

THE NATURAL LAW

The Ayurvedic Kitchen

Recipes to
Balance Your
Dosha

Welcome to The Ayurvedic Kitchen!

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

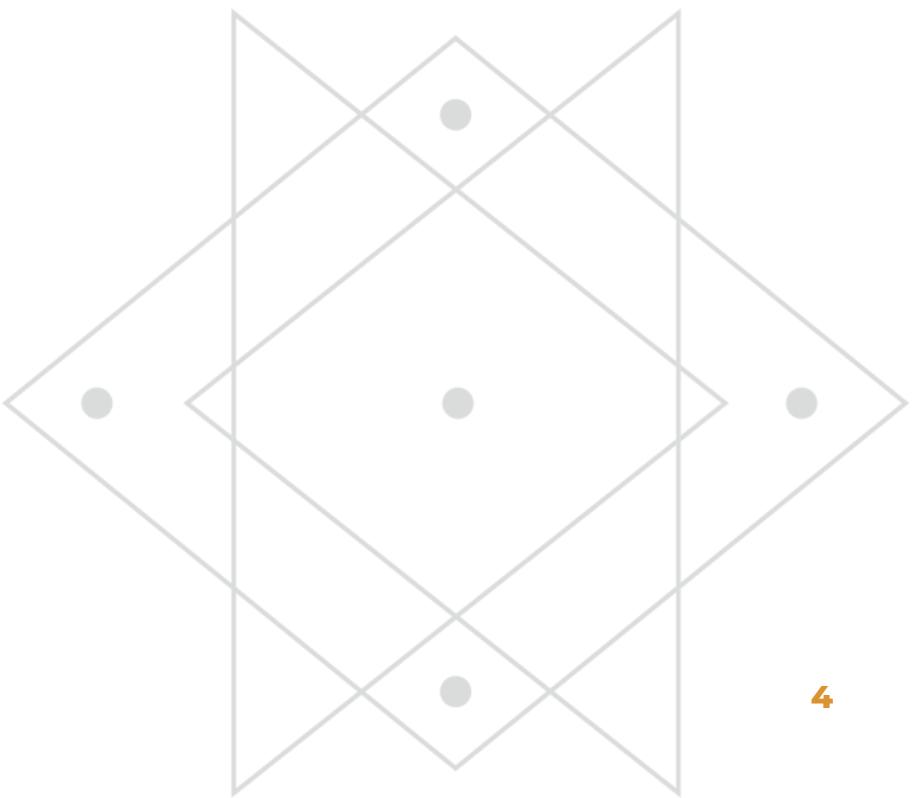
1. Ingredients & Doshas

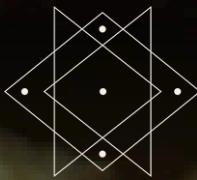
2. Food Guidelines For Each Dosha Type

- Vata
- Pitta
- Kapha

3. Recipes For Each Dosha

- Vata
- Pitta
- Kapha





THE NATURAL LAW

Ingredients & Doshas



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.

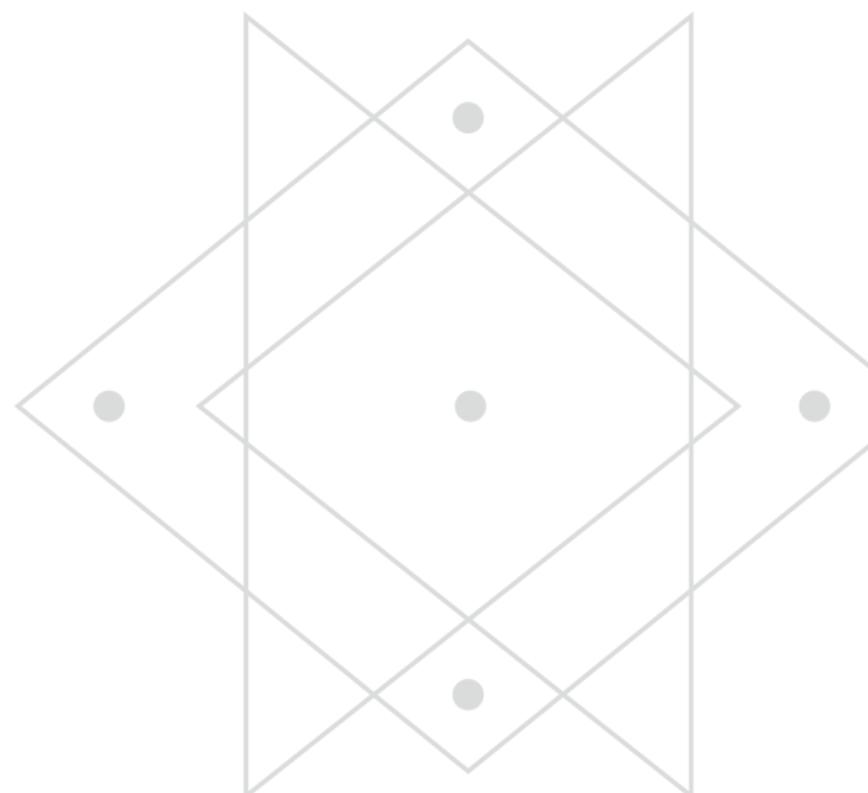


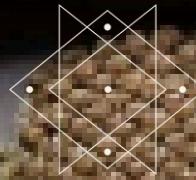


Conclusion

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



THE NATURAL LAW



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 YES In general, veggies should be cooked | VEGGIES NO In general frozen, raw or dried | FRUITS YES Generally most sweet fruit | FRUITS NO 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 | <ul style="list-style-type: none"> • arugula • artichoke • beet greens** • bitter melon • broccoli • brussel sprouts • burdock • root cabbage (raw) • cauliflower (raw) • celery • corn (fresh)** | <ul style="list-style-type: none"> • apples (cooked) • applesauce • apricots • avocado • bananas • berries • cherries • coconut • dates (fresh) • figs (fresh) • grapefruit • grapes • kiwi | <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 YES | GRAINS NO | LEGUMES YES | DAIRY – YES 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 NO | DAIRY – NO Generally most sweet fruit |
| | | <ul style="list-style-type: none"> • aduki • beans • black beans • black-eyed peas • chick peas • garbanzo beans • kidney 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 | <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 • |

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 | <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 | <ul style="list-style-type: none"> • alfalfa** • barley** • blackberry • borage** • burdock • catnip* • chicory* • chrysanthemum* • cornsilk • dandelion |





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 YES | VEGGIES NO | 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 | <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 YES | SPICES NO | 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 • 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 YES | BEVERAGES NO | 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 | <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 | <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 • 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 |

Note: fruits & fruit juices are best consumed by themselves.

| 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)* | <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 | <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 • 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 |





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:

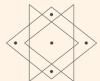
- 1 cup rolled oats
- 2 cups almond milk
- 1/4 cup raisins
- 1/4 cup sliced almonds
- 1 tsp cinnamon
- 1 inch of fresh chopped ginger
- 1 tbsp ghee
- 1 tbsp honey (optional)



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.





Sweet Potato and Spinach Breakfast Hash



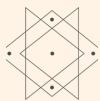
Ingredients:

- 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
- 1 tbsp goji berries

Instructions:

1. In a glass jar or bowl, mix chia seeds, almond milk, goji berries, maple syrup, cinnamon, and cardamom.
2. Refrigerate for at least 4 hours or overnight.
3. Remove from the fridge and allow to come to room temperature (1-2hrs) or add a small amount of hot water and enjoy.

Rice Pudding with Cardamom and Saffron



Ingredients:

- 1/2 cup basmati rice
- 2 cups almond milk
- 1/4 cup coconut milk
- 1/8 cup turbinado sugar or maple syrup
- 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 or maple syrup, 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.





Avocado Toast with Ghee and Herbs



Ingredients:

- 1 ripe avocado
- 2 slices whole-grain or sourdough bread
- 1 tbsp ghee
- Salt and pepper to taste
- Lime
- 1 tablespoon 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, a squeeze of lime 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. Serve at room temp.





Lentil Stew with Sweet Potatoes



Ingredients:

- 1 cup red lentils
- 1 large sweet potato, peeled and diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tbsp ghee
- 1 tsp ground cumin
- 1 tsp ground coriander
- 4 cups vegetable broth
- 1 cup spinach
- 1/2 tsp hing (asofoetida)
- 2 inches fresh ginger, chopped
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. Soak lentils overnight in 3 cups of filtered water overnight or at least 5 hours.
2. Rinse and drain the lentils.
3. In a large pot, heat ghee over medium heat.
4. Add onion and garlic, and sauté until translucent.
5. Add sweet potato, cumin, coriander and hing. Cook for another 5 minutes.
6. Add lentils and vegetable broth, bring to a boil, then reduce heat and simmer for 30 minutes.
7. Remove from heat, add spinach, fresh ginger, stir and cover for 5 minutes.
8. Season with salt and pepper, and garnish with fresh parsley before serving.





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
- 2 eggs (optional)
- 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. Optional: Add in eggs to vegetables and scramble.
7. Add soy sauce or tamari, and stir well.
8. 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
- 1 strip kombu (seaweed)
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

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





Butternut Squash Soup



Ingredients:

- 1 large butternut squash, peeled and cubed
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tbsp ghee
- 4 cups vegetable broth
- 1/2 tsp ground nutmeg
- Salt and pepper to taste
- Sour cream for garnish
- Fresh thyme for garnish

Instructions:

1. In a large pot, heat ghee over medium heat.
2. Add onion and garlic, and sauté until translucent.
3. Add butternut squash and cook for another 5 minutes.
4. Add vegetable broth and bring to a boil. Reduce heat and simmer for 20-25 minutes until squash is tender.
5. Use an immersion blender to blend the soup until smooth.
6. Stir in nutmeg and season with salt and pepper.
7. Garnish with fresh thyme and a dollop of before serving.





Dinner

Baked Salmon with Herbs and Spices



Ingredients:

- 4 salmon filets
- 2 tbsp olive oil
- Slices of lemon
- Fresh or dried dill
- 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, dill, 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. Enjoy with a side of basmati rice or Quinoa Vegetable Pilaf.





Lentil Dal with Basmati Rice



Ingredients:

- 1 cup red lentils
- 4 cups water
- 1 onion, chopped
- 1 large fresh tomato, cubed
- 2 garlic cloves, minced
- 1 tbsp ginger, grated
- 2 tbsp ghee
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground fennel
- 1 tsp fenugreek
- 1 teaspoon finely chopped curry leaves (optional)
- 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. Add tomatoes.
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.





Baked Chicken with Sweet Potatoes



Ingredients:

- 2 chicken breasts
- 1-2 large sweet potatoes, peeled and diced
- 2 tbsp olive oil
- 2-3 tsp of cajun seasoning (black pepper, paprika, onion, garlic and thyme powders)
- 1 tsp ground cumin
- Salt and pepper to taste
- Fresh thyme for garnish

Instructions:

1. Preheat oven to 375°F (190°C).
2. Rub chicken breasts and sweet potatoes with olive oil, seasoning, 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, chopped
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbs each of chopped fresh basil, dill and mint
- ½ cup raw walnuts
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Coat beets in olive oil. Roast beets until tender, about 45-60 minutes.
3. Roast walnuts in the oven for 10 minutes.
4. Allow beets and walnuts to cool.
5. In a large bowl, combine roasted beets, lemon juice, fresh herbs, walnuts, salt and pepper.





Peas and Potato Curry



Ingredients:

- ¼ cup ghee
- Pinch of hing (optional)
- 1 tablespoon minced fresh ginger
- 1½ teaspoons cumin seeds
- 5 cups potatoes, peeled and cut into small cubes
- 1 cup water
- 1 teaspoon turmeric
- ¼ teaspoon ground fenugreek
- 1 cup peas
- Salt, to taste, (a sprinkle)
- Chopped fresh cilantro (to top)

Instructions:

1. Heat the ghee in a pot.
2. Add the hing, ginger, and cumin seeds and sauté for 1 minute over low heat, stirring frequently.
3. Add the potatoes and sauté for 5 minutes, stirring constantly.
4. Add the water, turmeric, fenugreek, peas, and sprinkle salt to taste.
5. Cover and simmer until the vegetables are tender, for about 15 to 20 minutes.
6. Adjust the salt if needed.
7. Top with chopped cilantro and serve over fresh basmati rice (see next recipe).





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.
4. Eat at room temp.





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.

Cooked banana with cardamom and ghee

Ingredients:

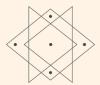
- 2 ripe bananas
- 2 tsp ghee
- ½ tsp cardamom
- 1/2 tsp ground cinnamon



Instructions:

1. Slice bananas and cook them in a pan with ghee until browned
2. Sprinkle with cardamom and cinnamon before serving.
3. Enjoy!





Fruits for Vata

- Peach
- Mango
- Banana,
- Grapes
- Coconut
- Melons
- Apricots
- Plums
- Berries
- Figs
- Cherries





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
- 2 chopped dates or 1 tbsp raisins

Instructions:

1. In a bowl, mix chia seeds, coconut milk, maple syrup, dates or raisins and vanilla extract.
2. Refrigerate for at least 4 hours or overnight.
3. Remove from the fridge, stir and allow to come to room temperature before enjoying.





Apple and Pear Salad



Ingredients:

- 1 apple, thinly sliced
- 1 pear, thinly sliced
- 2 tbsp lime juice
- 1 tbsp maple syrup
- 2 tbsp chopped mint leaves for garnish

Instructions:

1. In a bowl, combine all ingredients.
2. Toss together and enjoy.

Rice Pudding with Cardamom



Ingredients:

- 1/2 cup basmati rice
- 2 cups almond milk
- 1/4 cup coconut sugar
- 1/2 tsp ground cardamom
- 1/4 cup raisins
- 1 tbsp rose water (optional)
- 1 tsp dried rose petals for garnish (optional)
- 1 tsp chopped pistachios rose for garnish (optional)

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. Optionally top with rose petals and pistachios.
7. Serve warm.





Tofu Scramble Hash

Serves 2-3 • 20 minutes

Ingredients:

- 2 sweet potatoes, diced
- 1 block tofu, crumbled
- 2 cups arugula, chard or dandelion greens
- 3 tbsp ghee
- 1 tsp cumin
- 1 tsp coriander
- small pinch of salt



Instructions:

1. **Steam the sweet potatoes:** Place diced sweet potatoes in a steamer basket and steam for about 10 minutes, or until tender.
2. **Sauté the tofu:** In a large pan, heat the ghee over medium heat. Add the cumin, coriander, and a small pinch of salt. Stir to toast the spices for 30 seconds, then add the crumbled tofu. Cook for 5 minutes, stirring occasionally.
3. **Add the greens:** Add the spinach (or kale) and other greens to the pan. Stir until wilted, about 2-3 minutes.
4. **Serve:** Taste and adjust salt if needed. Serve warm





Egg White Spinach Omelette with Kabocha Squash

Ingredients:

- 4 large eggs (whites only)
- 1 cup fresh spinach, washed and chopped
- 1 cup kabocha squash, cubed (about ½-inch pieces)
- 1 tablespoon olive oil or cooking spray
- Salt to taste



Instructions:

For the Kabocha Squash:

1. Place cubed kabocha in a steamer basket over boiling water.
2. Cover and steam for 12-15 minutes until fork-tender.
3. Season with salt and pepper after steaming.

For the Egg White Omelette:

1. Separate egg whites from yolks (save yolks for another use).
2. In a bowl, whisk egg whites with a pinch of salt and pepper until slightly frothy.
3. Heat a non-stick pan over medium-low heat and add olive oil or cooking spray.
4. Add chopped spinach to the pan and cook for 1-2 minutes until wilted. Remove excess moisture if needed.
5. Pour egg whites over the spinach, tilting the pan to spread evenly.
6. Cook for 2-3 minutes without stirring, allowing the bottom to set.
7. Using a spatula, gently lift edges and tilt pan to let uncooked egg flow underneath.
8. When almost set but still slightly wet on top, fold omelette in half.
9. Slide onto plate and serve with the kabocha squash on the side.





Chickpea scramble with Chard

Ingredients:

- ½ cup chickpeas
- 1 strip kombu
- 2 cups chopped chard
- 2 tsp ghee
- ½ tsp ground coriander
- ½ tsp turmeric
- 2 tbs nutritional yeast (optional)



Instructions:

1. Soak chickpeas overnight or at least 8 hours
2. Drain, rinse and cover with ½ inch of water, add kombu and cook at least 50 minutes or 20 minutes in a pressure cooker.
3. Sauté ground coriander and cumin in ghee for 2 minutes on medium heat.
4. Add chopped chard and sauté for about 5 minutes or until wilted.
5. Add optional nutritional yeast, cooked and drained chickpeas to chard, adding a small amount of cooking water, if needed.
6. Add a pinch of salt to season





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
- ¼ cup black olives

- 1/4 cup fresh parsley or cilantro, chopped
- 1/4 cup fresh mint, chopped
- 1 avocado, large chopped
- 2 tbsp lime juice
- 2 tbsp olive oil
- 1 tsp salt

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, parsley/cilantro, and mint.
5. Drizzle with lime juice, salt and olive oil. Toss gently with avocado.
6. Enjoy.





Fresh Herb and Vegetable Wraps

Ingredients:

- 1 whole wheat or gluten-free tortilla
- 2 fresh lettuce leaves
- 1 cucumber, julienned
- 1 bell pepper, julienned
- 1/4 cup fresh mint leaves
- 1/4 cup fresh cilantro
- 1/2 cup white chicken
- 1 tbsp lime juice
- 2 tbsp olive oil



Instructions:

1. Bake, steam or boil chicken until cooked.
2. Combine fresh cilantro, basil, mint, lime and olive oil in a blender to form a sauce.
3. Spread sauce onto tortilla, add chicken and vegetables, wrap up and enjoy.





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 lime juice
- small pinch of salt
- 2 tbs fresh chopped fennel 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, lime juice and salt.
3. Drizzle dressing over steamed vegetables.
4. Garnish with fresh fennel before serving.



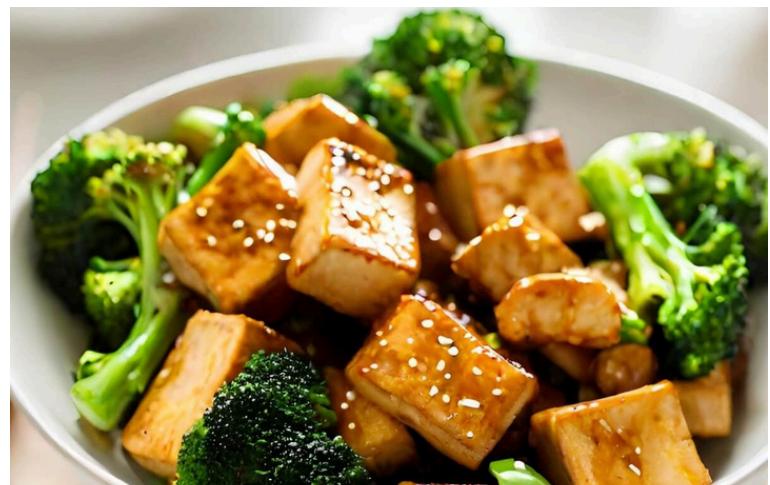


Dinner

Baked Tofu with Steamed Greens

Ingredients:

- 7 oz firm tofu, cubed
- 1 cup baby spinach
- 1 small onion, diced
- ½ stalk lemongrass, outer stalk removed and inner chopped finely
- 1 tbsp ghee
- pinch of salt
- fresh cilantro for garnish
- 1 wedge of fresh lime



Instructions:

1. Heat ghee in a large skillet over medium heat.
2. Add onion and cook until translucent.
3. Add tofu, lemongrass and salt. Stir well.
4. Cover and cook for 5-10 minutes until tofu is lightly browned.
5. Add spinach and cook until wilted.
6. Garnish with fresh cilantro and a squeeze of lime. Serve warm.





Baked Fish with Lemon and Herbs



Ingredients:

- 4 freshwater fish fillets (such as trout or tilapia)
- 2 tbsp olive oil
- 2 tbsp lemon juice (substitute with lime juice if excess heat in your body)
- 1 tsp dried thyme
- 1 tsp dried oregano
- a pinch of salt
- Fresh parsley for garnish

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place fish fillets in a baking dish.
3. Drizzle with olive oil and lemon juice.
4. Sprinkle with thyme, oregano, and salt.
5. Bake for 15-20 minutes until fish is cooked through and flakes easily with a fork.
6. Garnish with fresh parsley before serving.





Vegetable Stir-Fry with Mint



Ingredients:

- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 carrot, julienned
- 2 tbsp olive oil
- 1 tsp ground fennel
- 1/2 tsp ground coriander
- 2 tbsp fresh mint leaves, chopped
- Salt and pepper to taste

Instructions:

1. In a large skillet, heat olive oil over medium heat.
2. Add fennel, cumin, and coriander, and sauté.
3. Add broccoli, bell peppers, and carrot. Stir-fry for 5-7 minutes until vegetables are tender-crisp.
4. Add a small pinch of salt and fresh mint leaves. Stir well.





Peas and Potato Curry



Ingredients:

- 1/4 cup ghee
- Pinch of hing (optional)
- 1 tablespoon minced fresh ginger
- 1 1/2 teaspoons cumin seeds
- 5 cups potatoes, peeled and cut into small cubes
- 1 cup water
- 1 teaspoon turmeric
- 1/4 teaspoon ground fenugreek
- 1 cup peas
- Salt, to taste, (a sprinkle)
- 1/2 cup chopped fresh cilantro (to top)

Instructions:

1. Heat the ghee in a pot.
2. Add the hing, ginger, and cumin seeds and sauté for 1 minute over low heat, stirring frequently.
3. Add the potatoes and sauté for 5 minutes, stirring constantly.
4. Add the water, turmeric, fenugreek, peas, and sprinkle salt to taste.
5. Cover and simmer until the vegetables are tender, for about 15 to 20 minutes.
6. Adjust the salt if needed.
7. Top with chopped cilantro and serve over fresh basmati rice (see next recipe).





Fresh Herb Salad



Ingredients:

- 4 cups mixed greens (lettuce, arugula, spinach, endive)
- 1/2 cup fresh parsley, chopped
- 1/2 cup fresh mint leaves, chopped
- 1/4 cup fresh basil leaves, chopped
- 2 tbsp lime juice
- 2 tbsp olive oil
- Small pinch of himalayan rock salt

Instructions:

1. In a large bowl, combine mixed greens, parsley, mint, and basil.
2. Drizzle with lime juice and olive oil. Toss gently.
3. Season with a small pinch of salt.





Barley Pilaf with Vegetables



Ingredients:

- 1 cup barley
- 2 cups vegetable broth
- 1 carrot, diced
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 garlic clove, minced
- 2 tbsp olive oil
- 1 tsp ground fennel
- 1 tsp ground coriander
- small pinch of salt
- 2 tbs chopped fresh parsley for garnish

Instructions:

1. Rinse barley and set aside.
2. Add barley and vegetable broth to large pot. Bring to a boil.
3. Reduce heat and simmer for 35-40 minutes until barley and is almost cooked through.
4. Add carrot, bell pepper, zucchini, cumin, fennel, and garlic. Cook for another 5 minutes or until vegetables are tender.
5. Season with salt 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, diced
- 1 pear, diced
- 1/2 cup red grapes, halved
- 1/2 cup fresh blueberries, strawberries
- 1/4 cup fresh mint leaves, chopped
- 1 tbsp lime juice
- 1 tbsp maple syrup





Soaked Almonds

Ingredients:

- 1/2 cup almonds
- 2 cups water

Instructions:

1. Soak almonds in filtered water overnight.
2. In the morning, peel and discard the skins.
3. Eat 10 almonds as a snack or with a meal.
4. Store in the fridge and consume over within 3 days.



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.





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 lime juice
- Small pinch 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

Ingredients:

- 1 cup buckwheat flour
- 2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1 cup almond milk
- ½ cup of applesauce
- 1 tsp ghee
- 1 tbsp honey (optional)



Instructions:

1. In a bowl, mix buckwheat flour, baking powder, cinnamon, and salt.
2. In another bowl, whisk almond milk and egg.
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
- 2 cloves garlic, sliced
- 1/2 cup peas
- 1 tsp ghee
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp ground turmeric
- pinch black pepper
- Salt to taste
- 2 tbsp fresh cilantro or parsley 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 garlic, carrot, peas, turmeric, black pepper 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
- 3 carrots, diced
- 3-4 celery stalks, diced
- 1 zucchini, diced
- 1 cup green beans, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 6 cups vegetable broth
- 1 tsp dried thyme
- 1 tsp dried oregano
- small pinch of salt
- ¼ tsp 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.





Egg White Veggie Wrap

Ingredients:

- 1 large whole wheat or corn tortilla
- 1 tablespoon olive oil
- 1/4 tsp garlic powder
- 1/4 tsp of paprika
- Black pepper
- 1 1/2 cup fresh veggies: spinach or arugula, diced bell peppers, tomatoes, red onion, jalapeños
- fresh herbs (cilantro or parsley)
- 2 tablespoons of pesto or green sauce (see green sauce recipe)



Instructions:

1. Prepare the vegetables
2. Heat olive oil in a non-stick pan over medium-low heat
3. Pour in egg whites and season with paprika, black pepper, garlic powder and a pinch of salt
4. Gently scramble the egg whites, stirring frequently to keep them fluffy
5. Cook until just set but still creamy (about 2-3 minutes)
6. Remove from heat
7. Warm the whole wheat tortilla in a dry pan for 30 seconds
8. Spread green sauce on the tortilla
9. Layer the cooked egg whites in the center
10. Add the fresh vegetables and herbs
11. Fold in the sides of the tortilla about 1 inch
12. Starting from the bottom, tightly roll the tortilla away from you
13. Cut in half diagonally if desired
14. Serve and enjoy!





Warm Spiced Grain Porridge

Ingredients:

- 1 cup quinoa or millet
- 2 cups water
- 1 cup almond milk
- 1 tsp ground cinnamon
- 1 inch minced fresh ginger
- 1/4 tsp ground cardamom
- 1 tsp honey
- 1/4 cup roasted pumpkin seeds



Instructions:

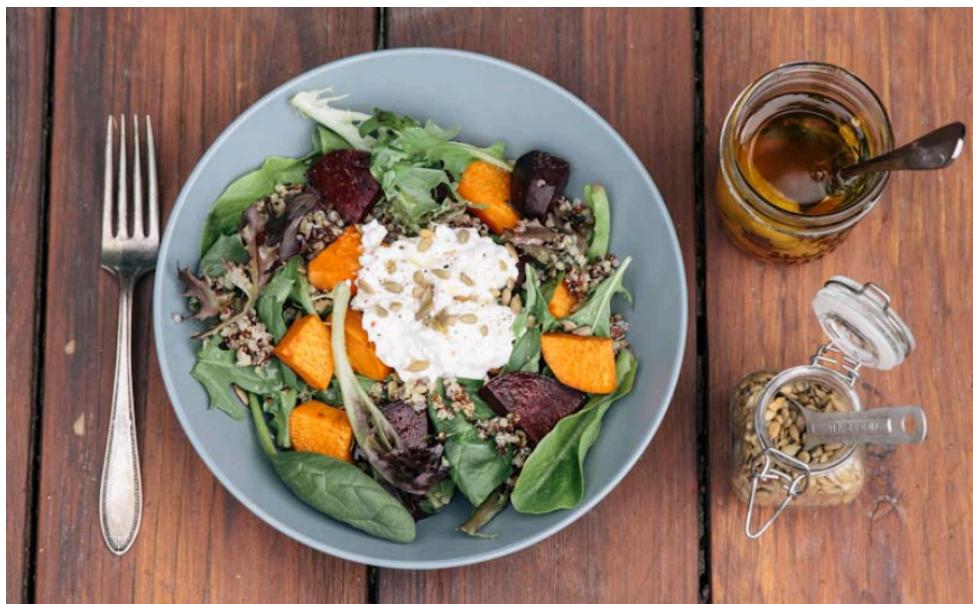
1. Rinse quinoa thoroughly.
2. In a pot, bring quinoa and fresh ginger and water to a boil. Cover, reduce heat and simmer for 15 minutes until quinoa is cooked.
3. Add almond milk, cinnamon, and cardamom. Stir well and cook for another 5 minutes.
4. Stir in honey and serve warm, topped with roasted pumpkin seeds.





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!

Chickpea and Vegetable Salad

Ingredients:

- 1 cup chickpeas
- 1 bell pepper, diced
- 1/4 cup red onion, finely chopped
- 5 red radishes, finely sliced
- 1/2 cup fresh parsley, chopped
- 1 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste



Instructions:

1. Soak chickpeas overnight or at least 8 hours in filtered water.
2. Drain, rinse and cover with 1 inch of water, above the chickpeas.
3. Cook at least 50 minutes or 20 minutes in a pressure cooker.
4. In a large bowl, combine chickpeas, cucumber, bell pepper, red onion, radishes and parsley.
5. Drizzle with olive oil and lemon juice. Toss gently.
6. Season with salt and pepper before serving.





Aromatic Basmati Brown Rice

Ingredients:

- 1 cup brown basmati rice
- 2-2½ cups water
- 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 ¾ 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).





Savory Lentil Pancakes



Ingredients:

- 1 cup red lentils, soaked for 4 hours or overnight
- 1 small onion, chopped
- 2 garlic clove, minced
- 2 tbsp ginger, grated
- 1 tbsp ghee
- 1 tsp ground cumin
- ¼ tsp pepper
- Fresh cilantro for garnish

Instructions:

1. Drain and rinse soaked lentils. Blend with a little water to form a batter.
2. In a skillet, heat ghee over medium heat.
3. Add onion, garlic, ginger, and cumin. Sauté until onion is translucent.
4. Add the batter to the skillet and spread to form pancakes.
5. Cook until golden brown on both sides.
6. Season with pepper, and garnish with fresh cilantro before serving.
7. Best served with a chutney.





Snacks

Spicy Roasted Chickpeas

Ingredients:

- 1 cup chickpeas
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp ground paprika
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper
- Pinch salt



Instructions:

1. Soak chickpeas overnight or at least 8 hours in filtered water.
2. Drain, rinse and cover with 1 inch of water, above the chickpeas.
3. Cook at least 50 minutes or 20 minutes in a pressure cooker.
4. Preheat oven to 400°F (200°C).
5. Pat chickpeas dry with a paper towel.
6. In a bowl, toss chickpeas with olive oil, cumin, paprika, garlic powder, cayenne pepper, and salt.
7. Spread chickpeas on a baking sheet in a single layer.
8. Roast for 20-30 minutes, shaking the pan halfway through, until chickpeas are crispy.
9. Let cool before serving.





Carrot Sticks and Sliced Radishes with Hummus



Ingredients:

- 4 large carrots, cut into sticks
- 7 red radishes, sliced
- 1 cup hummus

Instructions:

1. Arrange carrot sticks and radishes on a plate.
2. Serve with a side of hummus for dipping.

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
- ½ cup blueberries, strawberries or grapes
- ½ cup pomegranate
- 1/4 cup fresh mint leaves, chopped
- 1 tbsp lemon juice

Instructions:

1. In a bowl, combine apple, pear, blueberries, raspberries and mint leaves.
2. Drizzle with lemon juice
3. Toss gently and serve immediately.

Celery Sticks with Almonds Butter



Ingredients:

- 4 celery stalks, cut into sticks
- 1/8 cup almond butter
- 10 raisins

Instructions:

1. Arrange celery sticks on a plate.
2. Scoop almond butter into celery sticks and top with raisins.
3. Enjoy.



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.