



SECTION II



CHAPTER 10

How to do Plan 21 days Ramadan Detox –

Shopping list, recipes and plan.

You must take a note that this plan is a sample plan. You can adjust each day meal as per the food items and food availability in your area. But make sure you follow Do's and Don'ts strictly. If you are replacing one good item with another make sure they are from the same food group.

Instructions:

1. It is important to “Plan your day ahead!” If you do not plan your day ahead it will get difficult for you to observe all food servings throughout the day and you may end up eating junk. So Planning ahead for half an hour in morning is important!
2. For dinner you are asked to take salads and main course and if more hungry, you may take fruits and nuts after some time.
3. You can take a liberty of substituting1 soup with another or a main-course with another. Refer to recipes section for options.
4. You can eat dry fruits and nuts that are unprocessed. Make portion of 3 almonds, 3 pistachios, 1 date , 1 fig, 3 walnut halves in small zip lock bags and store them. You can use 2 bags a day whenever you

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feel hungry. Make sure you have this portion once every alternate day.

5. Very important tip is to make zip bags of Fertility balance powder, smoothie fruits, Fertility tea herbs
6. Recipes given here are for your reference and you can alter the amount of ingredients as per your requirements.
7. If you want to loose weight or feel inflammation/heaviness in your body than I would suggest you to go gluten free and use other variety of millet flours like Fox millet, little millet, Pearl millet, Buckwheat, Ragi, Barley, Bajra flour in small portions.
8. If you eat out or are invited as guest, you need to follow the rules of clean eating. You can do that once a week only. Make sure you follow the rules of clean eating. Ask yourself is this healthy? Is this clean? Is this unprocessed? If your food can pass that criteria, then you can eat that. Eat more fruits and veggies and protein. Eat less simple, High glycemic index carbohydrates.
9. Eating 2/3rd stomach full and leaving 1/3rd stomach empty is Sunnah and has a great health benefit. Please follow this rule consistently.
10. Drink lots of water, prefr. Avoid cold water.

Important Note: Where ever you find terms like Fertiltiy mix, nabeez, Castor oil pack, please refer to resources section on this Ebook. You will find recipes and instructions there.

