	Beetroot Laddu	Carrot Kosambari	Millet Kichidi	Raitha	Masala Roti	Juice
<b>Tuesday</b>	Guava sweet	Nuts	Leafy BrownRice	Raitha	Radish Roti (Mullangi)	Juice
<b>Wednesday</b>	Custard Fruitsalad	Fruits	Sambar BrownRice	Raitha	Leafy Roti	Juice
<b>Thursday</b>	Carrot Laddu	Muesli	Pulses and vegetables BrownRice	Raitha	Vegetable Roti	Juice
<b>Friday</b>	Yoga special sweet	Amla, Peanuts and seeds	Beetroot BrownRice	Raitha	Multigrain Roti	Juice
<b>Saturday</b>	Ashgourd & Bottlegourd sweet	DryFruits	Tomato BrownRice	Raitha	Carrot Roti	Juice

## ***Lunch-2***

<b>Day</b>	<b>Rice</b>	<b>Raitha</b>	<b>Roti</b>	<b>Curry</b>
<b>Monday</b>	Millet Kichidi	Raitha	Masala Roti	Curry
<b>Tuesday</b>	Leafy BrownRice	Raitha	Radish Roti (Mullangi)	Curry
<b>Wednesday</b>	Sambar BrownRice	Raitha	Leafy Roti	Curry
<b>Thursday</b>	Pluses & vegetable BrownRice	Raitha	Vegetable Roti	Curry
<b>Friday</b>	Beetroot BrownRice	Raitha	Multigrain Roti	Curry
<b>Saturday</b>	Tomato BrownRice	Raitha	Carrot Roti	Curry

## ***Lunch-3***

<b>Day</b>	<b>Rice</b>	<b>Raitha</b>
<b>Monday</b>	Millet Kichidi	Raitha
<b>Tuesday</b>	Leafy BrownRice	Raitha
<b>Wednesday</b>	Sambar BrownRice	Raitha
<b>Thursday</b>	Pulses & vegetables BrownRice	Raitha
<b>Friday</b>	Beetroot BrownRice	Raitha
<b>Saturday</b>	Tomato BrownRice	Raitha

# ***Lunch-4 (Only Friday)***

*Annapurna Kichidi(400gms)*

## ***Dinner***

<b>Day</b>	<b>Fruit Salad</b>	<b>Juice</b>	<b>Raitha</b>	<b>Sprouts</b>
<b>Monday</b>	Fruit Salad	Juice	Raitha	Sprouts
<b>Tuesday</b>	Fruit Salad	Juice	Raitha	Sprouts
<b>Wednesday</b>	Fruit Salad	Juice	Raitha	Sprouts
<b>Thursday</b>	Fruit Salad	Juice	Raitha	Sprouts
<b>Friday</b>	Fruit Salad	Juice	Raitha	Sprouts
<b>Saturday</b>	Fruit Salad	Juice	Raitha	Sprouts

***Coming soon....***

## ***Liquid diet***

### ***1. Special Milkshakes***

***NOTE: All Milkshakes made with Cow milk and natural fruits vegetables and nuts***

- *Carrot, Badam, Rose, Sugandhi, Dates, Anjeer, Jeevashakti (Herbal), Dry Nuts, Faluda, Mango, Banana etc.,*

### ***2. Raw vegetable juices***

- *Beetroot, Ash gourd , Bottle gourd etc.,*

### **3. Fruit juices & combination juices**

➤ *Papaya, Pineapple, Guava+Promogranet etc.,*

### **4. Boiled vegetable juices**

➤ *Tomato+Keera, Tomato+Bottle guord etc.,*

### **5. Soups**

➤ *Tomato, Sweet corn, Palak, Brakoli, Beetroot, Mutter, Veg clear, Horse grain, Moongdal Mixed , sprouts etc.,*

### **6. Millet Porridges(Javalu)with flax or ravva**

➤ *Jowar, Sajja, Barley, Sabuddan, Corn, Ragi.*

### **7. Malt**

➤ *Ragi, Multigrain, Soya, Sprouts, Health mix.*

## ***Breakfast***

*content*

## ***Summer Diet***

*Content*

## ***Pregnant Diet***

*content*

## ***Infant and children Diet***

*Content*

## ***Party Orders***

*Content*

## ***Health is Wealth...***

## ***Yoga VignanaKendra***

*MIG-13, Road No.1, KPHB Colony, Kukatpally,Hyderabad-72.*

*Contact:Ph:9441887766/55,jaganjiyvk@gmail.com*

*www.yogavignanakendra.org*