**Rajab's Lentil Diet**

**Purpose of the Diet**

The Lentil diet is prescribed for spiritual purposes in the month of Rajab. The purpose of this diet is to control the ego and our desires for food pleasure. It helps to discipline our ego to adapt to the same taste by eating the same food for 40 days. It helps us control our desire for food and heedless eating. Also allow us to contemplate and become aware that we eat food to live, instead of living to eat.

The Lentil Diet in the holy month of Rajab, (7th Lunar Month of Islamic Calendar) is a 40 days diet, starting first day of Rajab (7th Lunar month) to 10th of Sha'ban (8th Lunar month).

**Instructions**

**What Could You eat?**

The following are the four things that you can eat in this diet. It is recommended to stick to the following food and do not add any side dishes to this diet such as Rice, potatoes...etc.

1. **Lentil Soup**
   1. Pick one type of Lentil (Green, Red, Yellow)
   2. Use the same recipe
   3. Eat it for Lunch, Dinner, or whenever you are hungry
2. **Bread**
3. **Tea**

Pick one Tea flavour and do not change it till the end of 40 days.

1. **Dates**
2. **Water**