

**AYURVEDIC
EATING
IS NOT
GENERALIZED
IT IS
PERSONALIZED**

VATA FOODS

foodie

Vata does best when their food is cooked together in one pot.

Veggies should almost always be cooked for vatas.

Despite the “no” foods, vatas really love crunchy foods and must have them once in a while to satisfy the mind.

foodie

Brown rice is really no bueno for anyone, although some pittas can handle it. It is very hard to digest for vatas and kaphas and sticks in their digestive systems like glue. Best to stick with basmati rice for easier digestion. No more glue.

Oil is Vata's #1 food

“Yes” foods for vata are moist, grounding, building, nourishing, oily/fatty, easy-to-digest and warming. Think: warm, goopy, soupy, sticky, comfort foods.

Rice, grains, ghee, whole milk, cheese, citrus fruits, baked fruit, mango, coconut, cooked veggies, beets, squash, sweet potato, avocado, walnuts, almonds, cashews, dates, prunes, healthy oils (ghee, olive, coconut, flax, etc.), soups, stews, noodle dishes, rice bowls. Veggies should almost always be cooked.

“No” foods for vata are light, dry, crunchy, cold, iced, carbonated and anything gas-producing or hard to digest.

Brown rice, “extra high fiber” grains, crackers, popcorn, pretzels, raw veggies, soy products, lentils, beans, sprouts, peanuts, candy, fake sugars, bubbly water, soda, coffee, heavy meats.

Vatas favor the tastes: sweet, sour, salty

VATA PLATE



VATA MENU IDEAS

Breakfast

- Oatmeal cooked with raisins, peeled almonds,* ghee and cinnamon
- Cream of wheat, made with whole milk, add sprinkle of cardamom, cinnamon, maple syrup and dates
- Baked apples or pears, with ghee and cinnamon

Lunch/Dinner**

- Creamy asparagus soup and warm roll with butter
- Grilled cheese grilled with tomato soup
- Pasta with stir fried veggies, drizzled with olive oil and garlic sauce
- Sautéed veggies in oil or ghee, drizzled with warm pesto
- Roasted/fried vegetables such as beets, butternut squash, zucchini and sweet potatoes, roasted with olive oil and rosemary, sprinkle with salt and pepper

Snacks

- 1–2 handfuls of one thing: raisins or almonds
- Almond butter and small bread roll
- Dates rolled in shredded coconut
- Fig or date bar and glass of warm whole, organic milk
- Hummus and pita, drizzled with olive oil, add olives
- Baked apples or pears in ghee, with cinnamon

* Soak almonds in water overnight and the peels will slip off in the morning

** Cook one thing for lunch and eat the rest for dinner or vice versa

foodie

Trail mix could give vatas a tummy ache. It is best to stick with a handful of one single thing. The next day have something different to “mix” it up.

Baking fibrous fruits like apples or pears brings out their juices or waters, which is awesome for vata.

Raw foods aggravate vata causing anxiety, nervousness and dryness in the body. This makes the nutrition unavailable to our bodies even though it may be present in the food.

Leftovers and frozen foods are not recommended in Ayurveda.

They lack prana and can aggravate the doshas.

When possible, foods should be cooked fresh. However due to our lifestyle, that may not be possible. As a second best, cook a big dinner and have it for lunch the next day.

PITTA FOODS

Ghee is pitta's #1 food

truth

Pittas, I know you. Just because there are "no" foods does not mean you are banned for life. Don't write me a note saying you are not giving up red meat (Ha! Yes, I've had that happen). Simply pay attention to the "no" foods and limit them. At minimum, pay attention to how they affect your body and mind if you do eat them. Most likely, you will notice that your body and emotions might not do so well and that is a sign, to omit or significantly reduce these foods. OK? Love you! *smooch*

dosha fun

Almost all my pitta friends hate tomatoes. By design maybe?

Pittas love spicy foods, so while it is not the best for them, they will have to have it sometimes or they will get mentally unstable, plus they need it to keep agni balanced.

"Yes" foods for pitta are grounding, sustaining, cooling, calming, dry. Pasta, quinoa, basmati rice, barley, wheat, ghee, whole milk, lassi, soft cheeses, all sweet fruits, dried fruits, sunflower seeds, peeled almonds,* coconut, most veggies, squashes, potatoes, sweet potatoes, peas, legumes, coconut oil, olive oil, white meats, freshwater fish.

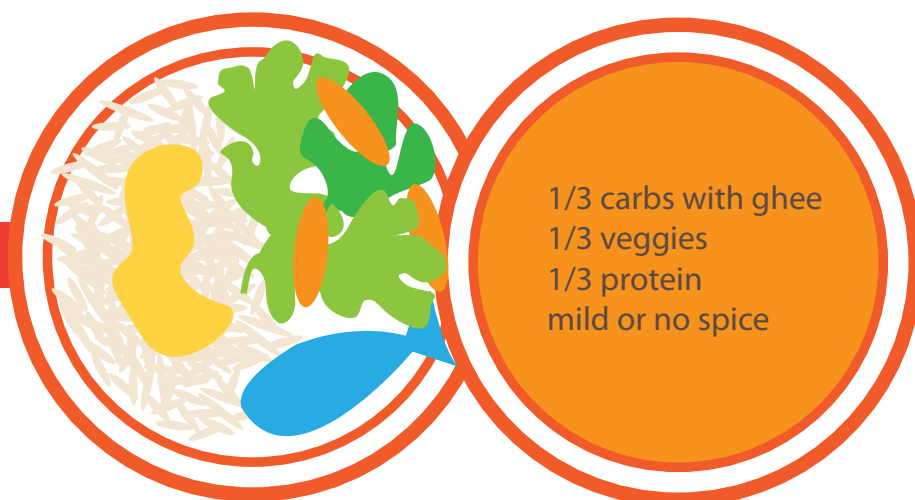
"No" foods for pitta are salty, sour and pungent (spicy). Naturally sweet foods are good for pitta but refined sugars are not.

Sour/acidic fruits, tomatoes, eggplant, radishes, jalapeños, garlic, cayenne pepper, sour/aged cheeses, alcohol (limit it), refined white sugar, red meat, fermented and overly salty foods.

Pittas favor the tastes: sweet, astringent, bitter

* Soak almonds in water overnight and the peels will slip off in the morning

PITTA PLATE



PITTA MENU IDEAS

Breakfast

- Egg white scramble sautéed with ghee, some veggies, add toast or wrap in flatbread. Sprinkle with fresh coriander (cilantro).
- Wheat/cinnamon raisin bagel or toast with almond butter and fig spread
- Oatmeal with milk, add cardamom, raisins (no sulfur) and a dab of raw organic honey on top. Optional: stir in some almond butter.

Lunch/Dinner**

- Salad with bitter greens, teriyaki salmon or chicken, lots of veggies, avocado. Add dinner roll with ghee.
- Quinoa bowl with chicken, add kale, broccoli, carrots, sprinkle with sunflower seeds
- Veggie wrap. Sauté your favorite veggies in ghee (potatoes, zucchini, broccoli, cauliflower, etc.). Add-ons: bitter greens, cottage cheese, chickpeas wrap in a flatbread or flour tortilla.
- Soft tacos with chicken or freshwater fish, black beans, corn, cilantro

Snacks

- Lassi (recipe p. 153)
- Fruit smoothie (no dairy, but add mint as a treat!)
- Dates rolled in shredded coconut
- Fig bar and a handful of almonds with a cool glass of whole, organic milk
- Seasonal fruit
- Hummus and pita or veggie sticks
- Pomegranate juice and slices of fresh coconut or mango

** Same type of foods, but dinner is a smaller portion

ayur-tip

Adding low-salt nuts or legumes to any dish will bulk it up if a pitta tends to get extra hungry and are good substitutes for meat if you are vegetarian.

Making food into a wrap goes a long way for pitta. They can load up with yummy veggies and proteins while enjoying the grounded satisfaction from the wrap.

KAPHA FOODS

learn

Never heat honey. Raw cane sugar can be used in warm drinks and foods as a sweetener.

nourish

If you are not hungry in the morning, skipping breakfast is OK for all doshas. Instead, have some ginger tea or a spicy chai.

resource

For more recipes with rice noodles, go to 101cookbooks.com and search "rice noodles."

Honey is kapha's #1 food

"Yes" foods for kapha are light, dry, well spiced, warm, and easy to digest. Favor a vegetarian diet.

Quinoa, barley, corn, buckwheat, toasted bread, rice noodles, soba noodles, basmati rice, crackers, all legumes/lentils, all veggies, goat cheese, cranberries, raisins, apples, pears, pomegranates, berries, pumpkin seeds, sunflower seeds, popcorn, raw honey, stevia

"No" foods for kapha are salty, sour and sweet. Comfort foods will leave kapha feeling heavy and lethargic.

Citrus fruits, pineapple, banana, dates, coconut, avocado, tomatoes, dairy, white sugar, red meat, fish, overly salty foods, fried and oily foods, soda, candy, iced drinks.

Kaphas favor the tastes: pungent, astringent, bitter

KAPHA PLATE



KAPHA MENU IDEAS

Breakfast

- OK to skip breakfast if you are not hungry (this goes for all doshas)
- Enjoy a spicy chai (almond milk) or ginger tea use raw cane sugar as a sweetener
- Honey, cranberry jam or orange marmalade on dry and cooled toast
- Warm quinoa cereal. Once cooked, add almond milk, sprinkle cinnamon, cardamom, and a little cane sugar taste

Lunch/Dinner*

- Pesto veggies. Sauté favorite veggies with pesto (light on the oil), sprinkle with sunflower seeds
- Quinoa veggie bowl. Add steamed kale, broccoli, cauliflower, carrots, sprinkle with sunflower seeds, sprinkle the spicy mix (recipe p. 155)
- Pile veggies on quinoa and drizzle with spicy curry sauce (not too salty)
- Spicy rice noodles with bok choy, edamame, ginger-garlic sauce and chilli-pepper paste
- Soft tacos with stir fried vegetables, black beans, corn, cilantro leaves
- Barley and vegetable soup

Snacks

- Fresh veggie juices (if juice is sweet, add spice like carrot ginger or apple ginger)
- Kale chips with garlic powder
- Popcorn
- Spicy chai or ginger tea
- One type of fruit cut up in a bowl (bonus: add a squeeze of lime and cayenne pepper)
- Veggie sticks with white bean dip. (optional: add Tabasco or sriracha)
- Baked apples or pears with cinnamon, cloves, and/or anise

*Same type of foods, dinner is a smaller portion

TIP: It is best to avoid sweets. But I know you, kaphas. If you “accidentally” eat foods on the sweet or heavy side, always balance it with something spicy. For example, mango with cayenne pepper and lime; carrot apple ginger juice; or chilis in your dark chocolate. You’re welcome.

dosha fun

Kaphas will do well with an asian-esque cuisine of light spicy sauces, veggies, and rice noodles.

Kaphas do love their sweets and it’s hard for them not to have sweets. They are sooo sweeeet. While it is not the best for them, they will have to have it sometimes or the mind will be upset.

Kaphas would benefit from “Indian Lemonade” before each meal as an appetizer.

Indian lemonade is a blend of fresh grated ginger, a squeeze of lemon and a touch of salt.

Make enough to fill a small container and keep in the fridge. Eat 1/4 tsp before meals.
