

Veeramachaneni Ramakrishna 4 Piller Health Program (Diet Plan) Details

Oils

- Don't Use Sunflower Refined Oil During this Program.

Use Only any below oil's

- Coconut oil (Yes) 100%
- Cow Ghee (Yes) 40% original.
- Olive Oil (Yes) 40%.
- Butter (Yes) 40% Amul, Vijaya
- Cheese (Yes) 40%.
- Venna on the curd.

SALT

Salt- Kallu Uppu Only (**Sea Salt**)

EGG's

- Every day eat 1-6 Full **Boiled Egg** with White and Yellow.
- **Omelette** - Omelettes with Vegetable.

Vegetable Curries

- Only Eat Curries means Directly eat Curries. Don't eat with rice.

Non-Vegetarians

- Chicken, Mutton, Prawns, Fish, Any Non-Veg curry daily 300 Grams. Don't use Tamarind.
- Naatu Kodi, Naatu Kodi eggs very good for health.
- No Rice and No Chapathis.
- Salt, Chilli powder, Turmeric, Lemon, Ginger Garlic Paste for marination.
- Use, Home made garam masala.
- Deep fridge - 2 hrs.
- Fry with above-mentioned Oils only.
- Don't Use Curd, colour, cornflour, sauce, etc.

Outside Food

Maximum avoid Outside food during the program period. If Necessary follow given food items **With Out Color. Don't Use Tasting Salt.**

- Chicken Tandoori, Chicken Tikka, Chicken Kebab, Chicken Grilled.

How to Make Mutton Bones Soup For Veeramachaneni Ramakrishna Diet Plan

- 1kg mutton bones.
- 2 litres of water and cook up to 12 whistles.
- Transfer mutton bones Soup to the big vessel.
- Add 4 Ltrs of water.
- Cook that mutton bones Soup in the small stove at sim heat, about 7 hours.
- Add vegetables you want to Taste.
- After adding vegetable cook 45 mins.
- Take out all the pulp and drink only soup.

Pillar 1- Every day (First 10 days) of the program.

- 70-100g Fat For Sure.
- Not Cheese.
- Prefer soup with fat.

After 10 Day's

- 40-70g Fat for sure depends on the individual.
- If got weak add more 10g fat.

If you are **Non-Vegetarian** have to take veg regularly.

Should not take:-

- Potatoe
- Chama
- Kanda
- Pendalam
- Chilakada
- Beetroot
- Raw Banana
- Beans,
- Naatu Chikkudu,
- Bataani.

Should take partially:-

- Tomato 1

- Onion 1
- Carrot 1

Except this 11 vegetables should take all other vegetables. Can also mix milk in curries.
Mulagaaku Leaf Should be taken Regularly.

Veg soup

All vegetables except the exempted. Add 1/2 litre water in the cooker and place 7 whistles.
 Remove pulp and drink soup. Add thalimpu, ginger garlic paste, etc.

- Panneer-100% protein.
- Take 100g paneer every day.
- No coconut water.
- Mudhuru kobbari,
- Daily eat endu kobbari half chippa.
- Milk - No
- Coffee, Tea - No milk and sugar.
- Take decoction and cream.
- Bullet proof coffee.
- Green tea, white tea, No sugar.
- Meegada on Milk
- Add it in curry leaves curries.
- Can drink soda.
- **Ban all cool drinks and bad habits.** Until this program complete.
- Curd- No
- But can drink **Majjiga.**
- Like Lemon Majjiga, Jeera Majjiga.
- 2 spoons in 1 ltr water.

Pillar 2

- Every individual should take 3 Lemons.
- Avoid Salt in Majjiga. For sure.

Take 2 Liters curd and add 3 Ltrs of water.
 Add mirchi, ginger, garlic etc and keep it in fridge
 Take only the top layer of it. Should not take the curd below.

Pillar 3:-

Every Person Daily should Drink Liters of water directly or with majjiga.

Pillar 4:-

Daily Take 1 Multi-Vitamin Tablet. Take it from Generic Shop.

Nuts

- Badam-10
- Pista - 10 (Salted, Normal)
- Walnut/Ocrut - 15 (Spondilites relief) Soak over night in water.

Gummadi Ginjali, Poddu thirigudu ginjalu, Water melon seeds Each 5-6 spoons Daily.

Tella Nuvvulu, Avisu Ginjalu, 1/4 kg each and fry in ghee and make powder.
Take that powder 3-5 spoons a day.

How to Eat

Eat as you wish when you feel hungry. Should not eat for every hour or two.

Eat when you feel you are really hungry. No timings. When body asks you to eat.

Eat only until you hunger feels satisfied not full stomach.

Eat again when you feel hungry. Dont eat for satisfying desire.

Not to take this food:- (Upto Completion of program)

- Rice and related items.
- Dhanyalu like jonnalu, raagulu, soojjalu, etc all types of ginjaalu should be banned.
- No minappapu, chenagapappu in thaalimpu.
- No sweets and consolidates.
- Don't eat fruits and Don't Drink fruit juices.