

HEALTHY SALAD

Dr. Vidyadhar Giri



Sugar salad



Raw salad



Cooked salad



Fruit salad
(only if sugar level
is under control)



FOOD as MEDICINE

Sprouted Salad



• *Ingredients:-*

1. 1 cup Sprouted Green Moong
2. 1 cup Chopped Cabbage
3. 1 cup Chopped Tomato
4. 1 Chopped Green Chili
5. 1 cup Chopped Carrot
6. 1 cup Chopped Coriander
7. ½ cup Chopped Onion
8. 2tbsp Lemon Juice
9. Black salt,
Cinnamon powder,
black pepper powder As per
taste

• *Method:-*

- Add Sprouted green moong and all chopped ingredients in a bowl
- pour lemon juice, black salt and cinnamon powder, black pepper powder over it
- Toss well
- Your salad Is ready to serve



FOOD as MEDICINE

For more Recipe visit - www.drgiridiabetesfreedom.com

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