



THE NATURAL LAW

The Delicious Dosha

**Nourishing
Ayurvedic Meals
For Every Body**



Welcome to Delicious Dosha!

Nourishing Ayurvedic Meals and Holistic Insights for Every Body

This ebook is more than just a collection of recipes—it's your holistic guide to living in balance with the principles of Ayurveda, tailored to your unique dosha composition: Vata, Pitta, and Kapha. In Ayurveda, each person is viewed as an individual with specific needs for balance in body, mind, and spirit. This guide offers practical tools, insights, and delicious recipes that help you create harmony within.

Before diving into the content, we encourage you to first discover your dosha by taking the [Dosha Quiz](#). Understanding your personal dosha composition will allow you to make the most informed choices for your diet and lifestyle. [Take the Dosha Quiz Here!](#)

Inside this ebook, you will find:

- **Dosha Overview and Guidelines:** Learn the fundamentals of each dosha—Vata, Pitta, and Kapha. Discover how to identify your predominant dosha, recognize imbalances, and the lifestyle practices and foods that help restore equilibrium.





- **Ingredient Guidelines:** Explore a detailed look at the ingredients that support each dosha's balance. These guidelines will help you understand which foods are beneficial and which should be minimized to maintain harmony within your body.
- **Delicious Recipes for Every Dosha:** Whether you're balancing Vata, cooling Pitta, or invigorating Kapha, our easy-to-follow recipes are designed to help restore and maintain balance. Each recipe is curated to align with the qualities of each dosha, featuring nourishing ingredients and spices to support digestion and vitality.
- **Ayurvedic Principles:** Delve into the timeless wisdom of Ayurveda beyond food. Learn about the daily routines (dinacharya), seasonal adjustments (ritucharya), and self-care practices that complement your diet for a well-rounded approach to health and well-being.
- **Conclusion and Further Resources:** Wrap up your journey with Ayurvedic guidance on how to maintain long-term balance in your life. Discover additional resources to deepen your practice and expand your knowledge of this ancient healing system.

Whether you're familiar with Ayurveda or just beginning to explore this profound science, this ebook will help you embark on a path of holistic wellness. Let Ayurveda's principles guide your journey toward a more balanced, vibrant life. May these nourishing meals and practices bring harmony to your body, mind, and soul.





Table of Content

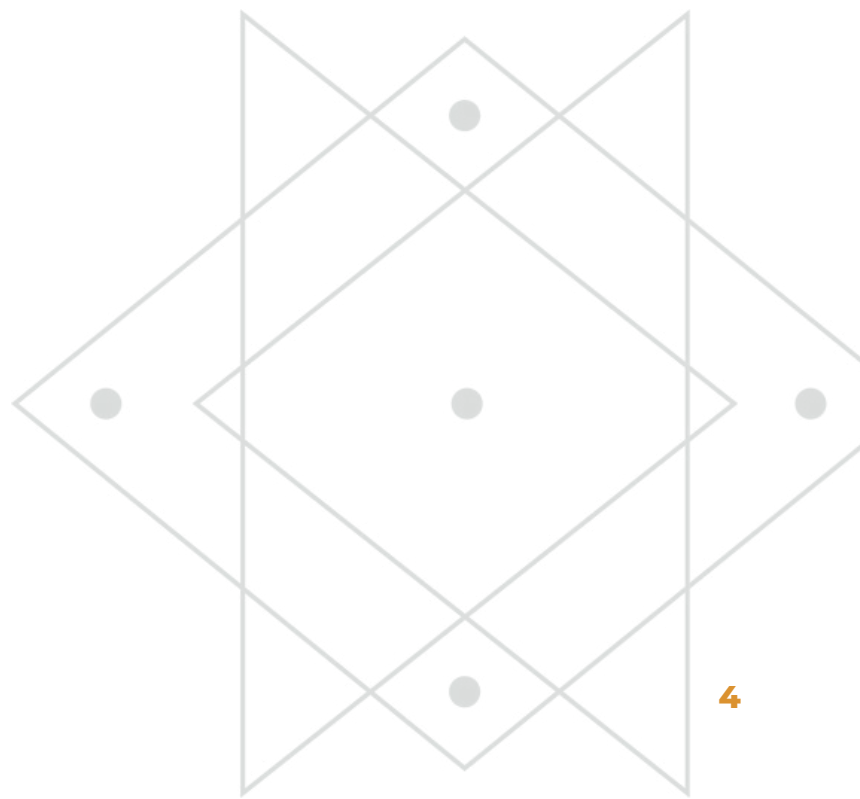
1. Ingredients & Doshas

2. Food Guidelines For Each Dosha Type

- Vata
- Pitta
- Kapha

3. Recipes For Each Dosha

- Vata
- Pitta
- Kapha





THE NATURAL LAW

Ingredients & Doshas





In this chapter, you will discover the powerful impact that specific ingredients have on balancing the doshas—Vata, Pitta, and Kapha. By understanding which foods support or disrupt the balance of your dosha, you can make informed choices that enhance your health and well-being.

You will learn:

1. **The Basics of Dosha-Specific Diets:** An overview of each dosha's dietary needs and preferences.
2. **Beneficial Ingredients:** A detailed look at the foods and ingredients that help balance Vata, Pitta, and Kapha doshas.
3. **Ingredients to Minimize:** Information on the foods that should be limited or avoided to prevent imbalance in each dosha.
4. **Practical Tips:** Strategies to incorporate these ingredients into your daily meals and cooking routines.

By the end of this chapter, you will be equipped with the knowledge to select the right ingredients to nourish your body according to your unique constitution, promoting balance, vitality, and overall health. Let's delve into the specifics of how you can tailor your diet to your dosha for optimal well-being.





Ingredients for Vata Dosha

Vata dosha, governed by the elements of air and ether, benefits from ingredients that provide warmth, moisture, and grounding. Vata individuals often experience dryness, lightness, and cold, so their diet should balance these qualities with nourishing and stabilizing foods.

Let's delve into the ingredients most suitable for balancing Vata dosha and those that should be consumed in moderation.

- **Characteristics:** Light, dry, cool, irregular, and mobile.
- **Balancing Foods:** Warm, moist, and grounding foods are ideal for Vata.

Good Ingredients:

- **Grains:** Rice, wheat, oats.
- **Vegetables:** Sweet potatoes, carrots, beets.
- **Fruits:** Bananas, avocados, berries.
- **Proteins:** Nuts, seeds, lentils.
- **Dairy:** Milk, ghee, soft cheeses.
- **Spices:** Ginger, cinnamon, cumin.

Avoid Ingredients:

- **Grains:** Barley, corn.
- **Vegetables:** Raw salads, broccoli, cauliflower.
- **Fruits:** Dried fruits.
- **Proteins:** Beans, peas (unless well-cooked).
- **Dairy:** Ice cream, hard cheeses.
- **Spices:** Excessive bitter and astringent spices.





Ingredients for Pitta Dosha

Pitta dosha, dominated by the elements of fire and water, thrives on cooling, soothing, and hydrating ingredients. Pitta individuals tend to have intense heat, sharpness, and acidity in their constitution, so their diet should aim to calm and balance these fiery qualities.

Here, we will explore the ingredients that help to pacify Pitta dosha and those that should be limited to maintain harmony.

- **Characteristics:** Hot, sharp, oily, intense, and competitive.
- **Balancing Foods:** Cool, dry, and mild foods are ideal for Pitta

Good Ingredients:

- **Grains:** Barley, rice, oats.
- **Vegetables:** Leafy greens, cucumbers, zucchini.
- **Fruits:** Sweet fruits like melons, apples, pears.
- **Proteins:** Legumes, tofu, chicken (in moderation).
- **Dairy:** Milk, ghee, butter.
- **Spices:** Coriander, fennel, mint.

Avoid Ingredients:

- **Grains:** Corn, millet.
- **Vegetables:** Hot peppers, tomatoes, onions.
- **Fruits:** Sour fruits like grapefruit and berries.
- **Proteins:** Red meat, eggs.
- **Dairy:** Sour cream, aged cheeses.
- **Spices:** Hot spices like cayenne and black pepper.





Ingredients for Kapha Dosha

Kapha dosha, composed of the elements of water and earth, requires ingredients that are light, dry, and stimulating to counteract its inherent heaviness, moisture, and sluggishness.

Kapha individuals benefit from foods that invigorate and energize their system. In this section, we will identify the ideal ingredients for balancing Kapha dosha and those that should be reduced to prevent imbalance.

- **Characteristics:** Heavy, slow, steady, solid, and cold.
- **Balancing Foods:** Light, warm, and dry foods are ideal for Kapha.

Good Ingredients:

- **Grains:** Buckwheat, barley, millet.
- **Vegetables:** Leafy greens, sprouts, radishes.
- **Fruits:** Apples, cranberries, pomegranates.
- **Proteins:** Beans, lentils, tofu.
- **Dairy:** Low-fat milk, buttermilk.
- **Spices:** Turmeric, ginger, black pepper.

Avoid Ingredients:

- **Grains:** Wheat, rice.
- **Vegetables:** Sweet potatoes, cucumbers.
- **Fruits:** Bananas, melons, avocados.
- **Proteins:** Nuts, seeds.
- **Dairy:** Full-fat milk, cream.
- **Spices:** Excessively salty or sweet spices.

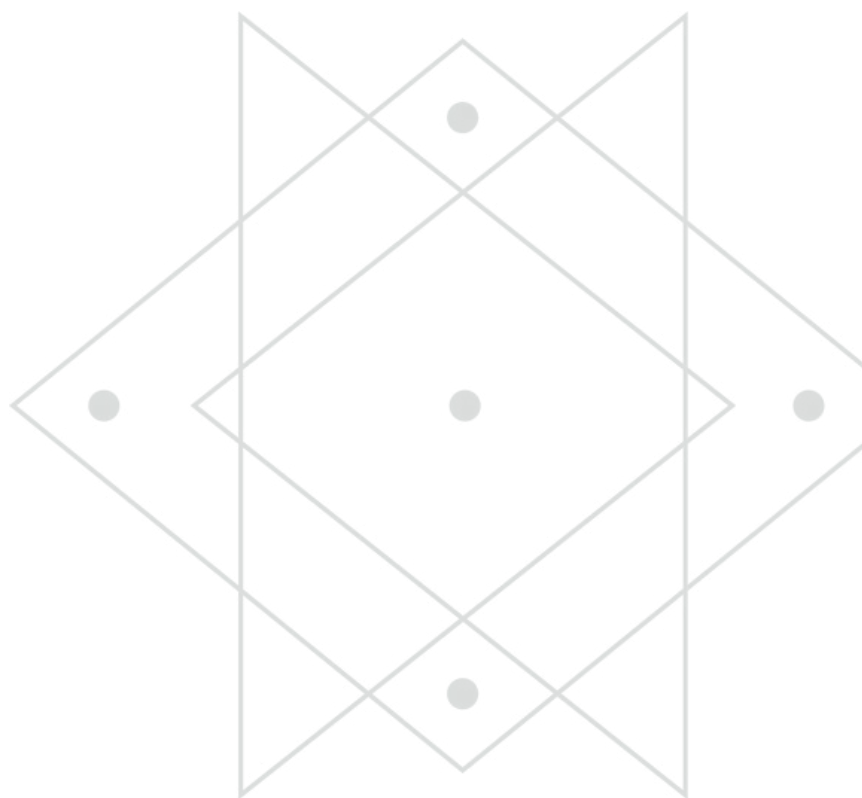




Conclusion

By understanding and applying the principles of Ayurveda in your cooking, you can create meals that not only taste delicious but also promote balance and harmony within your body. This course has provided you with the foundational knowledge of your dosha and the corresponding ingredients that will help you maintain optimal health.

Embrace this journey with an open heart and mind. As you start integrating these practices, notice how your body responds and adjust accordingly. Ayurveda is not just about food; it's a holistic approach to living in harmony with nature and yourself. Happy cooking!





THE NATURAL LAW

Food Guidelines For Each Dosha Type





How to Use the Food Guidelines Chart

Understand the Basics:

The chart is divided into different food categories: vegetables, fruits, grains, legumes, dairy, spices, animal products, beverages, herb teas, nuts/seeds, and condiments.

Each category lists beneficial foods (YES) and foods that should be minimized or avoided (NO) for Kapha dosha.

1. **Focus on Beneficial Foods:** Prioritize foods listed in the "YES" columns, such as cooked vegetables, sweet fruits, grains, dairy, and warming spices.
2. **Minimize Aggravating Foods:** Reduce intake of foods listed in the "NO" columns, like raw vegetables, dried fruits, and cold or dry foods.
3. **Use Warming Spices:** Incorporate spices like ginger, cinnamon, cumin, and cardamom to stimulate digestion and add warmth.
4. **Choose Warm Beverages:** Opt for warm drinks such as herbal teas and avoid cold or iced beverages.
5. **Customize Your Diet:** Adjust your diet based on how you feel and according to seasonal changes to maintain balance.
6. **Include Variety:** Ensure a diverse range of foods to receive a broad spectrum of nutrients and prevent monotony.
7. **Make Informed Choices:** Use the chart to guide your food selections and ensure a balanced and health-supportive diet.

By using the "**Food Guidelines Chart**," you can create a balanced and nourishing diet tailored to your individual constitution, promoting better digestion, increased energy, and overall well-being.





VATA

Food Guidelines for Vata Constitution or Imbalance

Sweet, sour, salty foods balance --- Pungent, Bitter, Astringent foods aggravate

The "**Food Guidelines for Vata Chart**" is a partial guide for people with a Vata constitution or imbalance. This chart helps you make informed dietary choices to balance Vata's light, dry, and cold qualities.

It outlines which foods are beneficial (YES) and which should be minimized or avoided (NO) to maintain health and harmony in Vata dosha.

[For the full list, please check out our Ayurvedic Cooking Course >>](#)





Food Guidelines for Vata

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

VEGGIES <u>YES</u> In general, veggies should be cooked	VEGGIES <u>NO</u> In general frozen, raw or dried	FRUITS <u>YES</u> Generally most sweet fruit	FRUITS <u>NO</u> Generally most sweet fruit
<ul style="list-style-type: none"> • acorn • squash • asparagus • beets • butternut • squash • cabbage (cooked)* • carrots • cauliflower* • cilantro • cucumber • daikon radish* • fennel (anise) • fenugreek greens* • garlic • green beans (cooked) • green chilies • horseradish* • leeks • mustard greens* • okra • olives, black • onions (cooked)* • parsnip peas (cooked) 	<ul style="list-style-type: none"> • arugula • artichoke • beet greens** • bitter melon • broccoli • brussel sprouts • burdock • root cabbage (raw) • cauliflower (raw) • celery • corn (fresh)** • dandelion greens • eggplant • jerusalem artichoke* • jicama* • horseradish** • kale • kohlrabi 	<ul style="list-style-type: none"> • apples (cooked) • applesauce • apricots • avocado • bananas • berries • cherries • coconut • dates (fresh) • figs (fresh) • grapefruit • grapes • kiwi • lemons • limes • mangoes • melons (sweet) • oranges • papaya • peaches 	<ul style="list-style-type: none"> • apples (raw) • cranberries • dates (dry) • figs (dry) • pears • persimmons <p>Note: fruits & fruit juices are best consumed by themselves.</p>





Food Guidelines for Vata

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

GRAINS <u>YES</u>	GRAINS <u>NO</u>	LEGUMES <u>YES</u>	DAIRY – <u>YES</u> Generally most sweet fruit
<ul style="list-style-type: none"> • amaranth* • couscous • durham • flour • oats (cooked) • pancakes • quinoa • rice (all kinds)* 	<ul style="list-style-type: none"> • barley • bread (yeasted) • buckwheat • cereals (cold, dry or puffed) • corn • crackers • granola • millet • museli • oat bran • oats (dry) • pasta** 	<ul style="list-style-type: none"> • lentils (red)* • miso** • mung beans • mung dal • soy cheese* • soy milk* • soy sauce* • soy sausages* • Tur dal • urad dal 	<ul style="list-style-type: none"> • butter • buttermilk • cheese (soft) • cottage cheese • cow's milk (raw) • ghee • goat cheese • goat milk • ice cream* • sheep milk
		LEGUMES <u>NO</u>	DAIRY – <u>NO</u> Generally most sweet fruit
		<ul style="list-style-type: none"> • aduki • beans • black beans • black-eyed peas • chick peas • garbanzo beans • kidney beans • lentils (brown) • lima beans • navy beans 	<ul style="list-style-type: none"> • cheese (hard)* • cow's milk (powdered) • goat's milk (powdered)





Food Guidelines for Vata

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

SPICES <u>YES</u>	SPICES <u>NO</u>	ANIMAL – <u>YES</u>	ANIMAL – <u>NO</u>
<ul style="list-style-type: none">• ajwan• allspice• almond extract• anise• asafoeida (hing)• basil• bay leaf• black pepper• cardamom• cayenne*• cinnamon• cloves• coriander• cumin• dill• fennel• fenugreek*• garlic• ginger• mace• marjoram• mint• mustard seeds• neem leaves	<ul style="list-style-type: none">• caraway	<ul style="list-style-type: none">• beef• buffalo• chicken (dark)• eggs• fish (freshwater or sea)• salmon• tuna fish• turkey (dark)	<ul style="list-style-type: none">• chicken (white)*• lamb• pork•





Food Guidelines for Vata

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

BEVERAGES <u>YES</u>	BEVERAGES <u>NO</u>	HERB TEAS <u>YES</u>	HERB TEAS <u>NO</u>
<ul style="list-style-type: none"> • alcohol/wine ** • beer* • almond milk • aloe vera juice • apple cider • apricot juice • berry juice • carrot juice • chai • cherry juice • grain “coffee” • grape juice • grapefruit juice • kombucha 	<ul style="list-style-type: none"> • apple juice • black tea • caffeinated beverages • carbonated drinks • carob* • chocolate milk • coffee • cold dairy drinks • cranberry juice • iced tea 	<ul style="list-style-type: none"> • ajwan • bancha • basil** • catnip* • chamomile • cinnamon** • clove • comfrey • elder flowers • eucalyptus • fennel • fenugreek • ginger (fresh) • hawthorne • juniper berry • kukicha* 	<ul style="list-style-type: none"> • alfalfa** • barley** • blackberry • borage** • burdock • catnip* • chicory* • chrysanthemum* • cornsilk • dandelion • ginseng • hibiscus • hops** • hyssop**





Food Guidelines for Vata

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

NUTS / SEEDS <u>YES</u>	CONDIMENTS <u>YES</u>	SUPPLEMENTS <u>YES</u>	SWEETENERS <u>YES</u>
<ul style="list-style-type: none"> • almonds • brazil nuts • cashews • coconut • filberts • hazelnuts • macadamia nuts • peanuts • pecans • pine nuts • pistachios 	<ul style="list-style-type: none"> • black pepper* • bragg's liquid • aminos • chutney, • mango (sweet or spicy) • coriander leaves* • gomasio • kelp • ketchup • kombu • lemon 	<ul style="list-style-type: none"> • aloe vera juice* • bee pollen • amino acids • minerals: calcium, copper, iron, magnesium, zinc • royal jelly 	<ul style="list-style-type: none"> • agave • nectar* • barley • malt • date sugar • fructose • fruit juice concentrate • honey
		SUPPLEMENTS <u>NO</u>	SWEETENERS <u>NO</u>
		<ul style="list-style-type: none"> • barley green • brewer's yeast 	<ul style="list-style-type: none"> • white sugar • chocolate • stevia
NUTS / SEEDS <u>NO</u>	CONDIMENTS <u>NO</u>	OIL <u>YES</u>	OIL <u>NO</u>
<ul style="list-style-type: none"> • none • flax • psyllium** 	<ul style="list-style-type: none"> • chili peppers* • chocolate • horseradish • sprouts* 	<ul style="list-style-type: none"> • avocado • ghee • olive • Most other oils 	<ul style="list-style-type: none"> • canola • flax seed* (unless prescribed)



PITTA

Food Guidelines for Pitta Constitution or Imbalance

Sweet, Bitter, Astringent foods balance --- Sour, Salty, Pungent foods aggravate

The "**Food Guidelines for Pitta Chart**" is a partial guide specifically designed for individuals with a Pitta constitution or imbalance. This chart helps you make informed dietary choices to balance the hot, intense, and sharp qualities of Pitta.

It outlines which foods are beneficial (YES) and which should be minimized or avoided (NO) to maintain health and harmony for Pitta dosha.

For the full list, please check out our [Ayurvedic Cooking Course >>](#)





Food Guidelines for PITTA

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

VEGGIES <u>YES</u>	VEGGIES <u>NO</u>	FRUITS – YES	FRUITS – NO
<ul style="list-style-type: none">• arugula• artichoke• asparagus• beets (cooked)• bitter melon• broccoli• brussel• sprouts• cabbage• carrots (cooked)• cauliflower• celery• cilantro• cucumber• dandelion• greens• fennel (anise)• green beans• jerusalem• artichoke• kale• leafy greens• leeks (cooked)• lettuce mushrooms• okra olives (black)	<ul style="list-style-type: none">• beet greens• beets (raw)• burdock• root carrots (raw)*• corn (fresh)**• daikon• radish• eggplant**• garlic• green chilies• horseradish• kohlrabi**• leeks (raw)	<ul style="list-style-type: none">• apples (sweet)• applesauce• apricots (sweet)• avocado• berries (sweet)• cherries (sweet)• coconut• dates• figs• grapes (red & purple)• limes	<ul style="list-style-type: none">• apples (sour)• apricots (sour)• bananas• berries (sour)• cherries (sour)• cranberries• grapefruit• grapes (green)• kiwi**





Food Guidelines for PITTA

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

LEGUMES <u>YES</u>	LEGUMES <u>NO</u>	DAIRY – YES	DAIRY – NO
<ul style="list-style-type: none"> • aduki • beans black beans • black-eyed peas • garbanzo beans • kidney beans • lentils, bran & red • lima beans • mung beans • navy beans • peas (dried) 	<ul style="list-style-type: none"> • miso • soy sauce • soy sausages 	<ul style="list-style-type: none"> • butter (unsalted) • cheese (soft, not aged, unsalted) • cottage cheese • cow's milk (raw) ghee 	<ul style="list-style-type: none"> • butter (salted) • buttermilk • cheese (hard) • sour cream
ANIMAL <u>YES</u>	ANIMAL <u>NO</u>	GRAINS – YES	GRAINS – NO
<ul style="list-style-type: none"> • buffalo • chicken (white) • eggs white (whole only if low B.P.) • fish (unsalty) 	<ul style="list-style-type: none"> • beef chicken (dark) • duck • eggs (yolk) • fish (salty) • lamb 	<ul style="list-style-type: none"> • amaranth • barley • cereal, dry • couscous • crackers • durham flour • granola • oat bran • oats (cooked) 	<ul style="list-style-type: none"> • bread (with yeast) • buckwheat • corn • millet • museli**





Food Guidelines for PITTA

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

SPICES <u>YES</u>	SPICES <u>NO</u>	DAIRY – YES	DAIRY – NO
<ul style="list-style-type: none"> • basil (fresh) • black pepper • cardamom* • cinnamon • coriander • cumin • dill • fennel • ginger 	<ul style="list-style-type: none"> • ajwan • allspice • almond extract • anise • basil (dry) • bay leaf • caraway* • cayenne • cloves • garlic • ginger (dry) 	<ul style="list-style-type: none"> • butter (unsalted) • cheese (soft, not aged, unsalted) • cottage cheese • cow's milk (raw) ghee 	<ul style="list-style-type: none"> • butter (salted) • buttermilk • cheese (hard) • sour cream
BEVERAGES <u>YES</u>	BEVERAGES <u>NO</u>	HERB TEAS – YES	HERB TEAS – NO
<ul style="list-style-type: none"> • alcohol, beer * • almond milk • aloe vera • juice apple • juice apricot • juice berry juice (sweet) • black tea • carob chai • cherry juice (sweet) • cool dairy drinks • grain "coffee" 	<ul style="list-style-type: none"> • alcohol (hard or wine) • apple cider • berry juice (sour) • caffeinated beverages • carbonated drinks • carrot juice • cherry juice (sour) • chocolate milk • coffee • cranberry juice 	<ul style="list-style-type: none"> • alfalfa • bancha • barley • blackberry • borage • burdock • catnip • chamomile • chicory • chrysanthemum • cornsilk • dandelion • elder flowers • fennel • ginger (fresh) • green tea* • hibiscus • hops • jasmine • kukicha • lavender 	<ul style="list-style-type: none"> • ajwan basil** • cinnamon* • clove • fenugreek • ginger(dry) • ginseng • hyssop • juniper berry • pennyroyal • sassafras • yerba mate





Food Guidelines for PITTA

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

NUTS / SEEDS <u>YES</u>	CONDIMENTS <u>YES</u>	SUPPLEMENTS <u>YES</u>	SWEETENERS <u>YES</u>
<ul style="list-style-type: none"> • almonds (soak/peeled) • Coconut • chia • pine nuts 	<ul style="list-style-type: none"> • black pepper* • chutney, • mango (sweet) • coriander leaves • kombu* • lime* 	<ul style="list-style-type: none"> • minerals: calcium, magnesium, zinc • spirulina bluegreen • algae • vitamins D & E 	<ul style="list-style-type: none"> • maple syrup • rice syrup • rapadura • sucanat • turbinado
		SUPPLEMENTS <u>NO</u>	SWEETENERS <u>NO</u>
		<ul style="list-style-type: none"> • minerals: copper, iron vitamins: A, B, B12, & C 	<ul style="list-style-type: none"> • honey • chocolate • white sugar** • stevia
NUTS / SEEDS <u>NO</u>	CONDIMENTS <u>NO</u>	OIL <u>YES</u>	OIL <u>NO</u>
<ul style="list-style-type: none"> • brazil nuts • cashews • filberts • hazelnuts • macadamia nut • pistachios walnuts 	<ul style="list-style-type: none"> • chili pepper • chocolate • chutney, • mango dulse* • gomasio • horseradish kelp • ketchup • lemon • mango pickle • mayonnaise • pickles • salt (in excess) 	<ul style="list-style-type: none"> • Sunflower (best) • ghee olive • primrose • walnut • avocado • coconut 	<ul style="list-style-type: none"> • corn • safflower • sesame



KAPHA

Food Guidelines for Kapha Constitution or Imbalance

Pungent, Bitter, Astringent foods balance --- Sweet, Sour, Salty foods aggravate

The "Food Guidelines for Kapha Chart" is a partial guide designed to help individuals with a Kapha constitution or imbalance make informed dietary choices. This chart outlines which foods are beneficial and should be avoided to maintain balance and health for Kapha dosha.

By following these guidelines, you can enhance your digestion, boost your metabolism, and reduce the heaviness and sluggishness associated with Kapha imbalance.

[For the full list, please check out our Ayurvedic Cooking Course >>](#)

Food Guidelines for Kapha

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

VEGGIES <u>YES</u>	VEGGIES <u>NO</u>	FRUITS – <u>YES</u>	FRUITS – <u>NO</u>
<ul style="list-style-type: none"> • artichoke • arugula • melon • burdock root • cabbage • celery • cilantro • daikon • eggplant • garlic • green beans • green chilies • mushrooms • parsley • all potatoes, • spinach • tomatoes (cooked) 	<ul style="list-style-type: none"> • pumpkin • spaghetti • squash* • winter squash* • taro root • tomatoes (raw) • zucchini* 	<ul style="list-style-type: none"> • apples • applesauce • apricots • berries • cranberries • figs (dry)* • peaches • persimmons • prunes • raisins • strawberries* 	<ul style="list-style-type: none"> • avocado • bananas • coconut • dates • figs (fresh) • lemons* • mangos** • melons • oranges • plums • watermelon <p>Note: fruits & fruit juices are best consumed by themselves.</p>
GRAINS <u>YES</u>	GRAINS <u>NO</u>	DAIRY – <u>YES</u>	DAIRY – <u>NO</u>
<ul style="list-style-type: none"> • barley • buckwheat cereal (cold, dry or puffed) • corn • couscous • granola • museli • oats (dry) • popcorn (no salt or butter) • quinoa* • rice (basmati, wild)* • sprouted wheat • bread (essene) • tapioca 	<ul style="list-style-type: none"> • bread (with yeast) • oats (cooked) • pancakes • pasta** • rice (brown, white) • rice cakes** • wheat 	<ul style="list-style-type: none"> • buttermilk* • cottage cheese (from goat's milk) • ghee* • goat's cheese (unsalted & not aged)* • skim yogurt (diluted) • sheepmilk • yogurt** (Aris / Bellwethen) 	<ul style="list-style-type: none"> • butter (salted) • butter (unsalted)** • cheese (soft & hard) • ice cream • sour cream • yogurt (plain, frozen or with fruit)



Food Guidelines for Kapha

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

ANIMAL <u>YES</u>	ANIMAL <u>NO</u>	SPICES – YES	SPICES – NO
<ul style="list-style-type: none"> • chicken (white) • eggs • rabbit • shrimp • turkey (white) 	<ul style="list-style-type: none"> • beef buffalo • chicken (dark) • lamb • pork • salmon • sardines • shellfish • turkey (dark) 	<ul style="list-style-type: none"> • basil (fresh & dry) • black pepper • cardamom* • cayenne • cinnamon • cloves • fennel • garlic • ginger (fresh & dry) • mint • nutmeg • oregano • parsley* • paprika • peppermint • tarragon* • thyme • turmeric 	<ul style="list-style-type: none"> • salt(sea/table)
BEVERAGES <u>YES</u>	BEVERAGES <u>NO</u>	HERB TEAS – YES	HERB TEAS – NO
<ul style="list-style-type: none"> • alcohol (dry wine, red or white) • almond milk* • apple cider • apple juice* • carrot juice • cherry juice (sweet) • cranberry juice • grain "coffee" • green tea • milk (hot & wellspiced) • vegetable bouillon 	<ul style="list-style-type: none"> • alcohol (beer, hard, sweet wine) • caffeinated beverages** • carbonated drinks • chai (hot spiced milk)* • chocolate milk • coffee • cold dairy drinks • icy cold drinks • kombucha • lemonade • rice milk • sour juices • soy milk (cold) 	<ul style="list-style-type: none"> • chamomile • chrysanthemum • cinnamon • silk dandelion • elder flower • ginger ginseng* • hibiscus • jasmine • lavender • peppermint • strawberry violet • wintergreen • yarrow • yerba mate 	<ul style="list-style-type: none"> • no indications



Food Guidelines for Kapha

Key: * OK in moderation (twice a week)
** OK occasionally (once every week or two)

NUTS / SEEDS <u>YES</u>	CONDIMENTS <u>YES</u>	SUPPLEMENTS <u>YES</u>	SWEETENERS <u>YES</u>
<ul style="list-style-type: none"> chia flax* psyllium** pumpkin** sunflower * 	<ul style="list-style-type: none"> black pepper chili peppers chutney, coriander leaves horseradish mustard (without vinegar) 	<ul style="list-style-type: none"> minerals: copper, iron calcium, zinc, magnesium, spirulina & blue-green vitamins: A, B, B-12, C, D, E 	<ul style="list-style-type: none"> honey (raw) molasses** barley malt** Chocolate (unsweetened)
		SUPPLEMENTS <u>NO</u>	SWEETENERS <u>NO</u>
		<ul style="list-style-type: none"> Minerals: potassium 	<ul style="list-style-type: none"> agave nectar maple syrup rice syrup white sugar fructose
NUTS / SEEDS <u>NO</u>	CONDIMENTS <u>NO</u>	OIL <u>YES</u>	OIL <u>NO</u>
<ul style="list-style-type: none"> almonds brazil nut cashews coconut hazelnuts macadamia peanuts pecans pistachios sesame tahini 	<ul style="list-style-type: none"> chocolate chutney, mango (sweet) ketchup** lemon* pickle mango mayonnaise soy sauce 	<ul style="list-style-type: none"> corn canola sunflower ghee almond flax seed** 	<ul style="list-style-type: none"> avocado apricot coconut olive safflower sesame soy walnut



The background of the page is a dense collage of various food images. It includes bowls of smoothies, bowls of rice and vegetables, bowls of soup, bowls of salad, and bowls of cooked grains. The images are arranged in a grid-like pattern, with some images overlapping others. The colors are warm and vibrant, with a lot of greens, yellows, and oranges.

Recipes For Each Dosha





Recipes for VATTA





Understanding Vata Dosha

Vata dosha is the energy of movement and air. It governs everything from our circulation, breathing, and thoughts to our creativity and energy levels. When in balance, Vata brings creativity, enthusiasm, and liveliness. However, when imbalanced, it can cause anxiety, restlessness, dryness, and digestive issues.

The recipes in this section are designed to **pacify Vata** by incorporating grounding, warming, and moist ingredients. You'll find hearty, spiced meals that help to stabilize and nourish Vata's light, cold, and dry tendencies. Warming spices such as ginger, cinnamon, and cumin, along with healthy fats, will help you feel grounded and comforted.

Embrace these recipes when you feel **ungrounded, anxious, or cold**, and let them bring a sense of peace and nourishment to your life.





Breakfast

Warm Spiced Oatmeal with Almonds and Raisins

Ingredients:

- 1 cup rolled oats
- 2 cups almond milk
- 1/4 cup raisins
- 1/4 cup sliced almonds
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1 tbsp ghee
- 1 tbsp honey (optional)



Instructions:

1. In a pot, bring almond milk to a gentle boil.
2. Add oats, raisins, cinnamon, and ground ginger. Stir well.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Stir in ghee and cook for another 2 minutes.
5. Serve warm with sliced almonds and honey if desired.





Recipes for Vata

Sweet Potato and Spinach Breakfast Hash



Ingredients:

- 1 large sweet potato, peeled and diced
- 1 cup baby spinach
- 1 small onion, diced
- 1 tbsp ghee
- 1 tsp cumin seeds
- 1/2 tsp turmeric
- Salt to taste
- Fresh cilantro for garnish

Instructions:

1. Heat ghee in a large skillet over medium heat.
2. Add cumin seeds and sauté until fragrant.
3. Add onion and cook until translucent.
4. Add diced sweet potato, turmeric, and salt. Stir well.
5. Cover and cook for 10-15 minutes until sweet potatoes are tender.
6. Add spinach and cook until wilted.
7. Garnish with fresh cilantro and serve warm.





Recipes for Vata

Chia Seed Pudding with Warm Spices

Ingredients:

- 1/4 cup chia seeds
- 1 cup almond milk
- 1 tbsp maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- Fresh berries for topping

Instructions:

1. In a bowl, mix chia seeds, almond milk, maple syrup, cinnamon, and cardamom.
2. Refrigerate for at least 4 hours or overnight.
3. Stir well before serving. Top with fresh berries.

Rice Pudding with Cardamom and Saffron



Ingredients:

- 1/2 cup basmati rice
- 2 cups almond milk
- 1/4 cup coconut milk
- 1/4 cup sugar
- 1/2 tsp ground cardamom
- A pinch of saffron threads
- 1 tbsp ghee
- 1/4 cup chopped nuts (almonds, pistachios)

Instructions:

1. Rinse rice thoroughly.
2. In a pot, bring almond milk and coconut milk to a gentle boil.
3. Add rice, sugar, cardamom, and saffron. Stir well.
4. Reduce heat and simmer for 30 minutes, stirring occasionally.
5. Stir in ghee and cook for another 5 minutes.
6. Serve warm or chilled, topped with chopped nuts.





Recipes for Vata

Avocado Toast with Ghee and Herbs



Ingredients:

- 1 ripe avocado
- 2 slices whole-grain bread
- 1 tbsp ghee
- Salt and pepper to taste
- Fresh herbs (cilantro, parsley) for garnish

Instructions:

1. Toast bread slices.
2. Mash avocado with salt and pepper.
3. Spread ghee on warm toast, then top with mashed avocado.
4. Garnish with fresh herbs and serve immediately.





Lunch

Quinoa Salad with Avocado and Sweet Corn



Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 avocado, diced
- 1 cup sweet corn (fresh or frozen)
- 1 small red onion, finely chopped
- 1 tbsp lime juice
- 2 tbsp olive oil
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. Rinse quinoa thoroughly.
2. In a pot, bring quinoa and water to a boil. Reduce heat, cover, and simmer for 15 minutes.
3. Fluff quinoa with a fork and let cool.
4. In a large bowl, combine quinoa, avocado, sweet corn, red onion, lime juice, and olive oil.
5. Season with salt and pepper, and garnish with fresh cilantro.





Recipes for Vata

Chickpea and Spinach Curry



Ingredients:

- 1 can chickpeas, drained and rinsed
- 4 cups fresh spinach
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp ginger, grated
- 2 tbsp ghee
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 can coconut milk
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. In a large pot, heat ghee over medium heat.
2. Add onion, garlic, and ginger, and sauté until translucent.
3. Add turmeric, cumin, and coriander. Cook for another 2 minutes.
4. Add chickpeas, spinach, and coconut milk. Bring to a simmer and cook for 10 minutes.
5. Season with salt and pepper, and garnish with fresh cilantro before serving.





Recipes for Vata

Vegetable Stir-Fry with Rice



Ingredients:

- 1 cup basmati rice
- 2 cups water
- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 carrot, julienned
- 1 small onion, sliced
- 2 tbsp ghee
- 2 tbsp soy sauce or tamari
- 1 tsp ground ginger
- 1 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Rinse rice thoroughly.
2. In a pot, bring rice and water to a boil. Reduce heat, cover, and simmer for 15 minutes.
3. In a large skillet, heat ghee over medium heat.
4. Add onion, ginger, and cumin, and sauté until onion is translucent.
5. Add broccoli, bell peppers, and carrots. Stir-fry for 5-7 minutes until vegetables are tender-crisp.
6. Add soy sauce or tamari, and stir well.
7. Serve stir-fried vegetables over cooked rice.





Lentil and Rice Pilaf



Ingredients:

- 1 cup basmati rice
- 1 cup green lentils
- 4 cups water
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tbsp ghee
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Rinse rice and lentils thoroughly.
2. In a pot, bring rice, lentils, and water to a boil. Reduce heat, cover, and simmer for 20-25 minutes until tender.
3. In a large skillet, heat ghee over medium heat.
4. Add onion, garlic, cumin, and coriander. Sauté until onion is translucent.
5. Add cooked rice and lentils to the skillet. Stir well and cook for another 5 minutes.
6. Season with salt and pepper, and garnish with fresh parsley before serving.





Recipes for Vata

Stuffed Bell Peppers



Ingredients:

- 4 large bell peppers
- 1 cup quinoa
- 2 cups water
- 1 cup black beans, cooked
- 1 cup corn kernels
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 tbsp ghee
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. Preheat oven to 375°F (190°C).
2. Rinse quinoa thoroughly.
3. In a pot, bring quinoa and water to a boil. Reduce heat, cover, and simmer for 15 minutes.
4. In a large skillet, heat ghee over medium heat.
5. Add onion, garlic, cumin, and coriander. Sauté until onion is translucent.
6. Add black beans, corn, and cooked quinoa. Stir well and cook for another 5 minutes.
7. Cut the tops off bell peppers and remove seeds.
8. Stuff bell peppers with quinoa mixture and place in a baking dish.
9. Cover with foil and bake for 25-30 minutes.
10. Garnish with fresh cilantro before serving.





Dinner

Baked Salmon with Herbs and Spices



Ingredients:

- 4 salmon filets
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Preheat oven to 400°F (200°C).
2. Rub salmon filets with olive oil, cumin, coriander, salt, and pepper.
3. Place salmon on a baking sheet lined with parchment paper.
4. Bake for 15-20 minutes until salmon is cooked through.
5. Garnish with fresh parsley before serving.





Recipes for Vata

Lentil Dal with Basmati Rice



Ingredients:

- 1 cup red lentils
- 4 cups water
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp ginger, grated
- 2 tbsp ghee
- 1 tsp ground turmeric
- 1 tsp ground cumin
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. Rinse lentils thoroughly.
2. In a pot, bring lentils and water to a boil. Reduce heat and simmer for 20-25 minutes until tender.
3. In a large skillet, heat ghee over medium heat.
4. Add onion, garlic, ginger, turmeric, and cumin. Sauté until onion is translucent.
5. Add cooked lentils to the skillet. Stir well and cook for another 5 minutes.
6. Season with salt and pepper, and garnish with fresh cilantro before serving.
7. Serve with cooked basmati rice.





Recipes for Vata

Baked Chicken with Sweet Potatoes



Ingredients:

- 4 chicken breasts
- 2 large sweet potatoes, peeled and diced
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper to taste
- Fresh thyme for garnish

Instructions:

1. Preheat oven to 375°F (190°C).
2. Rub chicken breasts with olive oil, cumin, coriander, salt, and pepper.
3. Place chicken and sweet potatoes on a baking sheet lined with parchment paper.
4. Bake for 30-35 minutes until chicken is cooked through and sweet potatoes are tender.
5. Garnish with fresh thyme before serving.





Warm Beet and Carrot Salad



Ingredients:

- 2 large beets, roasted and sliced
- 2 large carrots, julienned
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Preheat oven to 375°F (190°C).
2. Roast beets until tender, about 45-60 minutes. Let cool, then slice.
3. In a large bowl, combine roasted beets and julienned carrots.
4. Drizzle with olive oil and lemon juice. Season with salt and pepper.
5. Garnish with fresh parsley before serving.





Recipes for Vata

Spinach and Sweet Potato Soup



Ingredients:

- 1 large sweet potato, peeled and diced
- 4 cups fresh spinach
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tbsp ghee
- 1 tsp ground turmeric
- 4 cups vegetable broth
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. In a large pot, heat ghee over medium heat.
2. Add onion and garlic, and sauté until translucent.
3. Add turmeric and cook for another 2 minutes.
4. Add sweet potato and vegetable broth. Bring to a boil, then reduce heat and simmer for 20 minutes until sweet potato is tender.
5. Add spinach and cook until wilted.
6. Use an immersion blender to blend the soup until smooth.
7. Season with salt and pepper, and garnish with fresh cilantro before serving.





Snacks

Date and Nut Energy Balls



Ingredients:

- 1 cup dates, pitted
- 1/2 cup almonds
- 1/2 cup walnuts
- 1/4 cup shredded coconut
- 1 tbsp ghee
- 1 tsp ground cinnamon
- 1/2 tsp ground cardamom

Instructions:

1. In a food processor, blend dates, almonds, walnuts, ghee, cinnamon, and cardamom until a sticky dough forms.
2. Roll the mixture into small balls and coat with shredded coconut.
3. Refrigerate for 30 minutes before serving





Recipes for Vata

Sweet Potato Chips



Ingredients:

- 2 large sweet potatoes, thinly sliced
- 2 tbsp olive oil
- 1 tsp ground cinnamon
- 1/2 tsp salt

Instructions:

1. Preheat oven to 375°F (190°C).
 2. Toss sweet potato slices with olive oil, cinnamon, and salt.
 3. Arrange on a baking sheet in a single layer and bake for 20-25 minutes until crispy.
 4. Let cool before serving.
-

Banana and Almond Butter

Ingredients:

- 2 ripe bananas
- 2 tbsp almond butter
- 1 tbsp honey (optional)
- 1/2 tsp ground cinnamon



Instructions:

1. Slice bananas and arrange on a plate.
2. Drizzle with almond butter and honey if desired.
3. Sprinkle with cinnamon before serving.





Rice Cakes with Avocado



Ingredients:

- 4 rice cakes
- 2 ripe avocados
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. Mash avocados and season with salt and pepper.
2. Spread mashed avocado on rice cakes.
3. Garnish with fresh cilantro before serving.



Spinach and Mung Dahl



Serves 4

Ingredients:

- 1 lb. fresh organic spinach
- ½ teaspoon fresh lemon juice
- A few pinches of black salt
- ½ teaspoon turmeric
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cumin
- ¼ teaspoon ground ginger
- 1 cup split mung beans
- 4 cups water
- Fresh cilantro leaves to top

Instructions:

1. Heat mung beans (dry) in a skillet for 3 to 4 minutes on medium heat.
2. Boil the water separately.
3. Add split mung beans to water, and stir briefly.
4. Reduce the heat and boil for about 20 minutes, until the mung beans are tender and soft.
5. Add the turmeric, coriander, cumin, and ginger.
6. Wash the spinach and lightly steam it for 2-3 minutes. Add the dahl and spinach to a blender.
7. Pulse or blend for only 2-3 seconds, just enough to distribute the spinach throughout the dahl without turning it into liquid. You can also skip the blender and use a hand whisk.
8. Pour into serving bowls. Sprinkle with fresh lemon juice and a pinch of black salt, top with fresh cilantro leaves. Serve it with rice (see rice recipe).





Recipes for PITTA





Understanding Pitta Dosha

Pitta dosha is the energy of transformation and fire. It governs digestion, metabolism, and energy production. A balanced Pitta brings intelligence, strong digestion, and leadership qualities. However, when out of balance, it can lead to anger, inflammation, and digestive discomfort.

The recipes in this section focus on **cooling, hydrating, and calming** ingredients that reduce Pitta's heat and intensity. Think of refreshing salads, cooling coconut milk, and soothing herbs like cilantro and mint. These recipes are perfect for keeping your body cool, calm, and collected, especially during hot weather or when you feel overly stressed or irritated.

Turn to these recipes when you're feeling overheated, frustrated, or irritable, and allow the cooling properties to restore your inner balance.





Breakfast

These refreshing and cooling breakfast recipes are designed to balance Pitta dosha, keeping you calm and collected throughout your day. Enjoy!

Cooling Coconut Chia Pudding



Ingredients:

- 1/4 cup chia seeds
- 1 cup coconut milk
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract
- Fresh berries for topping

Instructions:

1. In a bowl, mix chia seeds, coconut milk, maple syrup, and vanilla extract.
2. Refrigerate for at least 4 hours or overnight.
3. Stir well before serving. Top with fresh berries.





Apple and Pear Salad



Ingredients:

- 1 apple, thinly sliced
- 1 pear, thinly sliced
- 1/4 cup walnuts, chopped
- 2 tbsp lemon juice
- 1 tbsp honey
- Fresh mint leaves for garnish

Instructions:

1. In a bowl, combine apple, pear, and walnuts.
 2. Drizzle with lemon juice and honey. Toss gently.
 3. Garnish with fresh mint leaves before serving.
-

Overnight Oats with Cool Berries

Ingredients:

- 1/2 cup rolled oats
- 1 cup almond milk
- 1/4 cup fresh berries
(blueberries, strawberries)
- 1 tbsp chia seeds
- 1 tbsp honey
- 1/2 tsp vanilla extract



Instructions:

1. In a jar, combine oats, almond milk, berries, chia seeds, honey, and vanilla extract.
2. Stir well and refrigerate overnight.
3. Stir again before serving. Enjoy cold.





Almond and Blueberry Breakfast Bowl



Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup fresh blueberries
- 1/4 cup almonds, chopped
- 1 tbsp honey
- 1/2 tsp ground cardamom

Instructions:

1. In a bowl, combine Greek yogurt, blueberries, and almonds.
2. Drizzle with honey and sprinkle with ground cardamom.
3. Serve immediately.

Sweet Rice Porridge

Ingredients:

- 1/2 cup basmati rice
- 2 cups almond milk
- 1/4 cup sugar
- 1/2 tsp ground cardamom
- 1/4 cup raisins
- 1 tbsp rose water (optional)
- Fresh mint leaves for garnish



Instructions:

1. Rinse rice thoroughly.
2. In a pot, bring almond milk to a gentle boil.
3. Add rice, sugar, and cardamom. Stir well.
4. Reduce heat and simmer for 25-30 minutes until rice is tender.
5. Stir in raisins and rose water.
6. Serve warm or chilled, garnished with fresh mint leaves.





Lunch

These cooling and refreshing lunch recipes are designed to balance Pitta dosha, helping to keep you calm and cool throughout the day. Enjoy!

Quinoa Salad with Fresh Herbs



Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 cucumber, diced
- 1 bell pepper, diced
- 1/2 cup cherry tomatoes, halved

Instructions:

1. Rinse quinoa thoroughly.
2. In a pot, bring quinoa and water to a boil. Reduce heat, cover, and simmer for 15 minutes.
3. Fluff quinoa with a fork and let cool.
4. In a large bowl, combine quinoa, cucumber, bell pepper, cherry tomatoes, red onion, parsley, and mint.
5. Drizzle with lemon juice and olive oil. Toss gently.
6. Season with salt and pepper before serving.





Fresh Herb and Vegetable Wraps



Ingredients:

- 4 large lettuce leaves
- 1 cucumber, julienned
- 1 carrot, julienned
- 1 bell pepper, julienned
- 1/4 cup fresh mint leaves
- 1/4 cup fresh cilantro leaves
- 1/4 cup hummus
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Spread a layer of hummus on each lettuce leaf.
2. Arrange cucumber, carrot, bell pepper, mint, and cilantro on top of the hummus.
3. Drizzle with lemon juice and olive oil. Season with salt and pepper.
4. Roll up the lettuce leaves to form wraps and serve immediately.





Steamed Vegetables with Lemon Dressing



Ingredients:

- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 cup green beans, trimmed
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Steam broccoli, cauliflower, and green beans until tender, about 10-15 minutes.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Drizzle dressing over steamed vegetables.
4. Garnish with fresh parsley before serving.





Dinner

Barley and Vegetable Stew



Ingredients:

- 1 cup barley
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 1 cup green beans, chopped
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 6 cups vegetable broth
- 1 tsp ground coriander
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Rinse barley and set aside.
2. In a large pot, heat olive oil over medium heat.
3. Add onion and garlic, and sauté until translucent.
4. Add carrots, celery, zucchini, and green beans. Cook for another 5 minutes.
5. Add barley, vegetable broth, and ground coriander. Bring to a boil.
6. Reduce heat and simmer for 45-50 minutes until barley and vegetables are tender.
7. Season with salt and pepper.
8. Garnish with fresh parsley before serving.





Chilled Cucumber Soup



Ingredients:

- 2 cucumbers, peeled and chopped
- 1 cup plain yogurt
- 1/4 cup fresh mint leaves
- 1 garlic clove, minced
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a blender, combine cucumbers, yogurt, mint leaves, garlic, lemon juice, salt, and pepper.
 2. Blend until smooth.
 3. Refrigerate for at least 1 hour before serving cold.
-

Mint and Lentil Salad

Ingredients:

- 1 cup cooked lentils
- 1 cucumber, diced
- 1 bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh mint leaves, chopped
- 2 tbsp lemon juice
- 2 tbsp olive oil
- Salt and pepper to taste



Instructions:

1. In a large bowl, combine cooked lentils, cucumber, bell pepper, red onion, and mint leaves.
2. Drizzle with lemon juice and olive oil. Toss gently.
3. Season with salt and pepper before serving.





Vegetable Stir-Fry with Mint



Ingredients:

- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 carrot, julienned
- 1 small onion, sliced
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 2 tbsp fresh mint leaves, chopped
- 2 tbsp soy sauce or tamari
- Salt and pepper to taste

Instructions:

1. In a large skillet, heat olive oil over medium heat.
2. Add onion, cumin, and coriander, and sauté until onion is translucent.
3. Add broccoli, bell peppers, and carrots. Stir-fry for 5-7 minutes until vegetables are tender-crisp.
4. Add soy sauce or tamari and fresh mint leaves. Stir well.
5. Season with salt and pepper before serving.





Chilled Gazpacho



Ingredients:

- 4 ripe tomatoes, chopped
- 1 cucumber, peeled and chopped
- 1 red bell pepper, chopped
- 1 small red onion, chopped
- 2 garlic cloves, minced
- 2 cups tomato juice
- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- Salt and pepper to taste
- Fresh basil leaves for garnish

Instructions:

1. In a blender, combine tomatoes, cucumber, bell pepper, red onion, garlic, tomato juice, olive oil, and red wine vinegar.
2. Blend until smooth.
3. Season with salt and pepper.
4. Refrigerate for at least 2 hours before serving cold.
5. Garnish with fresh basil leaves.





Fresh Herb Salad with Lemon



Ingredients:

- 4 cups mixed greens (lettuce, arugula, spinach)
- 1/2 cup fresh parsley, chopped
- 1/2 cup fresh mint leaves, chopped
- 1/4 cup fresh basil leaves, chopped
- 2 tbsp lemon juice
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine mixed greens, parsley, mint, and basil.
2. Drizzle with lemon juice and olive oil. Toss gently.
3. Season with salt and pepper before serving.





Barley Pilaf with Vegetables



Ingredients:

- 1 cup barley
- 2 cups vegetable broth
- 1 onion, chopped
- 1 carrot, diced
- 1 bell pepper, diced
- 1 zucchini, diced
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp ground cumin
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Rinse barley and set aside.
2. In a pot, heat olive oil over medium heat.
3. Add onion and garlic, and sauté until translucent.
4. Add carrot, bell pepper, zucchini, and cumin. Cook for another 5 minutes.
5. Add barley and vegetable broth. Bring to a boil.
6. Reduce heat and simmer for 45-50 minutes until barley and vegetables are tender.
7. Season with salt and pepper, and garnish with fresh parsley before serving.





Snacks

These refreshing and cooling breakfast recipes are designed to balance Pitta dosha, keeping you calm and collected throughout your day. Enjoy!

Fresh Fruit Slices



Ingredients:

- 1 apple, sliced
- 1 pear, sliced
- 1 orange, peeled and segmented
- 1/2 cup fresh berries

Instructions:

1. Arrange fruit slices and berries on a plate.
2. Serve immediately as a refreshing snack.





Almonds and Raisins



Ingredients:

- 1/2 cup raw almonds
- 1/2 cup raisins

Instructions:

1. Mix almonds and raisins in a bowl.
 2. Serve as a quick and easy snack.
-

Fresh Coconut Slices



Ingredients:

- 1 fresh coconut

Instructions:

1. Crack open the coconut and remove the meat.
2. Slice the coconut meat into thin pieces.
3. Serve fresh coconut slices immediately.





Apple Slices with Almond Butter



Ingredients:

- 2 apples, sliced
- 1/4 cup almond butter
- 1 tbsp honey (optional)
- 1/2 tsp ground cinnamon (optional)

Instructions:

1. Arrange apple slices on a plate.
 2. Serve with almond butter for dipping.
 3. Drizzle with honey and sprinkle with cinnamon if desired.
-

Carrot Sticks with Mint Dip



Ingredients:

- 4 large carrots, cut into sticks
- 1/2 cup plain yogurt
- 1/4 cup fresh mint leaves, chopped
- 1 tbsp lemon juice
- Salt to taste

Instructions:

1. In a small bowl, mix yogurt, mint leaves, lemon juice, and salt.
2. Serve carrot sticks with mint dip.





Recipes for KAPHA





Understanding Kapha Dosha

Kapha dosha is the energy of structure and earth. It governs growth, strength, and stability in the body. When balanced, Kapha gives endurance, calmness, and loyalty. When imbalanced, however, it can cause sluggishness, weight gain, and feelings of heaviness or congestion.

To balance Kapha, the recipes in this section are **light, warming, and energizing**. They focus on stimulating ingredients such as ginger, mustard seeds, and light grains to counteract Kapha's heavy and moist qualities. These meals are designed to uplift and invigorate, perfect for when you need a burst of energy or when you're feeling too grounded or lethargic.

Enjoy these recipes when you're feeling **heavy, tired, or congested**, and allow them to bring lightness and vitality to your day.





Breakfast

Buckwheat Pancakes with Berries



Ingredients:

- 1 cup buckwheat flour
- 1 tbsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1 cup almond milk
- 1 egg
- 1 tbsp ghee, melted
- 1 cup fresh berries
- 1 tbsp maple syrup (optional)

Instructions:

1. In a bowl, mix buckwheat flour, baking powder, cinnamon, and salt.
2. In another bowl, whisk almond milk, egg, and melted ghee.
3. Combine wet and dry ingredients, stirring until smooth.
4. Heat a non-stick skillet over medium heat. Grease with ghee.
5. Pour batter onto skillet and cook pancakes until bubbles form, then flip and cook until golden brown.
6. Serve with fresh berries and maple syrup if desired.





Millet and Vegetable Upma



Ingredients:

- 1 cup millet
- 2 cups water
- 1 small onion, chopped
- 1 carrot, diced
- 1/2 cup peas
- 2 tbsp ghee
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp ground turmeric
- Salt to taste
- Fresh cilantro for garnish

Instructions:

1. Rinse millet thoroughly.
2. In a pot, bring millet and water to a boil. Reduce heat, cover, and simmer for 20 minutes until millet is cooked.
3. In a large skillet, heat ghee over medium heat. Add mustard seeds and cumin seeds, and sauté until fragrant.
4. Add onion and cook until translucent.
5. Add carrot, peas, turmeric, and salt. Cook for another 5 minutes.
6. Stir in cooked millet and mix well.
7. Garnish with fresh cilantro before serving.





Vegetable Soup with Herbs



Ingredients:

- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 1 cup green beans, chopped
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 6 cups vegetable broth
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a large pot, heat olive oil over medium heat.
2. Add onion and garlic, and sauté until translucent.
3. Add carrots, celery, zucchini, and green beans. Cook for another 5 minutes.
4. Add vegetable broth, thyme, and oregano. Bring to a boil.
5. Reduce heat and simmer for 20 minutes until vegetables are tender.
6. Season with salt and pepper, and garnish with fresh parsley before serving.





Quinoa Breakfast Bowl



Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 cup almond milk
- 1 tbsp ghee
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1 tbsp maple syrup
- Fresh fruit and nuts for topping

Instructions:

1. Rinse quinoa thoroughly.
2. In a pot, bring quinoa and water to a boil. Reduce heat, cover, and simmer for 15 minutes until quinoa is cooked.
3. Add almond milk, ghee, cinnamon, ginger, and nutmeg. Stir well and cook for another 5 minutes.
4. Stir in maple syrup and serve warm, topped with fresh fruit and nuts.





Spiced Millet Porridge



Ingredients:

- 1 cup millet
- 2 cups water
- 1 cup almond milk
- 1 tbsp ghee
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 1 tbsp honey
- Fresh fruit for topping

Instructions:

1. Rinse millet thoroughly.
2. In a pot, bring millet and water to a boil. Reduce heat, cover, and simmer for 20 minutes until millet is cooked.
3. Add almond milk, ghee, cinnamon, ginger, and cloves. Stir well and cook for another 5 minutes.
4. Stir in honey and serve warm, topped with fresh fruit.





Lunch

Quinoa and Roasted Vegetable Salad



Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 eggplant, diced
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- Salt and pepper to taste
- 1/4 cup chopped fresh parsley
- 2 tbsp lemon juice

Instructions:

1. Preheat oven to 400°F (200°C).
2. In a pot, bring quinoa and water to a boil. Reduce heat, cover, and simmer for 15 minutes. Let cool.
3. Toss bell pepper, zucchini, and eggplant with olive oil, smoked paprika, cumin, salt, and pepper.
4. Spread vegetables on a baking sheet and roast for 20-25 minutes until tender.
5. In a large bowl, combine cooked quinoa, roasted vegetables, parsley, and lemon juice.
6. Toss gently and serve warm or at room temperature.





Chickpea and Spinach Curry with Coconut Milk



Ingredients:

- 1 can chickpeas, drained and rinsed
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 inch ginger, grated
- 1 cup tomatoes, chopped
- 1 cup spinach, chopped
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric powder
- 1/4 tsp cayenne pepper
- 1 cup coconut milk
- Salt to taste
- Fresh cilantro for garnish

Instructions:

1. In a large pan, heat olive oil over medium heat.
2. Add onion, garlic, and ginger, and sauté until onion is translucent.
3. Add tomatoes and cook until they break down.
4. Stir in cumin, coriander, turmeric, and cayenne pepper. Cook for 2 minutes.
5. Add chickpeas and coconut milk, and bring to a simmer.
6. Cook for 10-15 minutes until flavors meld.
7. Stir in spinach and cook until wilted.
8. Season with salt and garnish with fresh cilantro before serving.





Chickpea and Vegetable Salad



Ingredients:

- 1 can chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine chickpeas, cucumber, bell pepper, red onion, and parsley.
2. Drizzle with olive oil and lemon juice. Toss gently.
3. Season with salt and pepper before serving.





Vegetable Stir-Fry with Ginger



Ingredients:

- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 carrot, julienned
- 1 small onion, sliced
- 2 tbsp olive oil
- 1 tbsp fresh ginger, grated
- 2 tbsp soy sauce or tamari
- Salt and pepper to taste

Instructions:

1. In a large skillet, heat olive oil over medium heat.
2. Add onion and ginger, and sauté until onion is translucent.
3. Add broccoli, bell peppers, and carrots. Stir-fry for 5-7 minutes until vegetables are tender-crisp.
4. Add soy sauce or tamari, and stir well.
5. Season with salt and pepper before serving.





Spicy Vegetable Soup



Ingredients:

- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 zucchini, diced
- 1 cup green beans, chopped
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- 4 cups vegetable broth
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. In a large pot, heat olive oil over medium heat.
2. Add onion and garlic, and sauté until translucent.
3. Add carrot, celery, zucchini, and green beans. Cook for another 5 minutes.
4. Stir in cumin, coriander, and cayenne pepper. Cook for 2 minutes.
5. Add vegetable broth. Bring to a boil, then reduce heat and simmer for 20-25 minutes until vegetables are tender.
6. Season with salt and pepper.
7. Garnish with fresh cilantro before serving.





Dinner

These cooling and refreshing dinner recipes are designed to balance Pitta dosha, helping to keep you calm and cool throughout the evening. Enjoy!

Baked Tofu with Steamed Greens



Ingredients:

- 1 large sweet potato, peeled and diced
- 1 cup baby spinach
- 1 small onion, diced
- 1 tbsp ghee
- 1 tsp cumin seeds
- 1/2 tsp turmeric
- Salt to taste
- Fresh cilantro for garnish

Instructions:

1. Heat ghee in a large skillet over medium heat.
2. Add cumin seeds and sauté until fragrant.
3. Add onion and cook until translucent.
4. Add diced sweet potato, turmeric, and salt. Stir well.
5. Cover and cook for 10-15 minutes until sweet potatoes are tender.
6. Add spinach and cook until wilted.
7. Garnish with fresh cilantro and serve warm.





Spaghetti Squash with Tomato and Basil



Ingredients:

- 1 large spaghetti squash
- 2 cups cherry tomatoes, halved
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1/4 cup fresh basil, chopped
- Salt and pepper to taste
- Parmesan cheese (optional)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Cut the spaghetti squash in half and remove seeds. Brush with olive oil and place cut-side down on a baking sheet.
3. Roast for 40-45 minutes until tender. Scrape out the strands with a fork.
4. In a large pan, heat olive oil over medium heat. Add garlic and sauté until fragrant.
5. Add cherry tomatoes and cook until they start to soften.
6. Stir in spaghetti squash strands and fresh basil. Cook for 5 minutes.
7. Season with salt and pepper. Sprinkle with Parmesan cheese if desired.





Barley and Herb Salad



Ingredients:

- 1 cup barley
- 2 cups water
- 1 cucumber, diced
- 1 bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Rinse barley and cook according to package instructions. Let cool.
2. In a large bowl, combine cooked barley, cucumber, bell pepper, red onion, parsley, and mint.
3. Drizzle with olive oil and lemon juice. Toss gently.
4. Season with salt and pepper before serving.





Aromatic Basmati Rice:



Ingredients:

- 1 cup basmati rice
- 2-2½ cups water
- Sea salt to taste
- 1 tablespoon of ghee
- 3 whole cloves
- ½ teaspoon of whole cumin seeds called 'jeera', available in some stores
- 1 small stick cinnamon
- 1 brown cardamom, called "moti elaichi," available in Indian stores OR 2 small green cardamom

Instructions:

1. Wash the rice in 3 changes of water, in the same way that you wash lentils.
2. Rice should always be washed before cooking.
3. Heat the ghee on medium heat in the pan you plan to cook your rice in.
4. As it heats, add cinnamon stick, cloves, cardamom and cumin seeds (in that order).
5. Wait until the cumin sputters and changes color to a darker brown.
6. At this point, you already have all the aroma for a fragrant meal :)
7. Lower the heat and carefully add the rice to this.
8. Add the salt and water and raise the heat to medium high. Bring it all to a boil.
9. Then lower the heat to the lowest and cover the pan $\frac{3}{4}$ of the way.
10. The rice is done when the water is absorbed and the rice grain is tender.
11. Serve it with your favorite dish. (remove the cinnamon, cloves and cardamom when eating).





Baked Falafel with Tahini Sauce



Ingredients:

- 1 can chickpeas, drained and rinsed
- 1 small onion, chopped
- 2 garlic cloves
- 1/4 cup fresh parsley
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp baking powder
- 2 tbsp flour
- Salt and pepper to taste
- Olive oil for brushing

For Tahini Sauce:

- 1/4 cup tahini
- 2 tbsp lemon juice
- 1 garlic clove, minced
- Water to thin
- Salt to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a food processor, combine chickpeas, onion, garlic, parsley, cumin, coriander, baking powder, flour, salt, and pepper. Pulse until a coarse mixture forms.
3. Form the mixture into small patties and place on a baking sheet.
4. Brush with olive oil and bake for 25-30 minutes, flipping halfway through, until golden brown.
5. For the tahini sauce, whisk together tahini, lemon juice, garlic, water, and salt until smooth.
6. Serve falafel with tahini sauce and a side salad.





Snacks

Spicy Roasted Chickpeas

Ingredients:

- 1 can chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp ground paprika
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper
- Salt to taste



Instructions:

1. Preheat oven to 400°F (200°C).
2. Pat chickpeas dry with a paper towel.
3. In a bowl, toss chickpeas with olive oil, cumin, paprika, garlic powder, cayenne pepper, and salt.
4. Spread chickpeas on a baking sheet in a single layer.
5. Roast for 20-30 minutes, shaking the pan halfway through, until chickpeas are crispy.
6. Let cool before serving.





Apple Slices with Cinnamon



Ingredients:

- 2 apples, sliced
- 1 tbsp lemon juice
- 1 tsp ground cinnamon

Instructions:

1. Arrange apple slices on a plate.
 2. Drizzle with lemon juice.
 3. Sprinkle with ground cinnamon before serving.
-

Ginger Tea



Ingredients:

- 1-inch piece of fresh ginger, sliced
- 2 cups boiling water
- Honey to taste (optional)

Instructions:

1. Place ginger slices in a teapot.
2. Pour boiling water over the ginger.
3. Let steep for 5-10 minutes.
4. Strain and serve hot with honey if desired.





Fresh Fruit Salad



Ingredients:

- 1 apple, diced
- 1 pear, diced
- 1/2 cup grapes, halved
- 1/2 cup fresh blueberries
- 1/4 cup fresh mint leaves, chopped
- 1 tbsp lemon juice
- 1 tbsp honey

Instructions:

1. In a bowl, combine apple, pear, grapes, blueberries, and mint leaves.
 2. Drizzle with lemon juice and honey.
 3. Toss gently and serve immediately.
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Greek Yogurt with Berries

Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup fresh berries (blueberries, strawberries, raspberries)
- 1 tbsp honey (optional)
- 1/2 tsp ground cinnamon (optional)
- Granola (optional)



Instructions:

1. In a bowl, combine Greek yogurt and fresh berries.
2. Drizzle with honey and sprinkle with cinnamon if desired.
3. Serve immediately.





Bringing Balance with Ayurveda

Congratulations on taking a powerful step toward holistic well-being through the ancient wisdom of Ayurveda!

This guide has offered you more than just recipes—it's a comprehensive resource to help you align your mind, body, and spirit with the natural rhythms of life.

By understanding your unique dosha and the principles of Ayurveda, you've gained insight into how to maintain balance through the food you eat, the lifestyle choices you make, and the daily routines you incorporate. Whether you're grounding your Vata, cooling your Pitta, or invigorating your Kapha, this ebook has provided practical tools and knowledge to support your journey.

What You've Explored in This Guide:

- **Dosha Guidelines:** You've learned how to identify your dosha and recognize when it is out of balance. The dosha guidelines offer essential insights into how your physical and mental qualities manifest, providing you with the knowledge to maintain harmony in your daily life.
- **Ingredient Insights:** The ingredient guidelines have taught you which foods nourish each dosha and which should be minimized to avoid imbalance. By making mindful food choices, you can enhance your digestion, vitality, and overall health.
- **Recipes:** You now have a collection of delicious Ayurvedic recipes designed to balance the specific qualities of each dosha. These meals not only nourish your body but also bring peace to your mind and uplift your spirit.
- **Ayurvedic Lifestyle Practices:** Beyond food, you've been introduced to Ayurveda's broader practices, including dinacharya (daily routines), ritucharya (seasonal adjustments), and self-care rituals. These practices complement your diet and provide a complete framework for holistic health.





Your Next Step: Deepen Your Ayurvedic Practice

This journey doesn't end here.

To continue exploring how food and lifestyle can support your health, we encourage you to deepen your Ayurvedic knowledge.

Your next step?

Check out our Ayurvedic Cooking Course, which delves deeper into cooking techniques, ingredient pairings, and lifestyle habits that support balance throughout the seasons.

[Explore the Ayurvedic Cooking Course >>](#)

By continuing to apply these timeless principles in your daily life, you'll experience long-lasting benefits to your energy, digestion, mental clarity, and emotional well-being. Ayurveda is a journey—a lifelong practice of tuning into what your body needs to thrive.

Thank you for embracing this path. We hope this guide has inspired you to explore the richness of Ayurvedic wisdom and that you continue to nourish not just your body, but also your soul.

May your journey be filled with balance, vitality, and peace.

