

My Ayurvedic Diet & Lifestyle Chart

My body constitution : V-40% P-20% K-40%

General Guidelines

Avoid: Raw dry and light foods, ice cold drinks, dry processed foods, and alcohol

Emphasize: Warm moist nourishing foods, cooked vegetables – sautéed, stir-fried, or steamed, dairy products in moderation.

Water: Lot of (preferably warm) 85-90 oz. of water per day. Drink ½ hour before and one hour after the meal throughout the day



MY DAILY SAMPLE MENU

Before having breakfast, 2 warm glasses of water

Breakfast: Soaked almonds, cooked apple oatmeal / cream of wheat / and warm herbal tea, toast

Lunch: Soups, stews, pasta and sauce, cooked vegetables with gravy, rice or bread

Dinner: Rice/moong Khichadri, soups, cooked vegetables- light meals

Desserts: Fruits 1Hr after the meal



MY LIFESTYLE

- . **BE REGULAR** on your routine & Stick to it
- . Get up early in the morning
- . Meditate (around 15 minutes) & Pranayama in the morning
- . Plan the day (prioritize– schedule only the ones you can do)
- . Massage the whole body with warm Vata oil 3-4 times a week. Leave oil on for 25 min. Shower w/Luke warm water very little soap
- . Do not fast or skip meals- if & when needed take warm fluids, small snacks
- . Keep yourself warm
- . Drink plenty of warm water and herbal teas
- ** Must do Pranayama at sunset & if too tired massage feet especially soles w/Vata oil

Recommended Exercise:

Not too aggressive or too often aerobics and weights, but do more of Yoga, Meditation, Pranayama. Tai Chi, Q-gong, Walks

Follow-up Recommendations:

Natural Psychological Counseling once per month



My Herbal Supplements

Before regular Bowls: ¾ teaspoon (about 2000 mg) Shatawari in yogurt or with ghee and maple syrup in the morning right after breakfast

Before bedtime: 4Capsules (2000 mg) of Triphala with warm fluid (milk or water)

After Bowls are regular: Reduce Shatawari to ¼ teaspoon, reduce Triphala to 2 capsules, and add 2 capsules of Ashwagandha after breakfast and 2 after dinner.

MY FOOD CHART

Grains	<u>More</u> of Amaranth, Oats, Wheat. <u>In Moderation</u> of Basmati rice, Wild rice, Brown rice.
Meats / Fish	<u>In Moderation</u> :Chicken, Beef, Salmon, Tilapia, and Halibut. <u>Avoid</u> :Turkey, Pork, and Tuna.
Dairy	<u>All dairy in moderation</u> . Buttermilk, Soft cheeses, Plain Yogurt (Do not mix any fruits with dairy).
Legumes / Beans	<u>More</u> on Moong Beans, Black Lentil (urud), Red Lentil (Masoor), Tur Dal, Soy Beans. <u>Limit</u> on All other beans.
Vegetables	<u>More</u> on Okra, Asparagus, all Squashes, Beets, Carrots, Artichokes, Daikon, Olive, Sweet Potatoes. <u>Limit</u> on Broccoli, Cauliflower, and Cabbage family, Celery, Spinach, Green Beans, Peppers, Peas, Corn, Eggplant, Mushrooms, Sprouts, and Tomatoes
Fruits	Daily cooked Apple first thing before eating other items for breakfast All fruits except limited sour apples, cranberries, pears, & pomegranate
Nuts	Soaked & peeled Almonds in the morning, Sesame Seeds 1 gram/day and all other Nuts in moderation
Oils	Ghee, Sesame, Olive, Coconut in summer (other oils OK)
Spices	<u>Use</u> Salt, Black Pepper, Cooking Wine, Basil, Cardamom, Cinnamon, Coriander, Cumin, Cilantro, Dill, Fennel, Garlic, Ginger, Mint, Parsley, Oregano, Paprika, Rosemary, Saffron, Turmeric, Thyme. <u>Limit</u> on Hot Pepper, Cayenne, Raw Onion, dry Ginger
Teas	Fennel, Cinnamon, Coriander, Ginger (fresh- not dry), & Cardamom, Basil (no Caffeine)
Beverages	Use :Apricot, Berry, Carrot/Ginger juice, Cherry, Grape, Grapefruit, Orange, Mango, Peach. (ONE glass of red wine ONCE a week OK) <u>Limit</u> : Caffeine, Carbonated drinks, Cold dairy drinks, Pear, Prune juice, V8

