



# Shravan Satvik Fasting Diet Plan

DT.FORAM

# SHRAVAN SATVIK FASTING DIET PLAN



DT.FORAM

[WWW.MAKESYOU EAT.COM](http://WWW.MAKESYOU EAT.COM)

### **Early Morning (5:30 – 6:30 AM)**

- Warm jeera water or tulsi ginger water + 1 soaked date or 2 soaked raisins

### **Breakfast (7:30 – 8:30 AM)**

- Fruit bowl: banana, papaya, 5 soaked almonds or Pomegranate, apple, 3 soaked walnuts

### **Mid-Morning (10:30 – 11:00 AM)**

- Buttermilk with roasted jeera and mint or
- Coconut water with 1 tsp soaked chia seeds

### **Lunch (12:30 – 1:30 PM)**

- Samak rice khichdi with lauki or pumpkin sabzi + 2 tbsp homemade curd or
- Rajgira roti + paneer bhurji + bottle gourd sabzi + 1 tsp ghee on rice or roti

### **Evening (4:00 – 5:00 PM)**

- Roasted makhana (1 handful) or
- Boiled sweet potato chaat with rock salt and lemon +
- Herbal tea (tulsi, ginger, lemongrass – no milk) or milk tea or coffee

### **Dinner (6:30 – 7:30 PM)**

- Kuttu paneer cheela (2) + sautéed pumpkin/ raita or
- Rajgira dosa + mint peanut chutney or
- Lauki soup with paneer cubes

### **Bedtime (8:30 – 9:00 PM)**

- Turmeric milk with nutmeg (100–150 ml) ( if u take turmeric in fast)

**DIETITIAN FORAM**



# Weekly Rotation Options

Grains: Samak, Rajgira, Kuttu, Singhara

Proteins: Paneer, Milk, Curd, Peanuts, Makhana, Chia

Vegetables: Lauki, Pumpkin, Arbi, Sweet Potato, Ridge Gourd

Fruits: Banana, Apple, Papaya, Pomegranate

Fats: Ghee, Almonds, Walnuts, Coconut, Flax



## Why This Diet Works

Supports weight loss by improving insulin response

Promotes gut healing with light, digestible meals

Balances hormones through anti-inflammatory foods

Reduces cravings with steady energy from whole foods

Preserves muscle by including protein in each meal



**MAKES YOU EAT**  
*Dietitian Foram Modi*

Shravan fasting isn't about deprivation. It's about clarity—physical, mental, and spiritual. When you combine traditional wisdom with modern science, you don't just fast—you heal.

**DIETITIAN FORAM**