



SHIPRA'S KITCHEN



Calendar 2021

Year 2021 - "Health Unlimited"



Let us embrace the natural gifts of "Mother Nature" and use these abundantly found natural ingredients in our daily diet for health Unlimited!

with love
ShipraKhanna

January

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Coconut is high in iron & antioxidants ! Use it in form of oil, coconut water or as pulp in chutney, in savoury or desserts & Enjoy Good Health !



February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

lemon boosts immune system & is loaded with Vitamin B&C complex! Have a glass of warm water, honey & lemon juice in the morning for health unlimited!

March

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Lemon Grass is loaded with Antioxidants, improves sugar and cholesterol levels ,is Anti-inflammatory as well ! Add lemongrass to a cup of tea & enjoy health Unlimited !



April

TO THE NEW YEAR

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Turmeric is loaded with Antioxidants & is Anti Inflammatory ! Have a pinch in warm water with honey every morning to enjoy benefits!

May

S	M	T	W	T	F	S
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



*Cloves are Loaded with Anti Oxidants, Improves liver health & tooth aches add in Biryani, lentils
veggies for health benefits !*



June

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Curry leaves are great for weight loss ! Use Curry leave to temper lentils and veggies in your everyday meals !

July

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Pepper controls blood sugar, lowers cholesterol and helps sore throat ! Sprinkle freshly ground pepper on your salads, eggs and other savoury dishes for health Unlimited !



August

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Fresh Ginger helps halt growth of oral bacteria! Add Ginger to your everyday cup of tea or pickle it with apple cider and salt and store!

September

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Garlic reduces Blood pressure and Improves cholesterol levels ! Consume a clove of crushed garlic with warm water everyday & Enjoy good health !



October

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Mint is a summer cooler and relieves from indigestion! Add to salads and summer drinks for health unlimited!

November

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Red Chillies are loaded with Antioxidants & supports immune system ! Make a paste in water, Chillies, garlic, lemon juice & salt Enjoy it as chutney , dip or in curries!



December

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Cinnamon is anti inflammatory, lowers blood sugar levels ! Grind and keep as powder and sprinkle it over salads, shakes, breakfast cereals & enjoy good health !