

Health Plan

Breakfast: Start your day with Sprouted Moong Dal Cheela (3 medium-large pancakes). Prepare them with freshly grated ginger, mild green chili (optional, to avoid Pitta aggravation), cilantro, and a pinch of black pepper. Cook with minimal olive oil on a non-stick pan. Serve with a light, homemade tomato-mint chutney (ensure no peanuts). Complement this with a small handful (approx. 20g) of soaked almonds (peeled if preferred for easier digestion for Pitta).

Lunch: Your main meal of the day: A generous serving of Brown Rice and Masoor Dal Khichdi (aim for a 1:2 ratio of rice to dal for higher protein and Kapha balance). Cook with turmeric, cumin, black pepper, ginger, and Kapha-balancing vegetables like spinach, bitter melon (karela), bottle gourd (lauki), and green beans.

Alongside, include a large portion (approx. 180-200g) of lightly sautéed or air-fried Tofu or Tempeh with bell peppers and broccoli. Season this with cumin, coriander, and a dash of black pepper (use minimal olive oil).

Finish with a small side salad of bitter greens (e.g., rocket, spinach, fenugreek leaves) dressed simply with lemon juice and a touch of ginger, without added oil.

Dinner: Keep your evening meal light: A hearty Vegetable & Moong Dal Soup (large bowl).

Prepare it with ample moong dal and a variety of non-starchy vegetables such as zucchini, carrots, leafy greens, and bottle gourd. Flavor with ginger, turmeric, black pepper, and fresh cilantro. Enjoy this with 1 small multi-grain Roti (made with whole wheat combined with a small portion of jowar or bajra flour) cooked without oil (phulka style).

Snacks: Mid-morning (approx. 2-3 hours after breakfast): 1 medium apple or pear (chosen for their astringent taste, good for Kapha and Pitta balance). Also, a small handful (approx. 20g) of pumpkin seeds and sunflower seeds for healthy fats and protein.

Mid-afternoon (approx. 2-3 hours after lunch): A small bowl (approx. 50g) of steamed Edamame or lightly spiced Tempeh cubes (air-fried or sautéed with minimal oil). Follow this with a cup of warm Ginger-Tulsi herbal tea.

Guidelines:

- **Morning Ritual:** Start your day with a glass of warm water infused with a few slices of fresh ginger and a squeeze of lemon. This helps to kickstart digestion and cleanse the system, particularly beneficial for Kapha imbalance.
- **Emphasize Warmth & Freshness:** All meals should be freshly cooked and served warm. Avoid cold or reheated foods, as they tend to increase Kapha.
- **Mindful Hydration:** Continue your good habit of drinking warm water throughout the day (aim for 8-10 glasses), preferably plain or infused with ginger/lemon. Avoid icy cold beverages.
- **Spice Usage for Balance:** Incorporate Kapha-reducing spices like ginger, black pepper, turmeric, cumin, and coriander. Use them judiciously; a mild application is best to avoid excessively aggravating Pitta.
- **Cooking Fats:** Use minimal amounts of light, Kapha-reducing oils such as olive oil or sunflower oil for cooking. Strictly avoid deep-fried foods and heavy oils. Due to your milk allergy, ensure no ghee is used.
- **Meal Timing for Digestion:** Aim to eat breakfast by 8 AM, have lunch as your largest meal

between 12-1 PM, and make dinner your lightest meal, ideally before 7 PM. Finishing dinner at least 2-3 hours before your late bedtime will significantly aid digestion and Kapha balance.

- ****Chew Thoroughly:**** Practice mindful eating by chewing your food slowly and thoroughly. This aids digestion and nutrient absorption.

- ****Allergy Awareness:**** Absolutely avoid peanuts and all dairy products (milk, yogurt, paneer, ghee, etc.) due to your allergies.

- ****Macronutrient Approach:**** Your protein requirement is very high. This plan is designed to provide substantial protein from vegetarian sources (legumes, tofu, tempeh, seeds). While meeting precise gram targets can be challenging without exact measurement, this plan prioritizes nutrient-dense, Kapha-balancing, and Pitta-friendly protein sources. Focus on generous portions of specified protein-rich foods.

- ****Listen to Your Body:**** This diet plan is a template. Adjust portion sizes based on your true hunger levels and how you feel after eating. Pay close attention to how different foods affect your digestion, energy, and overall well-being.