



SAFETY DIET

By K.V.S.K. MURTHY,
M.Sc., PG Diploma (YOGA) Gold Medalist



- **Early MORNING:** Without brush take warm water with turmeric after that warm water with Ginger, Honey, and lemon & Tulasi leaves Do Yoga/Walking /Any fitness exercise

- **7.00 Am:** If you want Coffee / Tea / Milk

- **Before 10.00 Am:** **FULL MEALS / HEAVY BREAKFAST**
(Take food whatever you want)
Before meal take Karivepaku Powder-
After meal take some vamu
In meal take one Garlic piece -
Don't lie down after taking food
Don't drink water before meals and eating time.
Drink only ¼ glass of water after meal.
To take water maintain gap 1 Hr. before and after Meals.

- **11.00 Am:** Take water as much as you can

- **After 1.00 Pm:** **Mini Meal / Tiffin**, Boiled Ground Nut,
Raagi Java with Butter Milk
Banana-1, Kharjura or any fruit

- **After 03.00 Pm:** If you want Coffee / Tea / Milk

- **Before 7.00 Pm:** **Two pulka / Mini Meal** with any one curry
(Carrot, Beetroot, Dosakaya, (Bottle Gourd) Sorakaya,
Beans, Ridge Gourd (Beerakaya), Snake Gourd
(Potlakaya) any leafy vegetables

- **7.00pm:** Take water as much as you can

- **08.00 Pm:** Take water as much as you can

- **After 9.00 Pm:** Fatless Milk one mini glass
- **Before Sleep:** Compulsory brush your teeth

