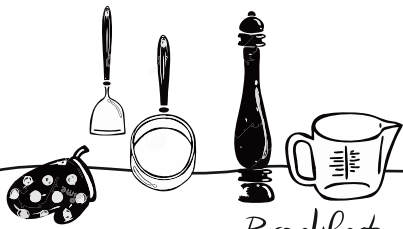


This Week's Menu!



Breakfast

Lunch

Snacks

Dinner

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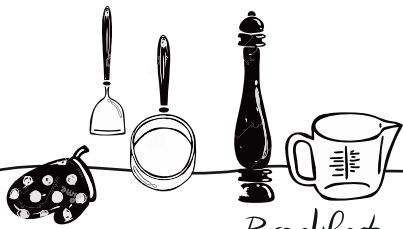
SHARAN

www.sharan-india.org

No disease that can be treated by diet should be treated with any other means

-Maimonides

This Week's Menu!



Breakfast

Lunch

Snacks

Dinner

Mon

Tue

Wed

Thu

Fri

Sat

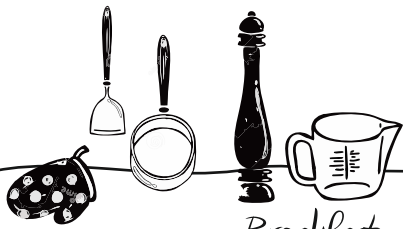
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AN INITIATIVE BY
SHARAN
www.sharan-india.org

It is health that is real wealth and not pieces of gold and silver
-Mahatma Gandhi

This Week's Menu!



Breakfast

Lunch

Snacks

Dinner

Mon

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Tue

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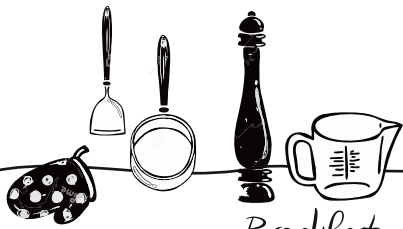
SHARAN

www.sharan-india.org

Let food be thy medicine and medicine
be thy food

— Hippocrates

This Week's Menu!



Breakfast

Lunch

Snacks

Dinner

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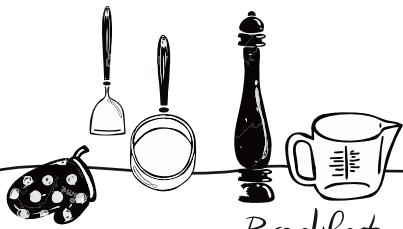
SHARAN

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Everytime you eat or drink you are either feeding disease or fighting it

-Heather Morgan

This Week's Menu!



Breakfast

Lunch

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Mon

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Tue

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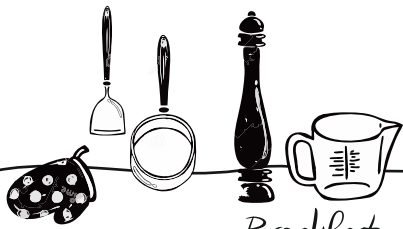
SHARAN

www.sharan-india.org

The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition

- Thomas Edison

This Week's Menu!



Breakfast

Lunch

Snacks

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Mon

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AN INITIATIVE BY

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True healthcare reforms start in your kitchen

- Unknown

This Week's Menu!



Breakfast

Lunch

Snacks

Dinner

Mon

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AN INITIATIVE BY
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www.sharan-india.org

The rest of the world lives to eat, while I eat to live
- Socrates

This Week's Menu!



Breakfast

Lunch

Snacks

Dinner

Mon

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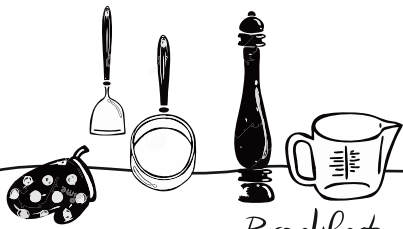
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Nature itself is the best physician

—Hippocrates

This Week's Menu!



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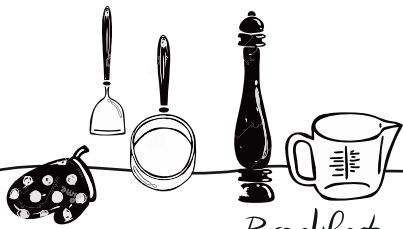
SHARAN

www.sharan-india.org

*If you can organise your kitchen, you can
organise your life*

- Lewis Parrish

This Week's Menu!



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Mon

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Tue

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AN INITIATIVE BY

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The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison

- Ann Wigmore