



# Makes You Eat, Mumbai

by Dietitian Foram Modi

(Dietitian Approved)

# Mahashivratri Fasting Diet Plan

## 1 Day Shivratri Fasting Diet Chart

**Disclaimer:** Please take free consultation with Dietitian Foram Modi if any doubt regarding the diet plan.

by Best Clinical Nutritionist in Mumbai - Dt. Foram Modi

Visit - <https://makesyoueat.com>



**8369030744**

## 1 DAY MAHA-SHIVRATRI DIET PLAN

### Early Morning (Upon Waking Up)

1. Warm water + soaked sabja seeds
2. Warm Jeera – Fennel water
3. Coconut water + pinch of rock salt
4. Warm water + 4 soaked almonds (peeled)

### Breakfast - (Post Puja – Light Nourishment)

1. Stewed apple + cinnamon
2. Papaya bowl + 1 tsp pumpkin seeds
3. Milk + cardamom + soaked raisins
4. Pear slices + 1 tsp ghee
5. Banana mashed with crushed peanuts
6. Thandai with fruit salad
7. Hung curd with nuts and fruit (Shrikhand style)
8. Kesar nuts hung curd shrikhand (sweetened with date/honey)

### Lunch

1. Samak rice pulao (lauki + peanuts) + Mint-peanut chutney + 1 bowl curd
2. Singhara atta cheela (2) + Paneer-peanut stuffing + Lauki raita
3. 1 Rajgira sweet potato puran poli + 1 katori dahi with pepper and salt
4. 3 Sweet potato tikki (grilled / tava roast / air-fried) + Coconut-peanut chutney + Fruit bowl (papaya / apple)
5. Barnyard millet (samak) upma + Paneer cubes + peanuts + Buttermilk / Falhari missal

### Evening

1. Roasted makhana (ghee + jeera)
2. Fruit chaat (no chaat masala)
3. Milk + nuts and kesar
4. Thandai
5. Coconut water + soaked dates (1-2)

### Dinner

1. Lauki-ginger soup.
2. Yoghurt fruit nuts and seeds bowl.
3. Paneer pomegranate chaat with crushed walnuts.
4. Makhana chutney chaat.
5. Green sabudana khichdi.

### Bedtime

1. Milk with a spoon of ghee.

If in doubt or have question, Call/WhatsApp our dietitian team for **Free consultation**.

Consultation is Free. WhatsApp now!

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by Dietician Foram Modi

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**Contact Now!**

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