

## Veeramachineni Ramakrishan – VRK’s Solid Diet Plan

### Solid diet plan — Single/Two meal diet Plan

**One Meal Diet :** Whatever solid food you take ( veg or non-veg) should be consumed ONLY once in a day.. You cannot take 12.30 PM curry, 2 PM Badam/Almonds, 4 PM Pista and 7 PM Keera or Salad or other solid food.. Basically whatever you plan to eat.. Should be consumed in one go.. Again.. Just because you are going to eat only once.. DO NOT EAT just because of the taste.. eat only your hunger is taken care....

**Two Meal Diet :** Whatever solid food you take (veg or non-veg) should be consumed ONLY Two times in a day.. You cannot take 12.30 PM curry , 2 PM Badam/Almonds, 4 PM Pista and 7 pm again Curry etc or other solid food.. Basically whatever you plan to eat .. should be consumed two times in a day.. again.. just because you are going to eat only once.. DO NOT EAT just because of the taste.. eat only your hunger is taken care...

**Three Meal Diet :** This diet is exclusively for those “individuals” want to GAIN weight and Strictly not for other members. Those individuals who want to gain weight should consume daily 120 to 150 grams of FAT and eat 3 times a day the food as per food items suggested in this diet. Also, incase individuals still fee hungry even after having 3 times a day, they can even go for additional meal (4<sup>th</sup> time) during the day.. If one follows this the individuals can achieve their Goal.

We have to take FAT min70 gms to max.100 gms (**Pillar 1**) during first 10 days of Starting the diet, Next 50 to 70 grams till target, 4 Itr’s water (**Pillar 2**), Lemons 3 (**Pillar 3**) and 1-Multi vitamins tablet and 1 or 2 no’s of “Omega3 Fish Oil” tablets (**Pillar 4**).

**Note:** Whoever is eating 3 times Fish Curry in a week or whoever is taking min 3-4 spoons of Flax seeds powder/Avishe ginjalu powder as part of curries should be taking 1 Omega3 tablet per day. If not they should be taking 2 Omega3 tablets per day.

Always take Omega3 tablet during Afternoon and Evening. Do not take in the Morning. Always suggested to take FAT in warm water/Green tea/White tea (without sugar)/black coffee/Bullet proof coffee. Also do not take entire FAT in One go.. Ensure you take 10-15 grams each time and consume day’s quota in 5-6 times than one go.

- 0 to 6: Eggs /day
- Per one day -1: onion, 1: tomato 1:carrot (allowed) 0 to 6: Eggs = /day
- Non-veg items : ladies 250 grams /day
- Chicken, Mutton, Fish prawns and any non-veg allowed.
- You can add homemade (ginger garlic paste)
- Only sea salt (samudrapu uppu) , No ready to eat foods allowed or food procured/ordered from hotels etc
- Paneer -100 grams/Day, Cheese-100 grams / day allowed, Veg soups allowed, 0 to 10 almonds , 0 to 10 pista, 0 to 15 walnuts

Note: Those who are doing the diet for “**Diabetes**” SHOULD NOT eat **PISTA**

- 5 spoons Flaxseed/Avisalu, Sesame seeds(white) / Half Coconut-fully matured and not tender coconut meat/day allowed
- Milk and curd only in curries 2 spoons /day, incase individuals are habituated to prepare curries with milk/curd
- 2 spoons Curd with 1 litre water with lemon(No salt to be added)
- No juices/No cool drinks /No fruits /No tamarind /No coconut water /No food colours
- No dhaanyalu or grains or millets/No grains pulses or pappulu

## **Pillar - 1**

For the first 10 days of the program individuals need to consume 70-100g FAT (Ghee/Coconut oil/olive oil/Butter, Malai/cream on curds, Venna/Makhan) without any deviation. Irrespective of liquid/solid (one/two meal) first 10 days individuals need to consume 70-100 grams of FAT.

Cheese is not considered as part of fat items. However cheese can be used as part of curries etc.

After 10 days consume 50 gms — 70 gms. This mean 50 grams direct intake and 20 grams for cooking curries. This weight depends on individual to individual. You can start from 40 and increase by 10 gms, if you feel weak.

If you cannot consume directly the above fat items it is advised to mix with soup/hot water and drink..

Note: Consumption of Coconut oil/ghee as part of curry is not counted. it has to be directly consumed...either taking directly or by adding in soup/hot water... The reason for this is.. if you use 20 to 30 gms of Ghee/Oil while making curry...almost 10-15 gms get stuck with cooking pan it-self.. and when you serve in a plate and try to consume.. some more quantity get stuck with the plate and actual consumption will not be even 50%...

Also, ensure that the weight of Oil/ghee etc is measured physically as approximation does not help..the oil consumption should be strictly between 70 -100 gms with no exception. So, if you do not have kitchen scale at home, try to take one small cup or bottle to the nearby shop and get weighed empty one and then fill the 80-85 gms of oil or ghee or olive oil whichever you choose to consume and then mark the bottle or cup so that daily you need not have to visit the shop for measuring the weight.

## **Pillar 2 :**

Every individual should take 3 Lemons without fail. It is advised if you cannot consume as juice, in butter milk as explained in the document

### Pillar 3:

Should consume min 4 Ltr's water either directly or as in the form of Butter milk (again it's not like think butter milk.. 2 spoons of curds mixed with one litre of water). The quantity of butter milk will be part of the 4 ltrs which is advised to be consumed. However during the summer season, one should consume additional 1 Itr or even more ..

### Pillar 4:

1-Multi vitamins tablet and 1 or 2 no's of "Omega3 Fish Oil" tablets (**Pillar 4**).

Note: Whoever is eating 3 times Fish Curry ina week or whoever is taking min 3-4 spoons of Flax seeds powder/Avishe ginjalu powder as part of curries should be taking 1 Omega3 tablet per day. If not they should be taking 2 Omega3 tablets per day.

Always take Omega3 tablet during Afternoon and Evening. Do not take in the Morning.

1 Multi Vitamin Tablet (in capsule form only..any name/any brand is fine) without fail. Take in Generic Shop.. May be you can try from Jan Ayush Kendra .. or generic medicine..

### Important Points:

- Oils-Sun Flower oil/any Refined Oil (Strictly No)
- Coconut oil (Yes) 100%- Extracted from "dry coconut pieces" — No "Virgin" coconut Oil or "Organic" coconut oil –
- Cow Ghee (Yes) 40%
- Olive Oil (Yes) 40%
- Butter (Yes) 40% Amul or Vijaya Cheese (Yes) 40% Top Layer on
- Curd (Malai on Curds)
- Venna / Makhan/ Benne

**Salt** – Kallu Uppu/Crystal salt form Only (Sea Salt) to be used.

Rock Salt, Saindhava Lavanam, Crystal salt(iodised) etc are not to be used. The Kallu uppu what we get in packet is iodised, which means processed with chemicals.

Seasalt...Samudrapu uppu **OK**

Non-iodised crystal salt/process cheyyani kalluppu **OK**

Rock salt or Himalayan pink salt ...Saindhava lavanam **NO**

Crystal salt/kalluppu **NO**

Eat Curries cooked as much quantity as you want to. Need not have to be RAW vegetables... can cook in the form of curry, the way you enjoy as per your taste

Eat lots of cooked as much quantity as you want to. Need not have to be RAW vegetables. Can cook in the form of curry, the way you enjoy as per your taste.

Eat lots of Greens. Vegetables (other than “ which are banned as below) in the form of raw or curry made with above said oils Ghee/Coconut oil etc marked in Yellow.

### **Should not take below Vegetables**

- Potato
- Chama gadda /Arvi (Colacasia)
- Kanda (Suran/Yam)
- Pendalam (Tapioca)
- Sweet Potato
- Beetroot
- Raw banana
- Beans, Green Peas/White peas. Only Cluster beans(Gorikkaya) is allowed.
- Chikkudu kaya (Broad beans/kidney beans)

### **Below Vegetables can be consumed 1 each per day :-**

Tomato – 1, Onion — 1, Carrot – 1

Except these 11 vegetables you can take all other vegetables.

Important: In the curries during “Vaggarane/Talimpu/popu/phodni/Tadka” do not add any Uddin Dal (Urad/Black bean/Grain) or chana (Bengal gram) dal as all dal’s/pulses/grains are totally banned. Basically, one should not touch any dal/pulses/bela/grains during this diet program

Don’t use Tamarind. You can use Lemon as alternate to Tamarind.

**No Rice and No Roti/Chapti** — Also no rice based powders like Rice floor, wheat floor, maida, ravva etc.. which means even Dosa/Idly is banned during this period. Even **Millets** (Chiru dhanya and its products are strictly not allowed) ..

Kall uppu (Sea Salt), Chilli powder, Green Chillies, Turmeric, Lemon, Ginger Garlic Paste for are allowed.

Homemade garam masala, if required is allowed.

### **Few other Important Points**

No coconut water Q Fully matured Coconut (almost becoming like dry Coconut), Dry Coconut-half portion every day.

Milk — Strictly no.. Not even readymade milk powders etc or even coconut milk

Coffee, Tea — Yes you can drink..but with NO sugar /sugar Supplements and NO MILK ....

Black coffee or Green Tea with No

Honey Or Bullet proof coffee ([https://youtu.be/AGgg54G\\_D1U](https://youtu.be/AGgg54G_D1U) – ) may be consumed.

Can drink soda, if required. but Strictly NO Aerated soft drinks or fruit juices or such products. Also, salt should not be added while consuming Soda.

Ban all cool drinks and other habits (smoking/alcohol) . Until this program complete.

Curds – **No**

But can drink butter milk... here again you need to prepare butter milk with 2 spoons of Curds with 1 Itr of water and if you want can add lemon, Jeera, Ginger, Curry leaves etc, but no Salt.

Asafoetida – **No**

Nuts: – Badam-10 Soak overnight and eat after removing skin Pista — 10-15

(Salted or Normal)

Wallnut/Acrot — 15 pieces (best for Spondylitis/joint pains relief) duly soaked overnight in water.

NOTE: Diabetic suffering individuals **SHOULD NOT** eat **PISTA**

Pumpkin Seeds, Sun flower seeds, Water melon seeds Each 5-6 spoons can be consumed. its not mandatory, but optional \_\_\_\_\_

White Yellu/Til (sesame seeds) / Flax Seeds : 1/4 kg each and fry in ghee/coconut oil and make powder Take that powder 3-5 spoons a day directly or mix with water and consume...again it is optional

### **Golden rules to be noted**

During this diet plan please forget those traditional words like breakfast, Lunch , Dinner etc...

Eat only when you feel hungry. You should come out of the earlier practice like eat something after every hour or two.

Eat, **ONLY** when you feel you are really hungry — use self-judgement... and strictly no self-cheating .

No timings. Whenever body asks you can eat. It can be morning 5 AM or midnight 1 am...

Eat ONLY till you hunger satisfied and not to over consume as it tastes good

Eat again ONLY when you feel really hungry. Don't eat for satisfying desire.

No Fruits are allowed including Gauva/ Jama kaya/Seebe kaya and Avocado. During this diet plan do not even Devara Prasada/ Devudi Prasadam like Tirupati laddu/Panchamrutha or any sweet prasada's.. Only coconut is allowed only if it is not tender (can eat only if it is fully matured or becoming kind of dry) .. Pray God to exempt you for few weeks till you complete this diet plan and God, | am sure will appreciate the positive change in you and do not give curse to you but will give blessing for your Good Healthy Initiative.

**Use Garlic as much as you can...in daily 1 meal/2 meal/ 3 meal**

**Medication:** All diabetic patients if their sugar levels are below 350 they NEED to stop the medication from Day One of starting the diet. Sugar patients above 350 levels should take 5 units of insulin till the levels drop below 350 and stop taking insulin immediately after comes down below 350.

**BP:** Continue to take medicine and use for 2 weeks...stop medicine one day .. and show to doctor.... On 16th day.. reduce dosage/stop based on DOCTOR's Advice. If Doctor's advice is not to reduce do another 2 weeks... stop medicine one day and visit Doctor again. Based on Doctor's advice reduce the dosage/stop the medication... Normally within 6 weeks... BP will get reduced.. ONLY upon Doctors advice medication should be stopped. DO NOT take individual decision.

**Thyroid:** Continue to use the medication... at the end of the diet... visit doctor and stop medication. Typically the Thyroid levels will come to normal after 4-6 weeks. ONLY upon Doctors advice medication should be stopped. DO NOT take individual decision

Members whoever is taking Homeopathy medicine should stop that as the pills are sugar coated ..even that content of sugar is not allowed. However, you might consume tincture based homeo medication.

People who are using Ayurvedic or any other herbal medication should stop taking those medication during this diet plan. However, "Triphala" is allowed in case individuals are suffering from constipation.

**Few Observations which I felt during the diet plan:** During first day, we might feel little frustration (for obvious reasons that we are moving away from traditional diet plan) and also you might get little head-ache etc .. But do not lose hopes..it would be matter of few hours.. by the end of the Day One or max by Day two when you get up things should be normal .. From Day Two evening, you will feel very relaxed, very light and lots of energy...

Below are the "Veeramachineni Rama Krishna" youtube links from which the above PDF isprepared for those individuals who cannot follow Telugu ...

## **Suggested Medical Tests to be done before starting diet :**

1. BP, 2. HBA1C, 3. FBS & PP(DIABETIC), 4. RBS, 5. CBP, 6. CUE, 7. Lipid profile 8. Liver Function, 9. Kidney Function Test, 10. Thyroid levels, 11. Uric acid levels 12. Serum creatinine levels

## **What all liquids can be included in 4 litres of water ...**

- Butter milk
- Lemon water
- Green tea
- Zeera(Cumin Seeds) water
- Fats mixed hot water
- Soda NO
- Soups NO
- Bullet Coffee NO

## **Important NOTE:**

**In our “VRK Sir Diet”... there are few minor changes to improvise the benefits the diet.**

1) All those who are following this diet program after 24<sup>th</sup> day should STOP taking “ either coconut oil or any other FAT which are taking DIRECTLY (like in bullet proof coffee/ in soups/ in warm water etc) for 4 days period. During these 4 days use ONLY fats like Ghee, Butter Olive oil for cooking the curries. After these 4 days period, continue the diet as per earlier procedure. This procedure needs to be followed ONCE in every 24 days. During these 4 days individuals can have either 2 meal or 3 meal based on their hungry needs, that mean even 1 meal or 2 meal individual can eat upto 3 meal only when they are really hungry. You should be using only 20-25 grams for cooking and not the 70 grams as you sed to consume in 1 meal or 2 meal diet.

This process will basically improve the “Live” Function w.r.to cleaning and better functioning of the liver. So its advised to follow this process once in a 24 days.

2) On 45<sup>th</sup>... or 50<sup>th</sup> or 60<sup>th</sup> day please OBSERVE TOTAL fasting as below... Which means that you should not be doing mandatory 4 Pillars and also should not be eating any curries (veg or nonveg) You have to consume only lemon water with salt or butter milk prepared with lemon and salt as much quantity as you like and limiting to min 4 liters. Also importantly you have to eat as much as possible either raw Garlic or Garlic roasted in GHEE. More you eat the Garlic is more Good for health. From the next day onward switch back to regular diet process which you were doing earlier...

This process will ensure that “Heart” functioning will improve and individuals are requested to follow the process.

Note : Please consult your Doctor before starting the diet