

Juice/Soup Fast Plan

JUICE FAST PLAN



9 AM

**Ash Gourd Juice or
Coconut Water or
Cucumber Juice**

- Remove the peel & seeds of the ash gourd



11:30 AM

ABC Juice

- 1/2 apple
- 1 beetroot
- 2-3 carrots
- 1 inch ginger
- 1/2 lemon



2 PM

Green Juice

- 2 cucumbers
- handful spinach
- 1/2 apple
- handful coriander / mint
- 1 inch ginger
- 1/2 lemon



5:30 PM

**Repeat Green Juice
or Ash Gourd Juice
or Coconut Water**



7 PM

**Repeat Green Juice
or Ash Gourd Juice
or Coconut Water**

SOUP FAST PLAN



9 AM

Vegetable clear Soup

- Broth of any seasonal boiled vegetables



11:30 AM

Pea Carrot Soup

- 1 cup fresh peas
- 1 cup chopped carrot
- 3 cups water
- 1 inch ginger
- 2 teaspoon lemon juice
- 2 teaspoon rock salt (optional)



2 PM

Tomato Soup

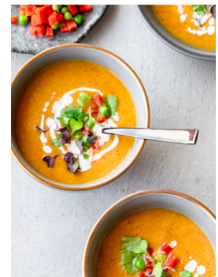
- 8 medium tomatoes
- 1/4 cup bottle gourd
- 1/4 cup carrot
- 1/2 cup red bell pepper
- 1 1/2 cup water
- 3/4 teaspoon rock salt (optional)



5:30 PM

Repeat Clear Soup

- Broth of any seasonal boiled vegetables



7 PM

**Repeat Pea Carrot
Soup or Tomato Soup
or have a soup of your
choice**

- Do not add coconut milk or nuts and seeds to your soup on fasting days