



AYURVEDA

Guidebook with Rituals

The Complete Ayurveda Guidebook with Rituals, Recipes, and Remedies for Balance and Healing



**10-Day
Ayurveda
Diet Plan**

William Lawrence

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Ayurveda Diet Cookbook for Beginners

*The Complete Ayurveda Guidebook with
Rituals, Recipes, and Remedies for
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10-Day Ayurveda Diet Plan

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Introduction

Healthy living and healthy eating are all that it takes to keep you active and young. In search of an all-inclusive approach that could bring a balance between mind, body, and spirit, nutritionists are heading back to the centuries-old traditional Indian health system, which is commonly known as Ayurveda or Ayurvedic medicine. Ayurveda is not just a diet plan, nor a medicinal treatment, but includes all of the lifestyle practices that together bring gradual and progressive changes both in mind and the body of an individual. Ayurveda is a complete science, and you will understand how it works through the text of this cookbook. What Doshas are and how they can transform our eating habits will be thoroughly discussed along with a range of recipes and a 10-day diet plan.

Chapter 1: An Overview of Ayurveda

The use of Ayurveda (or Ayurvedic medicine) dates back to 5,000 years ago, when it was used in India to treat different ailments and to prevent illness by living an active and balanced lifestyle. The concept of Ayurveda can best be understood by learning the meaning of this Sanskrit word which translates into “The Science of Life.” Ayurveda, therefore, gives a sense of the working and functioning of the human mind and body, and in the light of that understanding provides a guideline and number of practices—including dietary changes as well as physical and mental exercises—to harness the full potential of the human existence.

According to ancient Indian sciences, the mind plays a dominant role in the workings of the body; therefore, it needs a holistic approach to influence mind and body, in relation to one another. The five elements of nature—space, fire, air, water, and earth—are considered as the basis of nature. According to Ayurveda, the human body is composed of the combination of these elements and results in three different compositions known as Doshas. These are named as Vatta, Pitta, and Kapha. Vatta represents the combination of air and space, Pitta is the combination of fire and water, and Kapha represents the combination of earth and water. Each combination controls different parts of the human body and emotions. Vatta controls breathing, heartbeat, joints, and muscle movements along with pain, fear, and anxiety. Pitta controls metabolism, digestion, intelligence, and the color of the skin, along with hate, anger, and jealousy. Kapha controls the immune system and physical structure, along with love, greed, forgiveness, and calmness.

Ayurveda says that human health is the result of the balance of those three Doshas. When an imbalance occurs in them, it will result in some sort of illness. The Ayurveda practices are used to maintain this balance through dietary changes, exercises, and herbal treatments.

An Overview of Ayurvedic Healing Methods

The Ayurveda lifestyle is a complete program consisting of several healing practices. The major techniques that are recommended to balance your Doshas are as follows:

1. Dietary changes

Ayurvedic diet calls for food that has healing properties. Therefore, you will see lots of spices and herbs on the Ayurvedic menu. The diet restricts the use of refined carbs and saturated fats. It prescribes the use of organic food including fruits, vegetables, and whole grains.

2. Herbal medicine

Instead of using synthetic medicine, Ayurvedic medicine makes use of natural herbs to cure the different ailments. The medicines are produced through herbal powders, teas, aromas, and spices.

3. Acupuncture

It is an alternative treatment to medicine and was used as a pseudoscience to treat physical pain in the body. This treatment is largely used throughout Asia. According to this treatment, several pressure points are focused on to relieve pain.

4. Massage

Massage is another healthy treatment to relieve both the mind and body. Like physical exercises, massage is used to improve muscle health and aid better muscle movements.

5. Meditation

Meditation is one way of releasing all the negative energies out of the body and helps to achieve mindfulness. It does not only affect the mind and its cognitive abilities, but also brings health to the body by improving its control and metabolism.

6. Breathing exercises

Ayurvedic treatment also calls for breathing exercises. Clean air and plenty of oxygen detoxifies the blood and boosts metabolism. Normally we don't breathe to the fullest, which leaves our body deprived of oxygen. Therefore, special exercises are needed to meet the oxygen needs.

7. Panchakarma

Pancha means five, and karma means actions; panchakarma consists of five actions that are together used to treat physical ailments. These actions are used to detoxify the blood through emesis, enemas, and blood-letting.

8. Sound therapy

According to the Vedic experts, whatever we consume from our external environment affects us either negatively or positively. Sounds, too, create an impact on our mind and body. Calming and soothing sounds carry positive energy, and when a person listens to such sounds, it relieves the mind and the body and helps it to get rid of the pain.

9. Yoga

Yoga is an essential part of the Ayurvedic lifestyle. It is the means of taming the mind to best control the body. With yoga exercises, a person can experience a boost in metabolism, improved digestion, and better mental vigilance.

Ayurveda Treats a Range of Disorders

There are several diseases that result from body dysfunction, and they are practically incurable. Where modern medicinal treatments fail, dietary and lifestyle changes make all the difference. Ayurveda lifestyle, in this regard, results in multiple health benefits. Research has proven it to be effective in treating the following disorders:

- 1.** Anxiety
- 2.** Asthma
- 3.** Arthritis
- 4.** Eczema
- 5.** Digestive ailments
- 6.** High cholesterol levels
- 7.** High blood pressure
- 8.** Stress
- 9.** Rheumatoid arthritis

Ayurveda and Food

Dietary changes are vital to achieving the Ayurvedic goals. Food is central to the human body in regards to its functioning, growth, and immunity. “We become what we eat” is the philosophy the Ayurvedic lifestyle follows—therefore, it encourages us to eat food full of antioxidants and clean energy. Saturated fat, refined carbs, and processed meals are strictly forbidden on this diet. According to the Ayurvedic viewpoint, the following food items are best to help achieve better health, maintain healthy body mass and weight, and prevent major disorders.

1. Organic food

Processed and synthetic food items are full of artificial preservatives and ingredients. They are mainly responsible for high cholesterol, heart diseases, and insulin resistance. Such food is also responsible for increasing the oxidative stress of the body. In contrast to this, organic food, including fresh vegetables and fruits, are the purest source of clean carbs, minerals, vitamins, and fibers. Add green veggies, non-starchy vegetables, and juicy fruits to the routine diet.

2. Whole meals

Whole grains, including lentils, beans, and legumes, are the source of complex carbs, and they also contain protein, minerals, and vitamins. The Ayurvedic diet recommends the use of whole beans, chickpeas, lentils, and whole wheat products.

3. Herbs and spices

Most herbs and spices are therapeutic in nature. Whether cooked in a tea or added to the food, the spices and herbs can accelerate metabolism and provides essential phytonutrients that heal the body quickly. The Ayurvedic

diet suggests the use of fresh herbs like parsley, mint, coriander, and spices like turmeric, coriander seeds, cinnamon, cardamom, etc., for quick and lasting healing.

4. Plant-based oils

Saturated oils derived from animal fats are unhealthy for the human body. The low-density lipoproteins (LDLs) are present in saturated fats and lead to blood obstruction, high cholesterol, and stroke. The Ayurvedic diet, therefore, recommends the use of plant-based unsaturated oils like olive oil, avocado oil, and nut-based oils and butter.

5. Lean meat

Though animal-sourced meat is not highly recommended on this diet, white meat—including seafood and poultry—are the two best options when it comes to a healthy diet. Lean red meat with minimum fats can be taken in a small amount.

6. Seeds and nuts

Good use of seeds and nuts make the Ayurvedic diet super healthy and nourishing. Whether it's desserts, breakfast, or even smoothies, the use of nuts and seeds instantly adds all the essential nutrients to the food.

7. Dairy items

Since we look for food that is free from saturated fats and carbs in the Ayurvedic diet, instead of animal milk, it encourages us to use plant-based milk or water like coconut water, if needed. Other dairy items processed out of milk—including cream cheese, cream, yogurt, and cheeses—can be consumed in controlled portion sizes.

8. Organic sweeteners

Raw and organic sweeteners like raw sugar and honey are often recommended on the Ayurvedic diet. However, the use of such sweeteners should be limited according to your body needs and size.

Steps to Ayurvedic Eating

The Ayurvedic lifestyle suggests mindful eating, which is to develop an awareness about the things that we consume and to listen to our body and its needs. In today's world, it requires conscious efforts to look out for the food that can actually nourish your mind and body. The Ayurvedic lifestyle recommends the following steps for smart eating.

1. Determine your mind-body type

Ayurveda is all about identifying yourself. It all starts with you: determining your body type and its needs. According to ancient Indian health sciences, the human body can be categorized according to the dominant Doshas it has. Once a person determines his Doshas, it becomes easier to make healthier food choices.

☐ **Vata**

Those who have Vata as their primary Dosha are all about change and movement. They are highly energetic and need a stable and balanced life to gain better health. People with Vata have irregular eating habits, and their emotions directly affect their appetite. Therefore, they need to maintain their diet according to their mood without falling prey to unhealthy cravings. Under stress, these people tend to skip meals or overeat. Thus, they can bring balance to their diet by eating small and frequent organic meals to meet their energy needs.

☐ **Pitta**

People with the Pitta body type are more prone to ulcers, hypertension, inflammation, and heartburn problems. Therefore, any food that can aggravate these conditions should be avoided by Pittas. Such people should bring much-needed predictability and order to their routine diet. They should eat food at specific times, and in controlled portions.

□ **Kapha**

Endurance and physical strength are two main characteristics of people with the Kapha body type. Such individuals are more prone to allergies, fluid retention, and weight gain. Eating in between meals poses a health hazard for people with this body type. Constant eating can create an imbalance in their Doshas; therefore, a strict and controlled diet can keep them healthy and active. Such people should also look out for food that may cause allergies or weight gain. Being selective works best for these individuals.

2. Stock up on what you'll need

Once you have determined your mind and body type, the next step is to set up your pantry and stock up the refrigerator according to the food that best suits your health. At first, there are general items that people belonging to any Doshas must have at home, including organic vegetables, whole grains, fruits, and plant oils. Fresh vegetables and fruits should always be on the list. Refrigerate the fresh vegetables and fruits, or freeze them for longer storage. Healing herbs (whole and/or powdered spices) should always be in your kitchen cabinet when it comes to the Ayurvedic diet.

3. Six rasas

The Ayurvedic diet categorizes food according to six tastes, or rasas. Based on this approach, food is divided into six groups: sweet, sour, salty, pungent, bitter, and astringent. All fresh or frozen fruits are in the category of sweet. Seafood and white meat fall into the salty category. Citrus fruits belong to the sour group; veggies like pepper and onions belong to the pungent group; green tea or apples to the astringent; and kale, celery, and leafy vegetables belong to the bitter group. The Ayurvedic diet recommends a mix of all the six tastes, or rasas, in a single meal. A combination of the

food belonging to each rasa can bring a balance of flavors as well as a balance of nutrients in the diet.

4. Mindful eating

Mindful eating allows for better digestion and assimilation of food. Do not eat while doing work. Give yourself a few minutes and chew well so that all the nutrients are completely absorbed into the body.

5. Eat the proper quantity of food

Portion control is another important feature of the Ayurvedic diet. Learn when you are really hungry and eat only to satisfy your appetite. Look for the signs of fullness and do not overeat. Do not fall victim to your cravings. Set a daily meal plan and eat accordingly. If you feel like eating anything, then go for low caloric meals like green veggies or juicy fruits.

6. Burn what you eat

Physical exercises are essential to healthy living. The Ayurvedic diet calls for all sorts of exercises that can help digest the food that we eat. About fifteen to twenty minutes of exercise, including yoga and meditation, can help with enhanced assimilation of the food.

Chapter 2: Seasonal Adjustments and All-Season Cleanse

Changing seasons have a profound impact on human health. According to the Ayurvedic diet, food preferences must be adjusted throughout the year according to the season. The three Doshas provide a dietary approach for all the seasons, and a person can change his diet plan to balance his Doshas.

Late Fall/Early Winter (Vata) Seasonal Adjustment

Late fall and early winter is the time characterized by dry, light, and cool weather; therefore, it should be balanced by eating warm, heavy, and oily foods. For this season, the Vatas must consume salty, sour, and sweet foods among the six known rasas. However, they should avoid astringent, bitter, and pungent food. If you are planning to lose weight, then you can minimize the consumption of sugar and fat in the diet while adding more of the vegetables, fruits, and natural grains. The suitable choices for this season are:

- 1.** Corn
- 2.** Barley
- 3.** Rye
- 4.** Millet
- 5.** Buckwheat
- 6.** Rice and oats

With fruit, something sweet like melons, berries, plums, mangoes, avocados, bananas, peaches, nectarines, cherries, and papaya are good choices. However, avoid unripe or dried fruits along with cranberries, apples, pomegranates, and pears. Here are some general guidelines for Vatas to regain their dietary balance:

- Consume more warm, well-cooked food and warm drinks.
- The use of heavy, rich, and oil-mixed food is more suitable for this season.

- Since this time of the year is dry and light, hydration is quite important. Drink water and sweet juices frequently.
- Try adding a variety of spices and herbs to season food.
- Salt, sour, and sweet food should be on the menu for this season.
- Frozen food items and raw vegetables should be avoided. Try to sauté them or stew a bit instead.
- Set up a routine and eat meals regularly at the same times each day.
- Add more fiber to food by mixing in flax seeds or psyllium husk.

Late Winter/Spring (Kapha) Seasonal Adjustment

It is this season when Kaphas should adjust their diet to balance their Doshas. Late winter and early spring are characterized by cold weather; therefore, hot foods, light, and dry meals must be consumed during this time of the year. When it comes to rasas, bitter, astringent, and pungent foods are more suitable—whereas sour, salty, and sweet food must be avoided.

In this season, Kaphas must avoid dairy products. If needed, consume only low-fat yogurt and low-fat milk. Do not use any other form of sweeteners (except for honey). Adding healing teas and tonics to the routine diet is recommended for this season to help fight against the common cold, allergies, or blocked sinuses. Warm ginger tea is excellent for dealing with the digestive problems of this season.

There is no restriction on the use of beans; however, Kaphas should limit their intake, especially with kidney beans, soy food, or soybeans. Natural grains like rye, buckwheat, millet, and corn are healthy for this season. The consumption of wheat, rice, and oats should be limited. Similarly, the products extracted out of such grains must be avoided like rice flour, wheat flour, oats biscuits, etc.

Go for light and sweet fruits such as:

1. Pears
2. Apples
3. Apricots
4. Pomegranates

5. Cranberries

Avoid fruits like melons, bananas, figs, coconuts, dates, avocados, and oranges. Also, avoid all sorts of dried fruits like dried apricots, berries, and plums.

As far as vegetables go, Kaphas can have all of them except for juicy and sweet ones like tomatoes, zucchini, and sweet potatoes. In this season, do not use excessive oil; however, small amounts of mustard oil, ghee, sunflower oil, almond oil, and olive oil can be consumed. Spices, including mustard seeds, cayenne pepper, ginger, and pepper should be used to give a pungent flavor to the food.

Summer (Pitta) Seasonal Adjustment

Summer is the warmest season; therefore, Pittas must make some changes in their routine diet during this season. It calls for dry, cold, and heavy food to counter the effects of the weather. Pittas must go for sweet, astringent, and bitter food. Sour, salty, and pungent-tasting food must be avoided in this season. Heat negatively affects people with a pitta body type, so drinking cool liquids can fight the heat. Honey and molasses must be avoided; however, other sweeteners (like raw sugar) can be used during this season.

There is no restriction on the use of dairy products like ice cream, ghee, milk, and butter. But since Pittas can't have sour food in this season they must avoid the use of cheese, sour cream, and yogurt. Be selective in the use of oils as coconut, sunflower, and olive oil are suitable for this diet—but corn, sesame, and almond oils are not good.

Regarding grains, Pittas must consume only oats, barley, rice, and wheat, and reduce the consumption of millet, rye, corn, and brown rice.

All sweet fruits like cherries, mangos, avocados, grapes, coconuts, figs, apples, and pineapples are good for this season, but sour fruits like cranberries, grapefruits, persimmons, and lemons should be avoided.

For vegetables, Pittas must go for potatoes, pumpkins, leafy greens, asparagus, okra, green beans, lettuce, zucchini, celery, cauliflower, pumpkins, and broccoli.

This warm season calls for soothing and cooling spices like fennel, saffron, cardamom, cilantro, and coriander. Other hot spices like salt, mustard seeds, clove, black pepper, cumin, and ginger are not good for the summer season. Similarly, spices that fall into the pungent category must be avoided, such as cayenne and chili peppers.

All-Season Cleanse

Detox yourself by eating clean and healthy in all seasons. Where seasonal adjustments are necessary for every body type to achieve good health, an all-season cleanse is important for every dieter to feel alive, healthy, and active all year long. If you are new to the Ayurvedic diet, then you need to take a break from your existing eating practices and detoxify the body from excessive sugar, minerals, and toxins. Allow the body to embrace the changes and then gradually adopt the new diet. You can start this cleansing program right at home. To begin with, establish a routine and remove all excessive food. The timing of the meals should be fixed and replace fast food, processed food, and bakery goods with fresh fruit and vegetable salads.

A mindful lifestyle works best to cleanse your body and mind. Spare a few minutes during the day to meditate and carry out breathing exercises. It is the initial step of detoxification; a free and strong mind can make the body efficient.

Start adding herbal teas, tonics, smoothies, and spices to the diet. These drinks are a good replacement for unhealthy soda. Limit the consumption of alcohol. If you don't feel like having tea or a smoothie, then try to consume as much water as you can. Water is a natural detoxifier and works like a miracle.

Develop the practice of adding colors to all your platters by adding lots of vegetables. Juicy and fiber-rich green vegetables are good for satisfying your appetite while controlling caloric and carb intake. Similarly, fresh fruits are a good replacement for artificial or high-carb sweeteners. Instead of adding sugar to drinks or dessert, try adding fruit juices and extracts.

Chapter 3: Ayurvedic Recipes

Teas and Tonics

Turmeric Tea



Ingredients

- 1 quart boiling water
- 2 tablespoons ginger, thinly sliced
- 1 tablespoon fresh turmeric, thinly sliced
- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 2 teaspoons fennel seeds
- 2 tablespoons green tea
- 1 squeeze of lemon
- 1 clove
- 1 cardamom

How to prepare

1. Fill a tea saucepan with water and immerse all the ingredients in it.
2. Bring this tea mixture to a boil then lower the heat to a simmer.
3. Let the tea mixture simmer for about 10 minutes.
4. Strain the liquid tea in the serving cups.
5. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 4

Nutritional Values

- Calories 26*
- Total Fat 0.8 g*
- Saturated Fat 0.1 g*
- Cholesterol 0 mg*
- Sodium 11 mg*
- Total Carbohydrates 5.1 g*
- Dietary Fiber 1.3 g*
- Total Sugars 1.6 g*
- Protein 0.8 g*

Coriander Tea



Ingredients

- ¼ teaspoon cumin seeds
- ¼ teaspoon coriander
- ¼ teaspoon fennel
- ¼ teaspoon fresh cilantro
- ¼ teaspoon rose petals
- 1 cup boiling water

How to prepare

1. Fill a tea saucepan with water and immerse all the ingredients in it.
2. Bring this tea mixture to a boil then lower the heat to a simmer.

3. Let the tea mixture simmer for about 10 minutes.
4. Strain the liquid tea in the serving cups.
5. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 1

Nutritional Values

- Calories 2*
- Total Fat 0.1 g*
- Saturated Fat 0 g*
- Cholesterol 0 mg*
- Sodium 8 mg*
- Total Carbohydrates 0.3 g*
- Dietary Fiber 0.1 g*
- Total Sugars 0 g*
- Protein 0.1 g*

Lemon Spice Tea



Ingredients

- 2 pinches apple cider vinegar
- 1 pinch cayenne pepper
- 1 teaspoon honey
- ¼ whole lemon, juiced
- 1 cup of water

How to prepare

1. Fill a tea saucepan with water and immerse all the ingredients in it.
2. Bring this tea mixture to a boil then lower the heat to a simmer.

3. Let the tea mixture simmer for about 10 minutes.
4. Strain the liquid tea in the serving cups.
5. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 1

Nutritional Values

- Calories 25*
- Total Fat 0.1 g*
- Saturated Fat 0.1 g*
- Cholesterol 0 mg*
- Sodium 10 mg*
- Total Carbohydrates 6.2 g*
- Dietary Fiber 0.1 g*
- Total Sugars 6 g*
- Protein 0.1 g*

Cumin Fennel Tea



Ingredients

- ¼ teaspoon coriander seed
- ¼ teaspoon cumin
- ¼ teaspoon fennel seeds
- 1 cup of water

How to prepare

- 1.** Fill a tea saucepan with water and immerse all the ingredients in it.
- 2.** Bring this tea mixture to a boil then lower the heat to a simmer.
- 3.** Let the tea mixture simmer for about 10 minutes.

4. Strain the liquid tea in the serving cups.

5. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 1

Nutritional Values

- Calories 4*
- Total Fat 0.2 g*
- Saturated Fat 0 g*
- Cholesterol 0 mg*
- Sodium 9 mg*
- Total Carbohydrates 0.5 g*
- Dietary Fiber 0.3 g*
- Total Sugars 0 g*
- Protein 0.2 g*

Ginger & Cardamom Tea



Ingredients

- 2 pinches cardamom
- ¼-inch ginger
- 1/8 whole lime, juiced
- ¼ teaspoon raw sugar
- 1 cup of water

How to prepare

- 1.** Fill a tea saucepan with water and immerse all the ingredients in it.
- 2.** Bring this tea mixture to a boil then lower the heat to a simmer.

3. Let the tea mixture simmer for about 10 minutes.
4. Strain the liquid tea in the serving cups.
5. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 1

Nutritional Values

- Calories 10*
- Total Fat 0.1 g*
- Saturated Fat 0 g*
- Cholesterol 0 mg*
- Sodium 8 mg*
- Total Carbohydrates 2.5 g*
- Dietary Fiber 0.3 g*
- Total Sugars 0.9 g*
- Protein 0.2 g*

Ginger Fennel Tea



Ingredients

- 2 pinches cardamom
- 2 pinches fennel seeds
- ¼-inch ginger
- 1 cup of water

How to prepare

1. Fill a tea saucepan with water and immerse all the ingredients in it.
2. Bring this tea mixture to a boil then lower the heat to a simmer.
3. Let the tea mixture simmer for about 10 minutes.

4. Strain the liquid tea in the serving cups.

5. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 1

Nutritional Values

- Calories 8*
- Total Fat 0.2 g*
- Saturated Fat 0 g*
- Cholesterol 0 mg*
- Sodium 8 mg*
- Total Carbohydrates 1.6 g*
- Dietary Fiber 0.5 g*
- Total Sugars 0.1 g*
- Protein 0.3 g*

Turmeric Cumin Tea



Ingredients

- ¼ teaspoon cumin
- ¼ teaspoon turmeric
- 1 cup of water

How to prepare

- 1.** Fill a tea saucepan with water and immerse all the ingredients in it.
- 2.** Bring this tea mixture to a boil then lower the heat to a simmer.
- 3.** Let the tea mixture simmer for about 10 minutes.

4. Strain the liquid tea in the serving cups.

5. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 1

Nutritional Values

- Calories 4*
- Total Fat 0.2 g*
- Saturated Fat 0 g*
- Cholesterol 0 mg*
- Sodium 8 mg*
- Total Carbohydrates 0.6 g*
- Dietary Fiber 0.2 g*
- Total Sugars 0 g*
- Protein 0.1 g*

Hibiscus Mint Tea



Ingredients

- 2 teaspoons hibiscus
- 1 tablespoon mint
- 2 teaspoons raw sugar
- 1 cup of water

How to prepare

- 1.** Fill a tea saucepan with water and immerse all the ingredients in it.
- 2.** Bring this tea mixture to a boil then lower the heat to a simmer.
- 3.** Let the tea mixture simmer for about 10 minutes.

4. Strain the liquid tea in the serving cups.

5. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 1

Nutritional Values

- Calories 37*
- Total Fat 0 g*
- Saturated Fat 0 g*
- Cholesterol 0 mg*
- Sodium 11 mg*
- Total Carbohydrates 9.5 g*
- Dietary Fiber 0.4 g*
- Total Sugars 9 g*
- Protein 0.2 g*

Dandelion Tea



Ingredients

- 2 pinches cardamom powder
- 1/8 pound of dandelion leaves
- 1 cup of water

How to prepare

- 1.** Fill a tea saucepan with water and immerse all the ingredients in it.
- 2.** Bring this tea mixture to a boil then lower the heat to a simmer.
- 3.** Let the tea mixture simmer for about 10 minutes.
- 4.** Strain the liquid tea in the serving cups.
- 5.** Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 1

Nutritional Values

- ☐ *Calories 27*
- ☐ *Total Fat 0.4 g*
- ☐ *Saturated Fat 0.1 g*
- ☐ *Cholesterol 0 mg*
- ☐ *Sodium 50 mg*
- ☐ *Total Carbohydrates 5.6 g*
- ☐ *Dietary Fiber 2.1 g*
- ☐ *Total Sugars 0.4 g*
- ☐ *Protein 1.6 g*

Lemon Honey Tea



Ingredients

- ¼-inch ginger
- 1 teaspoon honey
- ¼ lemon, sliced
- 1 cup of water

How to prepare

- 1.** Fill a tea saucepan with water and immerse all the ingredients in it.
- 2.** Bring this tea mixture to a boil then lower the heat to a simmer.
- 3.** Let the tea mixture simmer for about 10 minutes.

4. Strain the liquid tea in the serving cups.

5. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 1

Nutritional Values

- Calories 27*
- Total Fat 0.1 g*
- Saturated Fat 0 g*
- Cholesterol 0 mg*
- Sodium 8 mg*
- Total Carbohydrates 7.4 g*
- Dietary Fiber 0.5 g*
- Total Sugars 6.1 g*
- Protein 0.2 g*

Breakfast

Breakfast Oats Porridge



Ingredients

- 1 ½ cup rolled oats
- 3 tablespoons ghee
- 5 pitted Medjool dates
- ½ cup almonds, slivered
- ¼ teaspoon cinnamon
- ¼ teaspoon turmeric powder
- 1/8 teaspoon black pepper
- 2 cups of water
- 13.5 ounces almond milk
- 1 tablespoon maple syrup

How to prepare

- 1.** Add rolled oats to the jug of the food processor and grind it into a coarse meal.
- 2.** On low heat, melt the ghee in a skillet until it bubbles.
- 3.** Stir in black pepper, turmeric, cinnamon, and oats grains.
- 4.** Sauté the grains for 5 minutes until golden-brown.
- 5.** Stir in dates and almonds, then stir for 3 minutes
- 6.** Separately, boil water in a kettle, then pour into the grains mixture.
- 7.** Pour in coconut milk and cook for 30 minutes.
- 8.** Garnish with walnuts, pecans, coconut, bananas, apples, ground flax, and pumpkin seeds.
- 9.** Serve warm.

Preparation time: 10 minutes

Cooking time: 40 minutes

Total time: 50 minutes

Servings: 4

Nutritional Values

- Calories 303*
- Total Fat 17.5 g*
- Saturated Fat 6.7 g*
- Cholesterol 25 mg*

- *Sodium 6 mg*
- *Total Carbohydrates 32.2 g*
- *Dietary Fiber 5.2 g*
- *Total Sugars 8.3 g*
- *Protein 6.9 g*

Goji Berry Cereal



Ingredients

- 1 ½ cups raw oat groats
- 6 cups of water
- 2 cups hemp seed milk
- 2 tablespoons goji berries
- 2 teaspoons cacao nibs
- 2 teaspoons coconut nectar
- 2 teaspoons ground Ashwagandha
- ½ teaspoon fresh ginger root, minced
- ½ teaspoon fresh turmeric root, minced
- Cinnamon, to taste

How to prepare

- 1.** In a bowl, soak oats in water for 24 hours, then drain it.
- 2.** Transfer the oats to the serving bowl.
- 3.** Pour in hempseed milk then top it with goji berries, cacao nubs, coconut nectar, ground Ashwagandha, ginger root, turmeric root, and cinnamon.
- 4.** Serve.

Preparation time: 24 hours

Cooking time: 0 minutes

Total time: 24 hours

Servings: 4

Nutritional Values

- Calories 288*
- Total Fat 11.6 g*
- Saturated Fat 5.2 g*
- Cholesterol 0 mg*
- Sodium 94 mg*
- Total Carbohydrates 40.6 g*
- Dietary Fiber 9.1 g*
- Total Sugars 20.1 g*
- Protein 8 g*

Avocado Banana Pudding



Ingredients

- 1 ripe banana, peeled
- ½ ripe avocado, peeled and pitted
- 2 Medjool dates, pitted
- 1 tablespoon water
- 1 teaspoon ground Ashwagandha
- 1 teaspoon maca powder

How to prepare:

1. Add banana and avocado flesh to a food processor.
2. Stir in pitted dates, water, Ashwagandha powder, and maca.

3. Blend well until smooth, then transfer to the serving bowl.

4. Serve fresh.

Preparation time: 10 minutes

Cooking time: 0 minutes

Total time: 10 minutes

Servings: 2

Nutritional Values

Calories 238

Total Fat 10 g

Saturated Fat 2.1 g

Cholesterol 0 mg

Sodium 4 mg

Total Carbohydrates 39.3 g

Dietary Fiber 7.1 g

Total Sugars 25.6 g

Protein 2.8 g

Fig Quinoa



Ingredients

- ½ cup quinoa, rinsed and drained
- ¾ cup almond milk
- ½ cup filtered water
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- ¼ teaspoon ground cardamom
- 3 ripe figs, diced
- 1/3 cup coconut flakes, toasted

How to prepare

- 1.** Add quinoa, almond milk, water, vanilla extract, salt, and cardamom to a cooking pot.
- 2.** Cook for approximately 15 minutes until the quinoa is al dente, then transfer to the serving bowls.
- 3.** Top the porridge with figs and coconut flakes.
- 4.** Serve fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 2

Nutritional Values

☐ Calories 301

☐ Total Fat 8.3 g

☐ Saturated Fat 4.3 g

☐ Cholesterol 0 mg

☐ Sodium 351 mg

☐ Total Carbohydrates 50.8 g

☐ Dietary Fiber 7 g

☐ Total Sugars 16.9 g

☐ Protein 7.8 g

Corn Pancakes



Ingredients

- 1 tablespoon apple cider vinegar
- ½ teaspoon chipotle chili
- 1 teaspoon cumin
- 1 tablespoon ghee
- 1 cup masa
- ½ teaspoon salt

How to prepare

1. Grind chipotle with cumin in a coffee grinder, then transfer to a bowl.

- 2.** Pour in 1 cup water, salt, vinegar, and masa. Mix well.
- 3.** Knead the mixture well and make small golf-ball sized balls out of this mixture.
- 4.** Flatten the balls into ¼-inch thick pancakes.
- 5.** In a non-stick skillet, melt a teaspoon of ghee and sear each pancake for 1 minute per side until golden-brown.
- 6.** Serve warm.

Preparation time: 10 minutes

Cooking time: 8 minutes

Total time: 2 hours 10 minutes

Servings: 4

Nutritional Values

☐ *Calories 156*

☐ *Total Fat 4.6 g*

☐ *Saturated Fat 2.1 g*

☐ *Cholesterol 8 mg*

☐ *Sodium 318 mg*

☐ *Total Carbohydrates 26.3 g*

☐ *Dietary Fiber 3.1 g*

☐ *Total Sugars 0.3 g*

☐ *Protein 3.3 g*

Quinoa and Walnut Cereal



Ingredients

- 3 whole dates, pitted
- 1 tablespoon ghee
- 1 teaspoon maple syrup
- ½ cup quinoa
- ¼ teaspoon salt
- ¼ cup walnuts, chopped

How to prepare

1. Roast chopped walnuts in a medium-sized saucepan until golden-brown.

2. Stir in chopped dates and all other ingredients.
3. Cook for 30 minutes until the quinoa is al dente.
4. Garnish with maple syrup.
5. Enjoy.

Preparation time: 10 minutes

Cooking time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

☐ *Calories 318*

☐ *Total Fat 18.2 g*

☐ *Saturated Fat 4.8 g*

☐ *Cholesterol 16 mg*

☐ *Sodium 294 mg*

☐ *Total Carbohydrates 31.1 g*

☐ *Dietary Fiber 4 g*

☐ *Total Sugars 2.2 g*

☐ *Protein 9.8 g*

Sweet Potato Beans



Ingredients

- 1 teaspoon apple cider vinegar
- 2 cups black beans
- 1 teaspoon coconut oil
- 1-inch ginger, minced
- ¼ pound of kale, chopped
- ¼ teaspoon salt
- 1 cup sweet potato, peeled and cubed
- ½ cup walnuts

How to prepare

- 1.** Finely grate the sweet potato, chop the ginger, and ½ bunch kale.

2. On medium heat, toast walnuts in a medium skillet until golden-brown.
3. Transfer these walnuts to a working surface and chop them.
4. In the same pan, melt coconut oil and toss in kale, ginger, black beans, and sweet potato.
5. Stir for 5 minutes, then pour in vinegar.
6. Cook this mixture until the veggies are soft.
7. Toss in toasted walnuts, then serve.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Servings: 4

Nutritional Values

- ☐ Calories 398
- ☐ Total Fat 9.5 g
- ☐ Saturated Fat 1.5 g
- ☐ Cholesterol 0 mg
- ☐ Sodium 145 mg
- ☐ Total Carbohydrates 60.5 g
- ☐ Dietary Fiber 14.4 g
- ☐ Total Sugars 4.4 g
- ☐ Protein 21.3 g

Greens Herb Frittata



Ingredients

- ¼ teaspoon black pepper
- 6 whole eggs
- ½ teaspoon oregano
- 1 teaspoon parsley
- ¼ teaspoon salt
- ¼ pound of spinach
- 1 teaspoon thyme

How to prepare

1. Preheat oven to 350°F.
2. Add spinach to boiling water until wilted, then drain.
3. Beat eggs in a large bowl until fluffy.

4. Toss in spinach, spices, and all other ingredients.
5. Mix well, then spread the egg mixture into a baking pan.
6. Bake the egg mixture for 20 minutes until golden-brown on top.
7. Serve warm.

Preparation time: 10 minutes

Cooking time: 23 minutes

Total time: 33 minutes

Servings: 3

Nutritional Values

☐ Calories 134

☐ Total Fat 8.9 g

☐ Saturated Fat 2.8 g

☐ Cholesterol 327 mg

☐ Sodium 336 mg

☐ Total Carbohydrates 2.1 g

☐ Dietary Fiber 0.8 g

☐ Total Sugars 0.8 g

☐ Protein 11.8 g

Coconut Sesame Oatmeal



Ingredients

- ☐ 3 tablespoons coconut flakes
- ☐ 1 tablespoon coconut oil
- ☐ 1 cup oats
- ☐ 1 teaspoon raw sugar
- ☐ 2 pinches salt
- ☐ 3 tablespoons sesame seeds
- ☐ 3 cups of water

How to prepare

- 1.** In a suitably-sized saucepan, boil about 2 cups of water, then lower heat to a simmer.
- 2.** Stir in sugar, oil, and let it simmer until oats are ready.

- 3.** Add oatmeal to a grinder and grind into a coarse meal.
- 4.** Toast sesame seeds and coconut shavings in a skillet until brown, then set aside.
- 5.** Add oatmeal to the boiling water and cook until soft.
- 6.** Garnish with coconut flakes and sesame seeds.
- 7.** Serve.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Servings: 2

Nutritional Values

☐ Calories 325

☐ Total Fat 18.7 g

☐ Saturated Fat 9.5 g

☐ Cholesterol 0 mg

☐ Sodium 171 mg

☐ Total Carbohydrates 34 g

☐ Dietary Fiber 6.4 g

☐ Total Sugars 2.9 g

☐ Protein 8 g

Cinnamon Oatmeal



Ingredients

- 2 tablespoons almonds
- ¼ teaspoon cardamom
- ¼ teaspoon cinnamon
- 1 teaspoon ghee
- 1 teaspoon maple syrup
- 1 cup milk
- 1/3 cup oats

How to prepare

1. Soak almonds overnight in a jar filled with water.
2. Drain the almonds and peel them, then transfer to a food processor.

- 3.** Add oatmeal to the almonds and grind into a coarse meal.
- 4.** Transfer the oatmeal mixture to a cooking pot, then stir in the remaining ingredients.
- 5.** Cook the oatmeal on a simmer until it is soft.
- 6.** Garnish with cinnamon and serve.

Preparation time: 10 minutes

Cooking time: 10 minutes

Total time: 20 minutes

Servings: 2

Nutritional Values

☐ *Calories 176*

☐ *Total Fat 8.5 g*

☐ *Saturated Fat 3.2 g*

☐ *Cholesterol 15 mg*

☐ *Sodium 59 mg*

☐ *Total Carbohydrates 19.1 g*

☐ *Dietary Fiber 2.3 g*

☐ *Total Sugars 7.9 g*

☐ *Protein 7.1 g*

Hearty Lunches

Potato and Paneer Casserole



Ingredients

- 2 cups paneer, diced
- 4 potatoes, peeled and cut into wedges
- 3 tablespoons leeks, chopped
- 3 tablespoons olive oil
- Salt and black pepper, to taste

How to prepare

1. In a casserole dish toss potatoes with leeks, olive oil, salt, and black pepper.
2. Place this potato casserole dish in the oven.
3. Cover the casserole dish and close the oven.

4. Bake the potato casserole for 45 minutes at 350°F.
5. Drizzle paneer on top of the casserole dish.
6. Serve warm.

Preparation time: 10 minutes

Cooking time: 45 minutes

Total time: 55 minutes

Servings: 4

Nutritional Values

☐ *Calories 312*

☐ *Total Fat 12.9 g*

☐ *Saturated Fat 2.9 g*

☐ *Cholesterol 9 mg*

☐ *Sodium 470 mg*

☐ *Total Carbohydrates 31.4 g*

☐ *Dietary Fiber 4.2 g*

☐ *Total Sugars 2.5 g*

☐ *Protein 18.5 g*

Barley Soup



Ingredients

- 2 tablespoons ghee
- Pinch of asafetida
- ¼ cup parsley, minced
- ¼ teaspoon rosemary
- ½ teaspoon dried basil
- ½ bell pepper, chopped
- 1 stalk celery, thinly sliced
- 1 carrot, grated
- 5 cups vegetable broth
- ¼ cup pearl barley

- 2 bay leaves
- Salt, to taste
- Freshly-ground black pepper, to taste

How to prepare

- 1.** Place a medium-sized soup pot over medium heat and melt ghee in it.
- 2.** Stir in parsley, asafetida, basil, rosemary, celery, carrot, and bell pepper.
- 3.** Sauté for 5 minutes, then add barley, broth, and bay leaves.
- 4.** Cook the soup to a boil then reduce to a simmer.
- 5.** Continue cooking on a simmer for 1 hour until al dente.
- 6.** Stir the soup occasionally, then adjust seasoning with salt and black pepper.
- 7.** Serve warm.

Preparation time: 10 minutes

Cooking time: 1 hour 5 minutes

Total time: 1 hour 15 minutes

Servings: 4

Nutritional Values

□ *Calories 160*

- *Total Fat 8.4 g*
- *Saturated Fat 4.5 g*
- *Cholesterol 16 mg*
- *Sodium 1,133 mg*
- *Total Carbohydrates 13.4 g*
- *Dietary Fiber 2.7 g*
- *Total Sugars 2.3 g*
- *Protein 7.6 g*

Cauliflower with Pistachios



Ingredients

- 1 head cauliflower
- 3 tablespoons butter
- 2 tablespoons parsley, minced
- ¼ cup pistachios, chopped
- Salt and black pepper, to taste

How to prepare

- 1.** Cut the cauliflower head into florets, then add them to boiling water.
- 2.** Cook the cauliflower for 20 minutes until tender, then drain it well.
- 3.** In a large wok, melt butter and add nuts and parsley.
- 4.** Toss in cauliflower and sauté for 2 minutes.
- 5.** Add salt and black pepper to season the florets.
- 6.** Serve warm.

Preparation time: 10 minutes

Cooking time: 22 minutes

Total time: 32 minutes

Servings: 2

Nutritional Values

☐ *Calories 227*

☐ *Total Fat 20.9 g*

☐ *Saturated Fat 11.4 g*

☐ *Cholesterol 46 mg*

☐ *Sodium 205 mg*

☐ *Total Carbohydrates 9.3 g*

☐ *Dietary Fiber 4.2 g*

☐ *Total Sugars 3.7 g*

☐ *Protein 4.4 g*

Peas and Potato Curry



Ingredients

- ¼ cup ghee
- 1 pinch of asafetida
- 1 tablespoon fresh ginger, minced
- 1½ teaspoons cumin seeds
- 5 cups potatoes, peeled and diced
- 1 cup of water
- 1 teaspoon turmeric
- ¼ teaspoon ground fenugreek
- 1 cup peas
- Salt, to taste
- Chopped fresh cilantro (optional)

How to prepare

- 1.** In a large pot, melt ghee then add ginger, asafetida, and cumin seeds.
- 2.** Sauté them for 1 minute then toss in potatoes.
- 3.** Stir for 5 minutes, then add turmeric, water, peas, fenugreek, and salt.
- 4.** Mix well, then cover to cook for 20 minutes on a simmer.
- 5.** Garnish with cilantro and serve warm.

Preparation time: 10 minutes

Cooking time: 26 minutes

Total time: 36 minutes

Servings: 5

Nutritional Values

☐ *Calories 231*

☐ *Total Fat 11.1 g*

☐ *Saturated Fat 6.5 g*

☐ *Cholesterol 26 mg*

☐ *Sodium 17 mg*

☐ *Total Carbohydrates 29.9 g*

☐ *Dietary Fiber 5.6 g*

☐ *Total Sugars 3.5 g*

☐ *Protein 4.7 g*

Saffron Risotto



Ingredients

- 2 tablespoons ghee
- Pinch of saffron
- 1½ cups of arborio rice
- 5¼ cups of warm water
- 1 large zucchini
- ½ pound of asparagus
- ½ yellow onion
- 1 teaspoon lemon pepper seasoning
- ½ lemon, juiced
- Salt, to taste
- Black pepper, to taste
- Fresh cilantro to garnish
- Parmesan cheese to garnish

How to prepare

- 1.** In a medium-sized stockpot, melt ghee, then toss in onion.
- 2.** Sauté onion until golden, then stir in saffron and arborio rice.
- 3.** Stir for 1 minute, then pour in $\frac{1}{4}$ cup water.
- 4.** Add zucchini, asparagus, and lemon pepper, then sauté for 1 minute.
- 5.** Pour in 3 cups of water and cook it to a boil.
- 6.** Lower the heat to simmer and cover it to cook on a simmer.
- 7.** When the water is completely absorbed, add remaining 2 cups of water
- 8.** Add lemon juice and $\frac{1}{2}$ teaspoon salt, then mix well.
- 9.** Cook the risotto until the water is absorbed and rice is mushy.
- 10.** Garnish with cilantro, black pepper, and cheese.
- 11.** Serve warm.

Preparation time: 10 minutes

Cooking time: 22 minutes

Total time: 32 minutes

Servings: 4

Nutritional Values

☐ *Calories 346*

☐ *Total Fat 7 g*

☐ *Saturated Fat 4.1 g*

☐ *Cholesterol 16 mg*

☐ *Sodium 38 mg*

☐ *Total Carbohydrates 63.9 g*

☐ *Dietary Fiber 4.7 g*

☐ *Total Sugars 3.2 g*

☐ *Protein 7.3 g*

Stuffed Squash Boats



Ingredients

- 4 butternut squash
- 2 cups of water
- $\frac{3}{4}$ cup wild rice, rinsed
- $\frac{1}{2}$ teaspoon asafetida
- 1 clove garlic
- 2 tablespoons ghee
- 3 cups paneer, diced
- 1 cup basmati rice
- 1 tablespoon sesame seeds
- 1 cup almond butter
- $\frac{1}{4}$ cup soaked currants

- 1 teaspoon thyme
- ½ teaspoon sage
- ¼ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- Salt and black pepper, to taste

How to prepare

- 1.** Cut each butternut squash in half and scoop out all the seeds and fibers from the center.
- 2.** Place the squash with its cut side up in a baking sheet.
- 3.** Cover the squash and bake it for 50 minutes in the oven at 350°F.
- 4.** Meanwhile, boil water in a saucepan and add wild rice.
- 5.** Cook the rice for 40 minutes, then drain and set aside.
- 6.** Separately, boil the basmati rice in water until al dente. Drain and set aside.
- 7.** Scoop the flesh out of the squash halves and leave only ½-inch thick shells.
- 8.** Chop the scooped flesh.
- 9.** Whisk almond butter with 1 ½ cups warm water in a saucepan.
- 10.** Stir in garlic, paneer, asafetida, and sesame seeds, then sauté for 5 minutes.

11. Add cooked basmati rice, wild rice, squash flesh, and all other ingredients.

12. Mix well and divide this mixture into the squash shells from the oven.

13. Serve warm.

Preparation time: 10 minutes

Cooking time: 1 hour 35 minutes

Total time: 1 hour 45 minutes

Servings: 6

Nutritional Values

☐ *Calories 324*

☐ *Total Fat 4.3 g*

☐ *Saturated Fat 1.3 g*

☐ *Cholesterol 6 mg*

☐ *Sodium 335 mg*

☐ *Total Carbohydrates 54.7 g*

☐ *Dietary Fiber 4.1 g*

☐ *Total Sugars 3.1 g*

☐ *Protein 17.9 g*

Okra Gumbo



Ingredients

- 2 cups okra, washed and sliced
- 1 teaspoon ghee
- ½ teaspoon cumin powder
- ½ teaspoon coriander powder
- ¼ teaspoon dried mango powder
- ½-inch piece fresh ginger, sliced
- ¼ teaspoon turmeric
- Salt, to taste

How to prepare

- 1.** In a frying pan, melt ghee and add ginger.

- 2.** Sauté for 1 minute, then add coriander and cumin.
- 3.** Stir for 1 minute, then toss in okra, turmeric, and mango powder.
- 4.** Sauté for 15 minutes until the okra is soft.
- 5.** Add salt for seasoning, then serve warm.

Preparation time: 10 minutes

Cooking time: 17 minutes

Total time: 27 minutes

Servings: 2

Nutritional Values

☐ *Calories 70*

☐ *Total Fat 2.5 g*

☐ *Saturated Fat 1.4 g*

☐ *Cholesterol 5 mg*

☐ *Sodium 8 mg*

☐ *Total Carbohydrates 10.1 g*

☐ *Dietary Fiber 3.6 g*

☐ *Total Sugars 3.4 g*

☐ *Protein 2.1 g*

Yellow Squash Couscous



Ingredients

- 1 cup carrots, sliced
- 4 yellow squash, quartered
- 2 medium tomatoes, quartered
- 3 tablespoons ghee
- 2 cups of water
- 2 cups garbanzo beans, cooked
- 10 ounces dried couscous
- 1 teaspoon salt
- Black pepper, to taste

How to prepare

- 1.** Toss carrots, squash, tomatoes, ghee, water, and beans in a baking tray.
- 2.** Cover the tray and place it in the oven for 45 minutes at 450°F.
- 3.** Remove the roasted veggies from the oven and sprinkle salt and black pepper on top.
- 4.** Stir in dried couscous and mix thoroughly.
- 5.** Place the pan in the oven without the lid and bake for 5 minutes.
- 6.** Mix well and garnish with cilantro.
- 7.** Serve warm.

Preparation time: 10 minutes

Cooking time: 50 minutes

Total time: 60 minutes

Servings: 6

Nutritional Values

☐ *Calories 388*

☐ *Total Fat 8.7 g*

☐ *Saturated Fat 3.7 g*

☐ *Cholesterol 14 mg*

☐ *Sodium 329 mg*

☐ *Total Carbohydrates 63.6 g*

☐ *Dietary Fiber 12.3 g*

☐ *Total Sugars 8.5 g*

☐ *Protein 15.7 g*

Mung Dal Risotto



Ingredients

- 1 cup basmati rice
- 1/3 cup cilantro
- 1/3 cup coconut flakes
- 2 tablespoons ghee
- ¾-inch ginger
- ½ cup mung bean
- ¼ teaspoon salt
- ½ teaspoon turmeric
- 6 cups of water

How to prepare

1. Wash and rinse the rice and mung dal separately.
2. Soak the dal in a bowl filled with water for 4 hours, then drain.
3. Blend ginger with coconut, ½ cup water, and cilantro until smooth.
4. In a large saucepan, melt ghee and stir in blended ingredients along with turmeric and salt.
5. Mix well and add rice, mung dal, and six cups of water.
6. Cook this mixture to a boil then lower the heat to a simmer.
7. After 5 minutes of cooking, cover the lid and cook for another 25 minutes.
8. Mix gently and serve warm.

Preparation time: 10 minutes

Cooking time: 30 minutes

Total time: 40 minutes

Servings: 4

Nutritional Values

☐ *Calories 277*

☐ *Total Fat 9.1 g*

☐ *Saturated Fat 6.1 g*

☐ *Cholesterol 16 mg*

☐ *Sodium 163 mg*

□ *Total Carbohydrates 43.3 g*

□ *Dietary Fiber 3.3 g*

□ *Total Sugars 1 g*

□ *Protein 5.4 g*

Kale Sweet Potato Medley



Ingredients

- ¼-inch ginger
- ½ pound of kale, chopped
- 2 pinches salt
- 1 tablespoon sunflower oil
- 2 cups sweet potato, peeled and cubed

How to prepare

1. Add kale leaves to boiling water and cook until the leaves turn bright green, then drain.
2. Boil sweet potato cubes in a separate pot.

- 3.** Cook the potatoes until soft, then drain.
- 4.** Add sunflower oil to a skillet and add grated ginger.
- 5.** Sauté for 30 seconds and toss in kale and potatoes.
- 6.** Stir cook for 2 minutes then serve warm.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Servings: 2

Nutritional Values

☐ *Calories 261*

☐ *Total Fat 7.4 g*

☐ *Saturated Fat 0.7 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 242 mg*

☐ *Total Carbohydrates 45.4 g*

☐ *Dietary Fiber 7.3 g*

☐ *Total Sugars 13 g*

☐ *Protein 5.1 g*

Light Dinners

Collard Greens with Potato



Ingredients

- 2 pinches black pepper
- 2 pounds collard greens, chopped
- ¼ lemon, juiced
- 1 potato, peeled and diced
- 1 pinch salt
- 1 teaspoon sunflower oil
- 2 pinches turmeric
- 1 cup of water

How to prepare

- 1.** Add potatoes, collard greens, and the rest of the ingredients to a cooking pot.
- 2.** Cook the potatoes to a boil, then lower the heat to a simmer.
- 3.** Cover the potatoes and cook until the potatoes are tender.
- 4.** Serve warm.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Servings: 2

Nutritional Values

☐ *Calories 214*

☐ *Total Fat 5.6 g*

☐ *Saturated Fat 0.3 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 161 mg*

☐ *Total Carbohydrates 40.7 g*

☐ *Dietary Fiber 17.1 g*

☐ *Total Sugars 0.9 g*

☐ *Protein 11.8 g*

Butternut Squash Soup



Ingredients

- ¼ teaspoon black pepper
- 4 cups butternut squash
- 1 teaspoon fennel seeds
- 2 cloves garlic
- 2 tablespoons ghee
- ½-inch ginger
- ½ lime
- ¼ teaspoon salt
- 4 cups of water
- ½ cup yellow onion, chopped

How to prepare

- 1.** Place the butternut squash in a baking tray and roast it in the oven for 30 minutes at 350°F.
- 2.** Allow the butternut squash to cool, peel it, then dice into cubes.
- 3.** In a stockpot, heat 2 tablespoons ghee and toss in onions.
- 4.** Sauté until brown, then add garlic and ginger.
- 5.** Stir for 30 seconds and add fennel seeds, black pepper, and salt.
- 6.** Sauté for 30 seconds and toss in butternut squash.
- 7.** Pour in 4 cups of water and cook the mixture to a boil.
- 8.** Lower the heat of the soup to a simmer and cook for 20 minutes.
- 9.** Puree the cooked squash using an immersion blender.
- 10.** Stir in lime juice and mix well.
- 11.** Serve.

Preparation time: 10 minutes

Cooking time: 52 minutes

Total time: 62 minutes

Servings: 4

Nutritional Values

☐ *Calories 132*

☐ *Total Fat 6.6 g*

☐ *Saturated Fat 4 g*

- *Cholesterol 16 mg*
- *Sodium 162 mg*
- *Total Carbohydrates 19.6 g*
- *Dietary Fiber 3.6 g*
- *Total Sugars 3.9 g*
- *Protein 1.9 g*

Asparagus Saffron Risotto



Ingredients

- 2 cups asparagus
- ¼ teaspoon black pepper
- 1 teaspoon cumin
- 2 tablespoons ghee
- ¼ lemon, juiced
- 1 cup risotto
- 2 pinches saffron
- ½ teaspoon salt

How to prepare

1. In a mortar, grind the saffron with a few drops of water using a pestle, then leave it for 10 minutes.
2. In a large pot, boil 1 quart water then set it aside.
3. In a separate pot, add ghee and cumin. Sauté for 1 minute.
4. Stir in risotto, asparagus, and all other ingredients.
5. Cook until the water is completely absorbed.
6. Serve warm.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Servings: 2

Nutritional Values

☐ *Calories 221*

☐ *Total Fat 13.2 g*

☐ *Saturated Fat 8 g*

☐ *Cholesterol 33 mg*

☐ *Sodium 586 mg*

☐ *Total Carbohydrates 25.1 g*

☐ *Dietary Fiber 3.2 g*

☐ *Total Sugars 2.7 g*

□ *Protein 4.8 g*

Quinoa Paneer Burgers



Ingredients

- ½ cup quinoa
- 1 cup of water
- 1 tablespoon ghee
- 1 grated carrot
- 1 stalk celery, sliced
- 6 ounces paneer, grated
- ⅓ cup parsley, minced
- 3 tablespoons almond butter
- 2 tablespoons flour
- Salt, to taste
- Black pepper, to taste

How to prepare

1. Thoroughly wash quinoa and add to a pot filled with water.
2. Cook quinoa on a simmer for 20 minutes, then drain.
3. In a skillet, melt ghee and add celery and carrot.
4. Sauté until soft, then stir in quinoa, paneer, parsley, flour, and almond butter.
5. Mix well and remove the mixture from the heat.
6. Make 4 small patties out of this mixture and set them aside.
7. In a skillet, melt some ghee, and sear the patties for 2 minutes per side until golden-brown.
8. Serve warm.

Preparation time: 10 minutes

Cooking time: 28 minutes

Total time: 38 minutes

Servings: 4

Nutritional Values

☐ *Calories 325*

☐ *Total Fat 13 g*

☐ *Saturated Fat 3.8 g*

☐ *Cholesterol 15 mg*

- *Sodium 709 mg*
- *Total Carbohydrates 25.4 g*
- *Dietary Fiber 3.4 g*
- *Total Sugars 6 g*
- *Protein 27.3 g*

Potato Leek Soup



Ingredients

- 1 teaspoon black pepper
- 1 tablespoon fennel seeds
- 1 cup leeks
- 4 potatoes, peeled and cubed
- 2 pinches red pepper flakes
- ½ teaspoon salt
- 2 tablespoons sunflower oil
- 6 cups of water

How to prepare

1. In a large-sized pot, add 4 cups of water on high heat.
2. Add potatoes to the water and cook for 10 minutes until soft.
3. Remove the potatoes from the hot liquid and transfer to a blender jug.
4. Add 2 cups water and leeks to the potatoes then blend well until smooth.
5. Return the potato puree to the hot liquid and cook until it boils.
6. Stir in the remaining soup ingredients and lower the heat to a simmer.
7. Cook for 20 minutes, then garnish with red pepper flakes and cracked pepper.
8. Serve warm.

Preparation time: 10 minutes

Cooking time: 30 minutes

Total time: 40 minutes

Servings: 4

Nutritional Values

☐ *Calories 213*

☐ *Total Fat 7.5 g*

□ *Saturated Fat 0.8 g*

□ *Cholesterol 0 mg*

□ *Sodium 318 mg*

□ *Total Carbohydrates 34 g*

□ *Dietary Fiber 4.9 g*

□ *Total Sugars 2.2 g*

□ *Protein 4.1 g*

Cabbage Soup



Ingredients

- ¼ teaspoon black pepper
- 4 cups cabbage, chopped
- ¼ cup celery stalk
- ¼ teaspoon curry powder
- 1 clove garlic, chopped
- ¼ cup parsley, chopped
- ½ teaspoon salt
- ¼ cup yellow onion, chopped

How to prepare

1. In a large cooking pot, add all the ingredients and cover them with water.
2. Cook this mixture to a boil then lower the heat to a simmer.
3. Continue cooking it for 45 minutes until the vegetables are soft.
4. Serve warm.

Preparation time: 10 minutes

Cooking time: 45 minutes

Total time: 55 minutes

Servings: 2

Nutritional Values

☐ *Calories 49*

☐ *Total Fat 0.3 g*

☐ *Saturated Fat 0.1 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 622 mg*

☐ *Total Carbohydrates 11.1 g*

☐ *Dietary Fiber 4.4 g*

☐ *Total Sugars 5.4 g*

☐ *Protein 2.4 g*

Pesto Chickpeas



Ingredients

- ½ cup basil
- 2 pinches cayenne pepper
- 1 cup chickpeas
- ½ cup almond milk
- ½ lime, juiced
- 1 tablespoon olive oil
- ¼ teaspoon salt

How to prepare

- 1.** In a medium-sized bowl, pour in olive oil, lime juice, and coconut milk, then mix well.

2. Transfer this coconut milk mixture to a blender and add basil and salt.
3. Blend until smooth, and set mixture aside.
4. In a large-sized skillet, heat a drizzle of olive oil.
5. Add chickpeas and sauté until golden-brown.
6. Pour in the prepared pesto and mix well.
7. Garnish with lemon wedges and basil leaves.
8. Serve warm.

Preparation time: 10 minutes

Cooking time: 10 minutes

Total time: 20 minutes

Servings: 3

Nutritional Values

☐ *Calories 379*

☐ *Total Fat 18.3 g*

☐ *Saturated Fat 9.6 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 216 mg*

☐ *Total Carbohydrates 44 g*

☐ *Dietary Fiber 12.9 g*

☐ *Total Sugars 8.7 g*

☐ *Protein 14 g*

Salmon Quinoa Patties



Ingredients

- ¼ teaspoon black pepper
- ¼ teaspoon celery seed
- 2 tablespoons cilantro
- ½ teaspoon lemon zest
- 1 cup quinoa
- ¼ cup red onion, chopped
- 1 pound salmon
- ¼ teaspoon salt

How to prepare

- 1.** Remove the skin and bones from the salmon.
- 2.** In a stockpot, boil water and add quinoa.
- 3.** Cook the quinoa until it is al dente, then drain.

4. Add green onions, lemon zest, celery seed, cilantro, and black pepper to a food processor. Finely chop this mixture.
5. Add quinoa and salmon to the food processor, then chop into a fine mixture.
6. Make 4 small patties out of this mixture and set them aside.
7. In a skillet, heat a teaspoon of oil and sear each patty for 2 minutes per side.
8. Serve warm.

Preparation time: 10 minutes

Cooking time: 23 minutes

Total time: 33 minutes

Servings: 4

Nutritional Values

☐ *Calories 311*

☐ *Total Fat 9.6 g*

☐ *Saturated Fat 1.3 g*

☐ *Cholesterol 50 mg*

☐ *Sodium 200 mg*

☐ *Total Carbohydrates 28.1 g*

☐ *Dietary Fiber 3.2 g*

☐ *Total Sugars 0.3 g*

☐ *Protein 28.1 g*

Parsnip and Carrot Soup



Ingredients

- ½ teaspoon black pepper
- 4 carrots, chopped
- ¼ cup cilantro, chopped
- 1 teaspoon cumin
- 2 cloves garlic, minced
- 1-inch ginger, minced
- 2 cups parsnip, peeled and diced
- 2 potatoes, peeled and diced
- 1 teaspoon salt

- ¼ cup sunflower oil
- 1 teaspoon turmeric
- ½ cup yellow onion, chopped

How to prepare

- 1.** In a large pot, heat oil and toss in onions.
- 2.** Sauté until golden-brown, then add chopped garlic and ginger.
- 3.** Cook for 30 seconds then stir in the rest of the ingredients.
- 4.** Add enough water to cover the veggies completely, then cook it to a boil.
- 5.** Cook until the veggies are soft, then garnish with cilantro.
- 6.** Serve.

Preparation time: 10 minutes

Cooking time: 25 minutes

Total time: 35 minutes

Servings: 4

Nutritional Values

□ *Calories 283*

□ *Total Fat 14.2 g*

□ *Saturated Fat 1.4 g*

- *Cholesterol 0 mg*
- *Sodium 639 mg*
- *Total Carbohydrates 37.7 g*
- *Dietary Fiber 8 g*
- *Total Sugars 8.1 g*
- *Protein 3.6 g*

Coconut Beet Soup



Ingredients

- 1 cup beets
- 1 cup of water
- ¼ teaspoon black pepper
- ¼ cup coconut flakes
- 2 tablespoons coconut oil
- ½-inch ginger
- ¼ teaspoon salt

How to prepare

1. Puree the chopped better with water in a blender.
2. Transfer the puree to stockpot along with the rest of the ingredients.

3. Cook this soup on a simmer for 30 minutes.

4. Serve warm.

Preparation time: 10 minutes

Cooking time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

Calories 192

Total Fat 17.1 g

Saturated Fat 14.8 g

Cholesterol 0 mg

Sodium 362 mg

Total Carbohydrates 10.5 g

Dietary Fiber 2.7 g

Total Sugars 7.4 g

Protein 1.8 g

Smoothies

Apples and Kale Smoothie



Ingredients

- 1 apple, cored and chopped
- ½ cup fresh pineapple, peeled and cubed
- 3 ounces kale, chopped
- 1 cup cool water

How to prepare

- 1.** Add the prepared ingredients to a blender jug.
- 2.** Hit the pulse button of the blender until the ingredients are well blended.
- 3.** Refrigerate the smoothie for 30 minutes.
- 4.** Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

☐ *Calories 99*

☐ *Total Fat 0.3 g*

☐ *Saturated Fat 0 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 20 mg*

☐ *Total Carbohydrates 25.3 g*

☐ *Dietary Fiber 3.9 g*

☐ *Total Sugars 15.7 g*

☐ *Protein 1.8 g*

Apricot and Basil Smoothie



Ingredients

- 4 fresh apricots, cored
- ½ cup cherries
- 3 fresh basil
- 1 cup cool water

How to prepare

1. Add the prepared ingredients to a blender jug.

2. Hit the pulse button of the blender until the ingredients are well blended.
3. Refrigerate the smoothie for 30 minutes.
4. Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

☐ *Calories 56*

☐ *Total Fat 0.5 g*

☐ *Saturated Fat 0 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 4 mg*

☐ *Total Carbohydrates 13 g*

☐ *Dietary Fiber 1.5 g*

☐ *Total Sugars 6.3 g*

☐ *Protein 1.1 g*

Berry Cardamom Smoothie



Ingredients

- ¼ cup blueberries
- ½ cup strawberries
- ½ banana, peeled and diced
- 1 teaspoon raw sugar
- 1/8 teaspoon cardamom powder
- 1 cup cool water

How to prepare

- 1.** Add the prepared ingredients to a blender jug.

2. Hit the pulse button of the blender until the ingredients are well blended.

3. Refrigerate the smoothie for 30 minutes.

4. Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

☐ *Calories 56*

☐ *Total Fat 0.3 g*

☐ *Saturated Fat 0 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 1 mg*

☐ *Total Carbohydrates 14.2 g*

☐ *Dietary Fiber 2 g*

☐ *Total Sugars 9.2 g*

☐ *Protein 0.7 g*

Apple and Arugula Smoothie



Ingredients

- 1 apple, cored
- ½ lime, juiced
- 2 cups fresh arugula
- 1 teaspoon fresh ginger root, chopped
- 1 cup cool water
- 1 pinch Himalayan pink salt

How to prepare

- 1.** Add the prepared ingredients to a blender jug.

2. Hit the pulse button of the blender until the ingredients are well blended.

3. Refrigerate the smoothie for 30 minutes.

4. Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

☐ *Calories 69*

☐ *Total Fat 0.4 g*

☐ *Saturated Fat 0 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 7 mg*

☐ *Total Carbohydrates 18 g*

☐ *Dietary Fiber 3.5 g*

☐ *Total Sugars 12.3 g*

☐ *Protein 1 g*

Watermelon and Lime Smoothie



Ingredients

- 2 cups watermelon
- ½ lime, juiced
- 1 teaspoon raw sugar
- 1/8 teaspoon cardamom powder

How to prepare

1. Add the prepared ingredients to a blender jug.
2. Hit the pulse button of the blender until the ingredients are well blended.

3. Refrigerate the smoothie for 30 minutes.

4. Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

Calories 59

Total Fat 0.2 g

Saturated Fat 0.1 g

Cholesterol 0 mg

Sodium 2 mg

Total Carbohydrates 15.3 g

Dietary Fiber 1.1 g

Total Sugars 11.6 g

Protein 1 g

Turmeric Banana Smoothie



Ingredients:

- ☐ 1 cup almond milk
- ☐ ½ cup mango chunks
- ☐ 1 medium banana
- ☐ 1 tablespoon coconut oil
- ☐ ½ teaspoon turmeric
- ☐ ½ teaspoon cinnamon powder
- ☐ ½ teaspoon ginger
- ☐ 1 dash Himalayan pink salt

How to prepare

1. Add the prepared ingredients to a blender jug.
2. Hit the pulse button of the blender until are well blended.
3. Refrigerate the smoothie for 30 minutes.
4. Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

Calories 178

Total Fat 8.3 g

Saturated Fat 6 g

Cholesterol 0 mg

Sodium 261 mg

Total Carbohydrates 26.2 g

Dietary Fiber 2.7 g

Total Sugars 17.3 g

Protein 1.6 g

Sweet Potato Smoothie



Ingredients

- ½ cup of almond milk
- ½ cup of water
- 1 small roasted sweet potato, peeled and cubed
- ½ cup frozen cauliflower
- 1 teaspoon cinnamon powder
- ¼ teaspoon cardamom powder
- ¼ teaspoon turmeric
- 1-inch piece of ginger, peeled
- ½ teaspoon Ashwagandha powder
- 1 tablespoon almond butter

How to prepare

1. Add the prepared ingredients to a blender jug.
2. Hit the pulse button of the blender until the ingredients are well blended.
3. Refrigerate the smoothie for 30 minutes.
4. Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

☐ *Calories 260*

☐ *Total Fat 18.9 g*

☐ *Saturated Fat 13 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 41 mg*

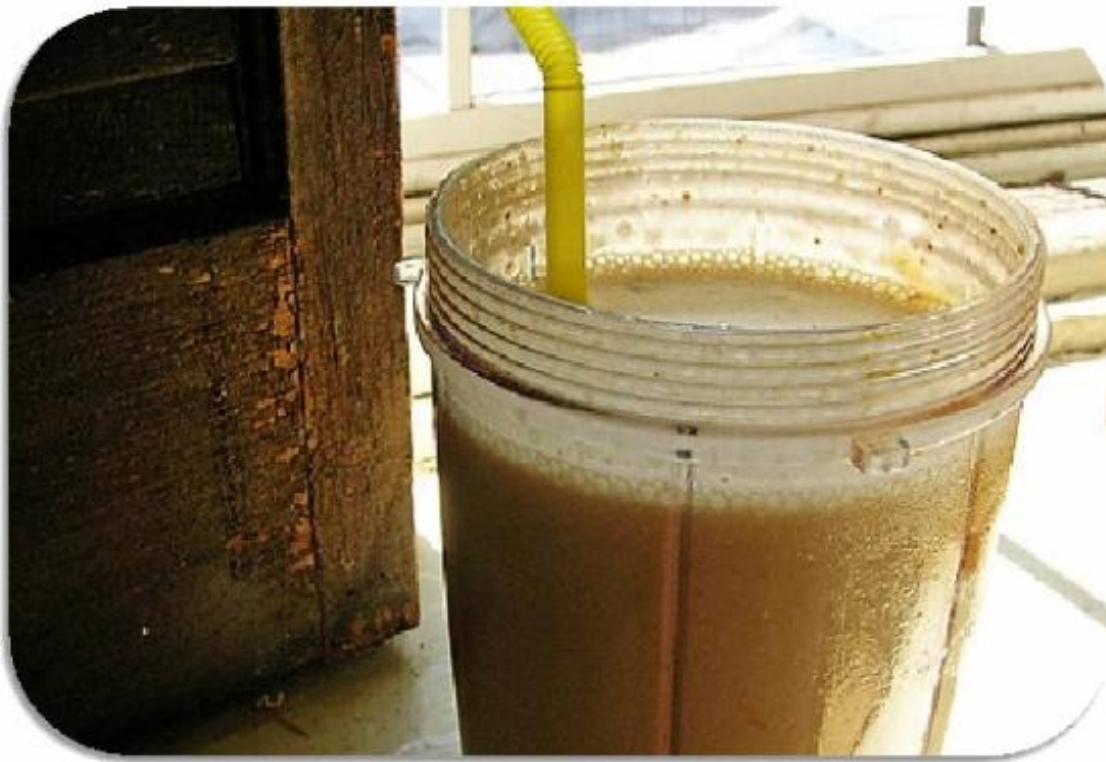
☐ *Total Carbohydrates 23 g*

☐ *Dietary Fiber 4.9 g*

☐ *Total Sugars 6.5 g*

☐ *Protein 4.6 g*

Sesame Honey Smoothie



Ingredients

- 8 ounces almond milk
- 4 ounces of coconut water
- 1 teaspoon honey
- ¼ teaspoon turmeric powder
- ¼ teaspoon ginger powder
- 1 teaspoon sesame seeds

How to prepare

1. Add the prepared ingredients to a blender jug.
2. Hit the pulse button of the blender until the ingredients are well blended.

3. Refrigerate the smoothie for 30 minutes.

4. Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 4

Nutritional Values

☐ *Calories 136*

☐ *Total Fat 5.5 g*

☐ *Saturated Fat 0.1 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 310 mg*

☐ *Total Carbohydrates 18.8 g*

☐ *Dietary Fiber 0.4 g*

☐ *Total Sugars 14.2 g*

☐ *Protein 2.4 g*

Maca Almond Smoothie



Ingredients

- ☐ 1 cup of coconut water
- ☐ 1 tablespoon almond butter
- ☐ ½ cup dried coconut flakes
- ☐ ½ cup of water
- ☐ 2 dates, pitted
- ☐ 1 tablespoon maca powder
- ☐ 1 pinch of sea salt
- ☐ ¼ teaspoon vanilla extract

How to prepare

1. Add the prepared ingredients to a blender jug.

2. Hit the pulse button of the blender until the ingredients are well blended.

3. Refrigerate the smoothie for 30 minutes.

4. Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

☐ *Calories 178*

☐ *Total Fat 11.5 g*

☐ *Saturated Fat 6.5 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 250 mg*

☐ *Total Carbohydrates 16.8 g*

☐ *Dietary Fiber 5.1 g*

☐ *Total Sugars 10.6 g*

☐ *Protein 3.9 g*

Peach Basil Smoothie



Ingredients

- ☐ 1 cup of coconut milk
- ☐ 1 cup peaches
- ☐ 1 tablespoon almond butter
- ☐ 4 fresh basil leaves
- ☐ 2 fresh mint leaves
- ☐ ½ lime, juiced
- ☐ 2 tablespoon hemp seeds
- ☐ 1 tablespoon monk fruit, to taste
- ☐ 2 ounces of water

How to prepare

1. Add the prepared ingredients to a blender jug.
2. Hit the pulse button of the blender until the ingredients are well blended.
3. Refrigerate the smoothie for 30 minutes.
4. Serve fresh.

Preparation time: 10 minutes

Chilling Time: 30 minutes

Total time: 40 minutes

Servings: 2

Nutritional Values

Calories 84

Total Fat 4.8 g

Saturated Fat 0.4 g

Cholesterol 0 mg

Sodium 5 mg

Total Carbohydrates 9.5 g

Dietary Fiber 2.8 g

Total Sugars 7.4 g

Protein 2.8 g

Desserts

Almond Pudding



Ingredients

- ½ cup blanched almonds
- ⅔ cup boiling water
- 1½ cups milk
- ½ cup cream
- 1½ tablespoons semolina flour
- 3½ tablespoons organic sugar
- 2 tablespoons toasted almond slivers
- 1 pinch of cardamom powder

How to prepare

- 1.** Soak almond in boiled water for 2 hours, then transfer to a blender jug.
- 2.** Add ½ cup milk and blend until smooth.
- 3.** Mix remaining milk with cream in a pan and cook it to a boil.
- 4.** Add semolina while stirring the mixture constantly.
- 5.** Pour in almond milk and sugar, then lower the heat to a simmer.
- 6.** Cook the semolina for 30 minutes until it thickens.
- 7.** Add a pinch of cardamom then divide the pudding into the serving bowls.
- 8.** Garnish with toasted almonds.
- 9.** Serve.

Preparation time: 10 minutes

Cooking time: 35 minutes

Total time: 45 minutes

Servings: 2

Nutritional Values

☐ *Calories 322*

☐ *Total Fat 19.1 g*

☐ *Saturated Fat 5.2 g*

- *Cholesterol 26 mg*
- *Sodium 108 mg*
- *Total Carbohydrates 28.8 g*
- *Dietary Fiber 3.3 g*
- *Total Sugars 17.5 g*
- *Protein 12.5 g*

Crumbly Baked Apple



Ingredients

- 6 medium red apples cored, peeled, and chopped
- 2 tablespoons lemon juice
- 1 cup quick oats
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup ghee
- 1 pinch cinnamon powder

How to prepare

1. Toss the apples with the rest of the ingredients in a baking pan.

2. Bake them for 45 minutes at 325°F in the oven.
3. Serve warm and fresh.

Preparation time: 10 minutes

Cooking time: 45 minutes

Total time: 55 minutes

Servings: 6

Nutritional Values

☐ *Calories 297*

☐ *Total Fat 3.8 g*

☐ *Saturated Fat 1.7 g*

☐ *Cholesterol 6 mg*

☐ *Sodium 9 mg*

☐ *Total Carbohydrates 65.9 g*

☐ *Dietary Fiber 7.1 g*

☐ *Total Sugars 41.1 g*

☐ *Protein 3.5 g*

Cardamom Cake



Ingredients

- ¼ cup butter, unsalted
- 2½ cups unbleached white flour
- 2 teaspoons baking powder
- ⅔ cup buttermilk
- 1 cup of sugar
- ⅔ cup water
- ½ teaspoon baking soda
- 1½ teaspoon ground cardamom
- ½ teaspoon salt

Streusel Ingredients

- 1¼ cups sugar
- ¾ cup unbleached white flour
- ½ cup butter, unsalted

How to prepare

- 1.** Grease a 13x9 pan with butter, then dust it with flour.
- 2.** Preheat oven to 350°F.
- 3.** Beat butter with sugar in a mixer, then stir in dry ingredients.
- 4.** Mix well and pour in water and buttermilk.
- 5.** Blend until smooth, then pour into the baking pan.
- 6.** Prepare the streusel topping by mixing flour, sugar, and butter.
- 7.** Spread this coarse mixture over the cake batter.
- 8.** Bake for about 40 minutes in the oven.
- 9.** Allow the streusel cake to cool, then slice it to serve.
- 10.** Serve.

Preparation time: 10 minutes

Cooking time: 40 minutes

Total time: 50 minutes

Servings: 8

Nutritional Values

□ *Calories 340*

□ *Total Fat 6.3 g*

- *Saturated Fat 3.8 g*
- *Cholesterol 16 mg*
- *Sodium 305 mg*
- *Total Carbohydrates 69.5 g*
- *Dietary Fiber 1.1 g*
- *Total Sugars 49.6 g*
- *Protein 3.4 g*

Carrot Pudding



Ingredients

- 2 cups carrots, finely grated
- 3 tablespoons ghee
- 6 cups of milk
- $\frac{3}{4}$ cup of organic sugar
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{2}$ cup heavy cream
- 1 cup mixed nuts, finely chopped

How to prepare

- 1.** In a heavy saucepan, melt a tablespoon of ghee.
- 2.** Toss in carrots and stir for 10 minutes.
- 3.** Pour in milk and cook to a boil with occasional stirring.
- 4.** Lower the heat of pudding to a simmer, then cook for 45 minutes.
- 5.** Stir in sugar and cook for another 20 minutes while stirring.
- 6.** Add cardamom powder and cream, then stir cook for 5 minutes.
- 7.** Remove the pudding from the heat and allow to cool.
- 8.** In a small pan, melt the remaining ghee and add nuts.
- 9.** Sauté until golden-brown, then pour over the carrot pudding.
- 10.** Serve warm.

Preparation time: 10 minutes

Cooking time: 75 minutes

Total time: 85 minutes

Servings: 8

Nutritional Values

☐ *Calories 352*

☐ *Total Fat 21.4 g*

☐ *Saturated Fat 8.6 g*

☐ *Cholesterol 38 mg*

☐ *Sodium 163 mg*

☐ *Total Carbohydrates 34.8 g*

☐ *Dietary Fiber 1.7 g*

☐ *Total Sugars 29.2 g*

☐ *Protein 9.2 g*

Cashew Cookies



Ingredients

- ☐ 4 ounces cashew butter
- ☐ ¾ cup ghee
- ☐ ½ cup of raw sugar
- ☐ 1 cup light brown sugar
- ☐ 3 tablespoons organic plain yogurt
- ☐ ½ teaspoon baking soda
- ☐ 1 teaspoon baking powder
- ☐ 1 teaspoon organic vanilla
- ☐ 1¾ cups dry rolled oats
- ☐ 2 cups all-purpose flour

How to prepare

1. In a large mixing bowl, add all cookie dough ingredients and mix well.
2. Knead the dough well, then cover it to refrigerate for 1 hour.
3. Preheat oven to 350°F.
4. Divide the cookie dough into 1-inch balls and press them gently to make cookies.
5. Place the cookies on a baking sheet and bake for 12 minutes.
6. Serve and enjoy.

Preparation time: 10 minutes

Cooking time: 12 minutes

Total time: 22 minutes

Servings: 24

Nutritional Values

☐ *Calories 152*

☐ *Total Fat 3.6 g*

☐ *Saturated Fat 0.9 g*

☐ *Cholesterol 1 mg*

☐ *Sodium 32 mg*

☐ *Total Carbohydrates 27.1 g*

☐ *Dietary Fiber 1.5 g*

☐ *Total Sugars 10.3 g*

☐ *Protein 3.5 g*

Pear Crisp



Ingredients

- 3 pears, peeled, seeded, and chopped
- 1 lemon, juiced
- 4 tablespoons ginger preserve
- 1 cup all-purpose flour
- 1 cup rolled oats
- $\frac{2}{3}$ cup brown sugar
- $\frac{1}{2}$ cup ghee

How to prepare

1. Add pears, lemon juice, and ginger preserve to a saucepan and cook for 10 minutes on a simmer.

2. Add the rest of the ingredients to a mixing bowl and mix well.
3. Divide this mixture into two halves and spread half of this mixture in a 5x9 baking pan.
4. Press this layer firmly, then top it with pears mixture evenly.
5. Spread the remaining oats mixture on top.
6. Bake the pear crisp for 40 minutes at 350°F.
7. Allow it to cool then serve.

Preparation time: 10 minutes

Cooking time: 40 minutes

Total time: 50 minutes

Servings: 6

Nutritional Values

□ *Calories 262*

□ *Total Fat 2.4 g*

□ *Saturated Fat 0.9 g*

□ *Cholesterol 3 mg*

□ *Sodium 7 mg*

□ *Total Carbohydrates 57.8 g*

□ *Dietary Fiber 5.5 g*

□ *Total Sugars 26.3 g*

□ *Protein 4.5 g*

Green Lentil Dessert



Ingredients

- 1 cup mung beans, soaked overnight
- 4 tablespoons ghee
- 1 tablespoon raisins
- 1 pint whole milk
- 1 cup of sugar
- 1 teaspoon ground cardamom
- 10 blanched almonds, halved

How to prepare

1. Add soaked mung beans to a food processor and grind into a smooth paste.

2. In a cooking pan, melt ghee and add mung beans mixture.
3. Stir until golden-brown then add milk, sugar, cardamom, and raisins.
4. Cook on low heat until liquid is completely absorbed.
5. Spread the fudge in a serving dish.
6. Garnish with nuts.
7. Serve.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Servings: 4

Nutritional Values

☐ *Calories 385*

☐ *Total Fat 12.5 g*

☐ *Saturated Fat 7 g*

☐ *Cholesterol 30 mg*

☐ *Sodium 38 mg*

☐ *Total Carbohydrates 60.4 g*

☐ *Dietary Fiber 6 g*

☐ *Total Sugars 40.8 g*

☐ *Protein 11.3 g*

Rose Cookies



Ingredients

- ½ cup ghee
- 2 tablespoons sugar
- 1 teaspoon rose water
- 1 cup whole-wheat flour

How to prepare

1. Beat ghee with sugar and rose water.
2. Stir in flour and mix well until smooth.

3. Divide the dough into 1-inch balls, then place them on a cookie sheet.

4. Press the balls into flat cookies, then bake them for 15 minutes at 350°F.

5. Serve fresh.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Servings: 4

Nutritional Values

☐ *Calories 361*

☐ *Total Fat 25.8 g*

☐ *Saturated Fat 15.9 g*

☐ *Cholesterol 66 mg*

☐ *Sodium 1 mg*

☐ *Total Carbohydrates 29.9 g*

☐ *Dietary Fiber 0.8 g*

☐ *Total Sugars 6.1 g*

☐ *Protein 3.3 g*

Rose-Flavored Halva



Ingredients

- 2 handfuls golden raisins
- 2 handfuls cashews
- ¼ cup ghee
- 1½ cups water
- 1 tablespoon rose water
- 1 cup farina
- 1 cup of sugar
- 1 pinch ground cardamom

How to prepare

1. In a small frying pan, melt a teaspoon of ghee and add cashews and raisins.
2. Stir until cashews are golden in color, then set them aside.
3. In a separate pot, boil 1 ½ cups water, then allow it to cool.
4. Add rose water and mix well.
5. Mix the remaining ghee with farina in a saucepan and sauté for 3 minutes.
6. Stir in cardamom, sugar, water mixture, cashews, and raisins.
7. Mix well, then cook until the mixture thickens.
8. Spread this mixture in an 8-inch cake pan, greased with butter.
9. Slice the halve into square pieces.
10. Serve

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Servings: 4

Nutritional Values

☐ *Calories 392*

☐ *Total Fat 15.2 g*

☐ *Saturated Fat 8.4 g*

☐ *Cholesterol 33 mg*

☐ *Sodium 13 mg*

☐ *Total Carbohydrates 67.8 g*

☐ *Dietary Fiber 1 g*

□ *Total Sugars 62.5 g*

□ *Protein 1.6 g*

Cashew Sweet Rice



Ingredients

- ¾ cup basmati rice
- ½ cup mung beans with skins
- ¾ cup brown sugar
- 1 pinch nutmeg
- ½ teaspoon ground cardamom
- ⅓ cup chopped cashews
- ⅓ cup sweet raisins
- 2 tablespoons ghee
- 4 strands of saffron (soaked in 1 tablespoon milk)

How to prepare

1. Add rice and mung beans to a cooking pot along with 3 cups of water.
2. Cook until the mixture turns soft.
3. Stir in sugar and saffron milk, cook on low heat and cook until the milk is absorbed.
4. Sauté raisins and nuts in a skillet until golden-brown.
5. Stir in nutmeg and cardamom, then add this mixture to the rice.
6. Mix gently and serve.

Preparation time: 10 minutes

Cooking time: 25 minutes

Total time: 35 minutes

Servings: 6

Nutritional Values

☐ *Calories 307*

☐ *Total Fat 8.2 g*

☐ *Saturated Fat 3.5 g*

☐ *Cholesterol 11 mg*

☐ *Sodium 11 mg*

☐ *Total Carbohydrates 52.9 g*

☐ *Dietary Fiber 3.6 g*

☐ *Total Sugars 21.5 g*

□ *Protein 7.1 g*

Condiments and Sauces

Parsley Wasabi Sauce



Ingredients

- 1½ cups fresh parsley
- ½ cup cashews
- ½ teaspoon wasabi
- ¼ teaspoon salt
- ½ teaspoon grated ginger
- 2 tablespoons sunflower oil

How to prepare

1. Sauté ginger and cashews in sunflower oil until golden-brown.
2. Stir in mineral salt and wasabi, then mix well.

3. Transfer this wasabi mixture to a blender along with other ingredients, then blend until smooth.

4. Serve.

Preparation time: 10 minutes

Cooking time: 5 minutes

Total time: 15 minutes

Servings: 8

Nutritional Values

☐ *Calories 95*

☐ *Total Fat 7.8 g*

☐ *Saturated Fat 1.2 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 98 mg*

☐ *Total Carbohydrates 5.5 g*

☐ *Dietary Fiber 1.6 g*

☐ *Total Sugars 0.8 g*

☐ *Protein 2.6 g*

Tahini Honey Sauce



Ingredients

- 3 tablespoons tahini
- 1 tablespoon honey
- ½ teaspoon ginger, freshly grated

How to prepare

1. Toss all the tahini sauce ingredients into a blender jug.
2. Blend until smooth.
3. Serve.

Preparation time: 10 minutes

Cooking time: 0 minutes

Total time: 10 minutes

Servings: 6

Nutritional Values

☐ *Calories 56*

☐ *Total Fat 4 g*

☐ *Saturated Fat 0.6 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 9 mg*

☐ *Total Carbohydrates 4.6 g*

☐ *Dietary Fiber 0.7 g*

☐ *Total Sugars 2.9 g*

☐ *Protein 1.3 g*

Fennel Pesto



Ingredients

- 1 teaspoon apple cider vinegar
- ½ cup cilantro
- ½ cup fennel stalk
- ¼ cup olive oil
- ½ cup pumpkin seeds
- ½ teaspoon salt

How to prepare

1. Add all the fennel pesto ingredients to a blender jug.
2. Blend until smooth.

3. Serve.

Preparation time: 10 minutes

Cooking time: 0 minutes

Total time: 10 minutes

Servings: 6

Nutritional Values

☐ *Calories 16*

☐ *Total Fat 1 g*

☐ *Saturated Fat 0.2 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 199 mg*

☐ *Total Carbohydrates 0.9 g*

☐ *Dietary Fiber 0.3 g*

☐ *Total Sugars 0 g*

☐ *Protein 0.9 g*

Cranberry Sauce



Ingredients

- 12 ounces cranberry
- ¼-inch ginger
- ½ orange, juiced
- ¼ teaspoon orange zest
- 3 tablespoons raw sugar

How to prepare

1. Add all the cranberry sauce ingredients to a cooking pot.
2. Cook this mixture to a boil, then lower the heat to a simmer.

- 3.** Continue cooking it until it thickens.
- 4.** Mash the cranberries with a potato masher.
- 5.** Serve.

Preparation time: 10 minutes

Cooking time: 10 minutes

Total time: 20 minutes

Servings: 8

Nutritional Values

Calories 30

Total Fat 0 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 0 mg

Total Carbohydrates 7.2 g

Dietary Fiber 0.8 g

Total Sugars 6.1 g

Protein 0.1 g

Coconut Mint Sauce



Ingredients

- 1 cup coconut flakes
- ¼ lime, juiced
- ½ cup mint
- 1 teaspoon mustard seed
- ½ teaspoon raw sugar
- 2 pinches salt
- ¼ cup water

How to prepare

- 1.** Add all the mint sauce ingredients to a blender jug.
- 2.** Blend until smooth.

3. Serve.

Preparation time: 10 minutes

Cooking time: 0 minutes

Total time: 10 minutes

Servings: 6

Nutritional Values

☐ *Calories 55*

☐ *Total Fat 4.7 g*

☐ *Saturated Fat 4 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 56 mg*

☐ *Total Carbohydrates 3.4 g*

☐ *Dietary Fiber 1.9 g*

☐ *Total Sugars 1.2 g*

☐ *Protein*

Chimichurri Sauce



Ingredients

- 2 tablespoons apple cider vinegar
- ¼ teaspoon chipotle chili
- ½ cup cilantro, chopped
- 5 cloves garlic, minced
- ½ cup olive oil
- ½ cup parsley
- 1 teaspoon salt

How to prepare

- 1.** Add all the chimichurri sauce ingredients to a blender jug.
- 2.** Blend until smooth.

3. Serve.

Preparation time: 10 minutes

Cooking time: 0 minutes

Total time: 10 minutes

Servings: 6

Nutritional Values

☐ *Calories 14*

☐ *Total Fat 0.1 g*

☐ *Saturated Fat 0 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 400 mg*

☐ *Total Carbohydrates 2.7 g*

☐ *Dietary Fiber 0.3 g*

☐ *Total Sugars 0.1 g*

☐ *Protein 0.5 g*

Plum Sauce



Ingredients

- 10 apricots, dried
- ¼ teaspoon black pepper
- 3 cloves garlic
- 1 tablespoon olive oil
- 10 whole prunes, dried
- 1 teaspoon rosemary
- ½ teaspoon salt
- 2 cups of water
- 1 tablespoon white vinegar

How to prepare

- 1.** Add all the plum sauce ingredients to a saucepan.
- 2.** Cook this sauce for 1 hour on a simmer.
- 3.** Mash the cooked ingredients using a potato masher.
- 4.** Mix well and simmer for another hour.
- 5.** Serve.

Preparation time: 10 minutes

Cooking time: 2 hours

Total time: 2 hours 10 minutes

Servings: 14

Nutritional Values

☐ *Calories 93*

☐ *Total Fat 1.2 g*

☐ *Saturated Fat 0.2 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 87 mg*

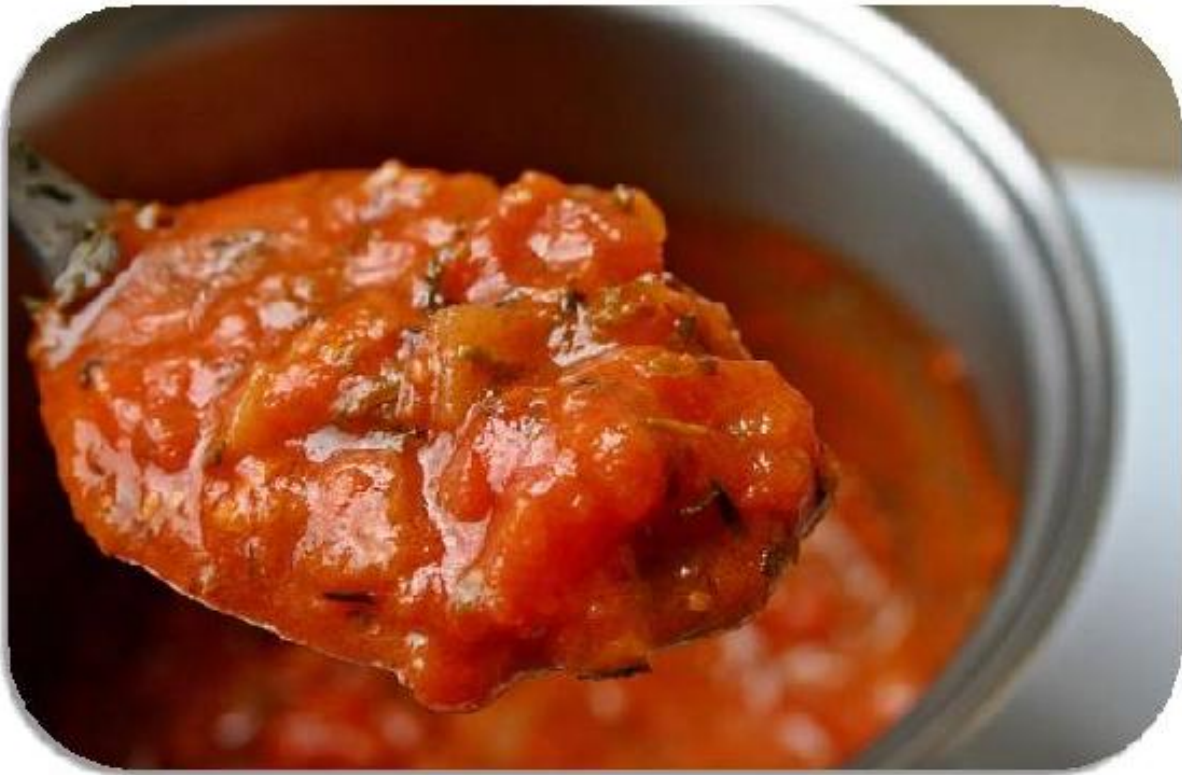
☐ *Total Carbohydrates 20.1 g*

☐ *Dietary Fiber 2.7 g*

☐ *Total Sugars 10.8 g*

☐ *Protein 1.1 g*

Plum Lavender Sauce



Ingredients

- ½ teaspoon lavender
- 2 cups plum
- ¼ teaspoon raw sugar

How to prepare

- 1.** Add all the plum sauce ingredients to a blender jug.
- 2.** Blend until smooth.
- 3.** Serve.

Preparation time: 10 minutes

Cooking time: 0 minutes

Total time: 10 minutes

Servings: 6

Nutritional Values

☐ *Calories 15*

☐ *Total Fat 0.2 g*

☐ *Saturated Fat 0 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 0 mg*

☐ *Total Carbohydrates 3.7 g*

☐ *Dietary Fiber 0.3 g*

☐ *Total Sugars 2.5 g*

☐ *Protein 0.3 g*

Ginger Lemon Dressing



Ingredients

- 1 pinch black pepper
- 1 teaspoon honey
- 1 lemon, juiced
- 1 tablespoon miso
- 2 tablespoons sunflower oil
- 1 tablespoon water

How to prepare

1. Add all the lemon dressing ingredients to a blender jug.
2. Blend until smooth.

3. Serve.

Preparation time: 10 minutes

Cooking time: 0 minutes

Total time: 10 minutes

Servings: 4

Nutritional Values

☐ *Calories 80*

☐ *Total Fat 7.3 g*

☐ *Saturated Fat 0.7 g*

☐ *Cholesterol 0 mg*

☐ *Sodium 161 mg*

☐ *Total Carbohydrates 4 g*

☐ *Dietary Fiber 0.7 g*

☐ *Total Sugars 2.1 g*

☐ *Protein 0.7 g*

Peach Chutney



Ingredients

- ¾ cup water, hot
- 1 cup maple syrup
- 2 cups peaches peeled, pitted, and cubed
- 3 tablespoons tahini
- ½ teaspoon salt
- 2/3 cup ghee
- 1 teaspoon lemon, freshly squeezed

How to prepare

1. Add all the sauce ingredients to a saucepan (except the cilantro and chives).
2. Cook this sauce on a simmer for 20 minutes with occasional stirring.
3. Remove the mixture from the heat and add chives and cilantro.
4. Mix well and allow it to cool.
5. Serve.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Servings: 12

Nutritional Values

☐ *Calories 108*

☐ *Total Fat 2.9 g*

☐ *Saturated Fat 0.8 g*

☐ *Cholesterol 2 mg*

☐ *Sodium 104 mg*

☐ *Total Carbohydrates 20.8 g*

☐ *Dietary Fiber 0.7 g*

☐ *Total Sugars 2.2 g*

□ *Proteins 0.1 g*

Chapter 4: Common Ayurvedic Cooking Ingredients (Shopping List)

The Ayurvedic diet does not restrict food consumption; rather, it specifies the choices for every body type. Therefore, you can enjoy a range of options on your menu and put them to the best use according to the season and your body's needs. All Ayurvedic dieters must get the following important items to cook healthy, rich, and nutritious meals.

1. Vegetables

- Arugula
- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Chili peppers
- Daikon radish
- Dandelion greens
- Endive
- Garlic
- Green beans
- Spinach
- Jicama

- Onions
- Kale
- Parsley
- Green peas
- Sprouts
- Watercress
- Cucumbers
- Sweet potatoes
- Tomatoes
- Zucchini

2. Fruits

- Lemons
- Apples
- Applesauce
- Dried apricots
- Dried cherries
- Pears
- Persimmon
- Pomegranate
- Prunes
- Raisins
- Avocado
- Bananas
- Melons

3. Grains

- Barley

- Bran
- Buckwheat
- Dry cereals
- Granola
- Muesli
- Millet
- Oats
- Spelt
- Sprouted bread grains
- Pasta
- Rice flour
- Wheat
- Whole wheat flour

4. Protein (Beans, Legumes, Meat)

- Adzuki beans
- Black beans
- Black-eyed peas
- Chickpeas
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pinto beans
- Split peas
- White beans
- Chicken—white
- Eggs

- Fish
- Pheasant
- Rabbit
- Shrimp
- Turkey
- Red meat
- Tofu
- Kidney beans

5. Seeds

- Chia
- Flax
- Popcorn
- Pumpkin seeds
- Sunflower seeds

6. Beverages

- Aloe vera juice
- Spiced apple cider
- Apple juice
- Bancha tea
- Cinnamon tea
- Dandelion tea
- Hibiscus tea
- Jasmine tea
- Lemon balm
- Lemongrass tea
- Peppermint tea

- Milkshakes
- Cold drinks
- Iced smoothies
- Carbonated drinks
- Hard alcohol

7. Oils

- Ghee
- Olive oil
- Mustard oil
- Almond oil
- Sunflower oil

8. Dairy

- Buttermilk
- Goat cheese
- Ghee
- Non-fat milk
- Goat milk
- Sweetened yogurts
- Aged cheese
- Blue cheese
- Cream
- Butter
- Ice cream

9. Sweeteners

- Honey
- Low-carb sweeteners

10. Spices

- Ginger
- Cumin
- Cilantro
- Black pepper
- Sesame seeds
- Mustard
- Vinegar

Chapter 5: 10-day Ayurvedic Diet Plan

Day 1

Breakfast: Breakfast Oats Porridge

Lunch: Kale Sweet Potato Medley

Snack: Maca Almond Smoothie

Dinner: Collard Greens with Potato

Dessert: Almond Pudding

Day 2

Breakfast: Goji Berry Cereal

Lunch: Mung Dal Risotto

Snack: Sesame Honey Smoothie

Dinner: Butternut Squash Soup

Dessert: Crumbly Baked Apple

Day 3

Breakfast: Avocado Banana Pudding

Lunch: Yellow Squash Couscous

Snack: Peach Basil Smoothie

Dinner: Asparagus Saffron Risotto

Dessert: Cardamom Cake

Day 4

Breakfast: Fig Quinoa

Lunch: Okra Gumbo
Snack: Sweet Potato Smoothie
Dinner: Coconut Beet Soup
Dessert: Carrot Pudding

Day 5

Breakfast: Corn Pancakes
Lunch: Stuffed Squash Boats
Snack: Turmeric Banana Smoothie
Dinner: Quinoa Paneer Burgers
Dessert: Cashew Cookies

Day 6

Breakfast: Quinoa and Walnut Cereal
Lunch: Saffron Risotto
Snack: Watermelon and Lime Smoothie
Dinner: Potato Leek Soup
Dessert: Pear Crisp

Day 7

Breakfast: Sweet Potato Beans
Lunch: Peas and Potato Curry
Snack: Apple and Arugula Smoothie
Dinner: Cabbage Soup
Dessert: Green Lentil Dessert

Day 8

Breakfast: Greens Herb Frittata

Lunch: Cauliflower with Pistachios

Snack: Berry Cardamom Smoothie

Dinner: Pesto Chickpeas

Dessert: Rose Cookies

Day 9

Breakfast: Coconut Sesame Oatmeal

Lunch: Barley Soup

Snack: Apples and Kale Smoothie

Dinner: Salmon Quinoa Patties

Dessert: Rose-Flavored Halva

Day 10

Breakfast: Cinnamon Oatmeal

Lunch: Potato and Paneer Casserole

Snack: Apricot Basil Smoothie

Dinner: Parsnip and Carrot Soup

Dessert: Cashew Sweet Rice

Conclusion

Perhaps the Ayurvedic lifestyle is what can guarantee improved physical health and a sound mental state. Everything in this book sums up all the advantages of the Ayurvedic approach and all the ways this lifestyle helps to provide good health and nourishment. If you want to live a healthy, active, and progressive life, then you should give the Ayurvedic lifestyle a try and embrace the dietary changes recommended by it. Make a place for clean and healthy ingredients in your pantry and enjoy the range of delicious and healing recipes shared in this cookbook!