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Veeramachaneni Ramakrishna Rao may be an accountant by profession, but in the past few months, he has gained immense popularity in the states of Andhra Pradesh and Telangana. Rao is now hailed as Aahara Maantriku or the 'diet magician' in the region. While he spends most of his time appearing on TV channels and other events, people around him busy themselves with serious debates about him. How did this happen? Rao claims to have shed about 30 kg in less than three months, and that could only be possible by following his special diet, which he calls K.E.T.O. If you browse online, you will come across plenty of videos where Rao is seen explaining the K.E.T.O diet to viewers. The keto diet that's famous in the West comprises high-fat, adequate protein and low-carbohydrate foods. The diet forces the body to burn fat rather than carbohydrates. Rao, however, claims to have never heard of the popular keto diet, neither has he realised the uncanny similarity with the namesake. Also Read: Cut off this one food from your diet to make weight loss super-easy

Rao's special diet: Earlier, Rao reportedly weighed about 123 kg. All kinds of diet and exercises that he had tried went in vain. Later, he embarked on a diet based on four things, which are, consuming 70-100 g of fat, three lemons, four litres of water and one vitamin tablet a day. Rao claims that his diet, also popularly known as VRK diet, does not help only in losing weight, but also reverses Type 2 diabetes, according to a report in Gulf News. According to Rao, the reason behind an increasing waistline and bulging belly lies in refined products, including oil, flour, rice and sugar, apart from one's habit of reckless eating. Also Read: Eating chicken helps lose weight; 5 other benefits you had no idea about

Rao adds that healthy fats like edible coconut oil, ghee (clarified butter), olive oil, butter are all beneficial to the body. Rao also suggests that one should consume only a minimum amount of carb intake and binge on meat, vegetable and curries in the meantime. To defend his claim that the direct intake of virgin coconut oil and other fats can reverse diabetes, he also refers to Dr P V Satyanarayana, a cardiologist from Guntur, who had claimed in an interview that he could control the malady by including healthy fats in his diet. Food colouring, monosodium glutamate, milk and yogurt need to be completely avoided. Here's a glimpse of the sample diet: 1. Start the day with a glass of lukewarm water with one lime squeezed into it. 2. Breakfast: Eggs (scrambled, poached, omelette or boiled or curried with any vegetables), followed by a vitamin tablet. 3. Mid-morning: Clear vegetable or mutton/beeef/chicken soup with any of the recommended fats stirred in. 4. Lunch: Salads with pepper and olive oil (no salt). Vegetable curries to be cooked in coconut oil, olive oil, ghee or butter with ust a little bit of sea salt/rock salt. 5. Evening: Salad. 6. Last meal (before 7.30pm): Soup with fat to complete the daily recommended 70 grams of fat. 7. Vitamin tablet after the last meal

A minimum of four litres of water has to be consumed throughout the day. One can have lemons either with water or thin buttermilk. Veeramachaneni advises that the buttermilk should be made with two spoonfuls of yogurt, mixed with one and half litres of water. For further nourishment, one can have grilled or tandoori meat marinated in sea salt, chilly/pepper, turmeric, ginger-garlic paste and home-made spice powder no more than 300 gm for men and 250 gm for women. Otherwise, one can opt for boiled, steamed, stir-fried or curried vegetables for lunch. No more than half an onion and one small tomato is recommended per day. While Rao has garnered immense popularity among people, the medical community continues to remain divided over the benefits of this diet. Veeramachaneni Ramakrishna Diet Plan Special Food Program Videos. Veeramachaneni Ramakrishna famous Diet Planner. He is giving free public Special Food Program to reduce Diabetes. Permanent Solution to Diabetes Videos by Veeramachaneni Ramakrishna. Also, check Veeramachaneni Ramakrishna official youtube channel. Veeramachaneni Ramakrishna Diet Plan Special Food Program Videos. Veeramachaneni Ramakrishna 4 Pillar 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 panneer every day. No coconut water. Madhuru 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. Meeqada 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 lr 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) Wallnut/Ocrot - 15 (Spondilites relief) Soak over night in water. Gummadi Ginjali, Poddu thirigudu ginjala, Water melon seeds Each 5-6 spoons Daily. Tella Nuvvulu, Avisa Ginjala, 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. Veeramachaneni Ramakrishna 4 Pillar Health Program (Diet Plan) Pdf Download Click Here - Download Veeramachaneni Rama Krishna diet plan, Loose weight in less time, Quick weight loss program. Veeramachaneni Rama Krishna Biography. Veeramachaneni Rama Krishna (VRK) diet program. Veeramachaneni Diet is a desi version of famous KETO diet being peddled by Veeramachaneni Ramakrishna Rao. He claims it reduces weight and reverse type 2 diabetes. He claims he shed 30 kilos in less than three months following this diet that he devises and tried first on himself. He believes the biggest culprit behind increasing waistline and bulging bellies is everything refined oils, flour, rice and sugar and reckless eating. He says switching back to what the people ate a generation back is the ideal food for people from the subcontinent. He has followed 4 pillars. 1) Fat diet (70 grams- 100 grams daily) 2) Water(4 liters daily) 3) Lemons(3 per day) 4) Multivitamin tablets(1 - 2 per day) Even many youtube channel has come up with each day diet plans, you can go through the plans, they will make your work easier. This is all about a personal opinion if one believes then just go with it. It is fact that you don't feel hungry dring the diet process. Pillar 1 (Fat Diet) 70-100 grams for the first 10 days to be consumed daily directly. 30 - 50 grams from 11 th day. Only one of them to be consumed. The quantity to be correctly measured (make note of this). The fat foods are 1) Coconut oil 2) Ghee 3) Clear Butter 4) Cheese above curd(malai) 5) Butter(Amul Butter or Vijaya Butter) 6) Olive Oil So many people said that they could see better results with coconut oil. Pillar 2 (4 liters Water) It is compulsory to intake 4 liters of water daily. By the end of the day you should make sure to take 4 liters of water. Pillar 3 (3 Lemons) 3 lemons to be consumed daily as per the diet plan. You can take the lemons mixed with buttermilk, hot water, ... Pillar 4 (Multivitamin Tablets) In this diet, as we are not consuming any fruits and proteins. It is must to take vitamin tablets. If you have planned for a 1 meal plan make sure to take 2 multivitamins tablets daily. And for 2 meal plan talk 1 multivitamin tablet. You can purchase vitamin tablets from nearby medical shops. General rules • Non-vegetarian rule - 250 grams for female and 300 grams for male • Eat only when you are hungry. • Don't follow regular food timings. • Diet is of 3 types 1 meal solid diet, 2 meal solid diet and liquid diet plan. If you are of more obesity you can follow the liquid diet(soup based diet). For people with target of losing less weight, they better follow solid diet.(Liquid diet consists of meat soup, veg soup, buttermilk and so on) • Breaking from liquid diet requires to eat 10 badam nuts before eating anything solid. • After meal if you feel hungry drink any liquid items(buttermilk) • If you feel tired consume 10 grams of fat. • Take 100 grams of panner everyday. • Intake of nuts to be 10 each(all nuts allowed) • allowed veg - onion, tomato, carrot(only 1 each per day) • can have all vegs except (beetroot, potato, corn, raw banana, peas, and all roots vegs) Items allowed Cucumber, coconut oil, eggs (0-6 each day), sea salt, all Non-vegetarian items, buttermilk, soups, badam, pista, walnuts, capsicum, onion, tomato, carrot, olive oil, ghee, lemon, butter, garam masala, red chilli powder, flax seeds, pumpkin seeds, watermelon seeds, sunflower seeds, mustard, soda, cumin, ginger garlic paste, turmeric powder, cumin, panner, all spinach, cauliflower, cabbage, pumpkin, ridge gourd, bottle gourd, green tea, broccoli, ladies finger, brinjal, snake gourd, bitter gourd, chillies, drumstick, ivy gourd. Make tasty recipes using only the above items and have a enjoy a wonderful diet journey. Items to be avoided Bread, Sugar, pasta, milk, corn, beans, refined oils, rice, curd, fruits, fruit juices, junk food, raw banana, peas, peanut, chapatis, potatoes, root vegetables, channa dal, honey, jowar, idly, dosa, ragi, sooji, urad dal, broad beans, cluster beans, coconut water, tamarind, Make a taste diet every day without any carbs and you can see lot of changes in your body. You will not loose glow in your face as you consume high protein vegetables, lots of water. Veeramachaneni Ramakrishna after diet breakfast bullet coffee chicken soup mutton soup curries diet plan diet chart pdf diet program chart in telugu chart in English side effects plan for weight loss food chart full diet plan hair growth first day diet plan hairt growth full program diabetes health tips keto diet liquid diet latest program., non -veg diet plan solid diet sugar diet plan chart thyroid two meal diet vegetable diet chart.

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