

## CHAPTER 7

# EATING WITH THE CYCLES OF NATURE— SEASONAL MENUS

*A*ccording to Ayurveda, there are six seasons—every two months is considered a season. The Vata seasons are early fall (the rainy season), mid-July to mid-September; and autumn, mid-September to mid-November. Mid-November through mid-March, early through late winter, mark the two seasons of Kapha. Spring and summer, spanning mid-March through mid-July, are considered the two Pitta seasons.

Because each dosha is increased in its own season, these particular times of year are crucial for each body type: Vata is increased in the rainy season and autumn; Kapha is increased in both the early and late parts of winter; and Pitta is increased in the spring and summer.

The period of time when the seasons are changing is also very critical for all the types. According to Charaka: "All diseases begin at the junctions of the seasons," and so all types are cautioned to be especially aware during the seasonal transitions. The fortnights surrounding mid-September and mid-November are the most crucial periods during the Vata seasons. Vata types are advised to cultivate infinite patience and to initiate gentle, grounding sadhanas and use Vata-nurturing foods during these periods. The fortnights surrounding mid-January and mid-March are the most critical days for Kapha types, who are cautioned to be stoic and firm with their sadhanas and food choices during these periods. The fortnights surrounding mid-May and mid-July are the most vulnerable days during the Pitta seasons. Pitta types are asked to be especially patient and observant of their sadhanas and food choices during these periods.

The doshas are at their zenith during a certain time of day and time of life. Two to six in the early morning and afternoon is Vata's peak time. Six to ten in the morning and evening is Kapha's

heightened time. Ten to two in the day and evening is when Pitta is most intense.

The childhood years from birth to fourteen are considered the Kapha years. Twenty-seven to forty-two are considered the Pitta years, and fifty-six to seventy-seven are the prime Vata years. Fourteen to twenty-seven are the Pitta-Kapha years; forty-two to fifty-six the Vata-Pitta years; seventy-seven to life's end, the Vata-Kapha years.

The prevalent times of each dosha generally reflect the time when that dosha needs to be nurtured and nourished to balance its heightened state. During its prevalent time, a Vata type would seek light, warm, and moist temperatures, as well as substantial Vata-nurturing foods. The sadhanas most appropriate to

balance Vata are gentle and consistent activities, which include listening to mellow and harmonious sounds.

The Pitta type would seek tranquil and cool temperatures. Wholesome, fragrant, and calming foods reduce the intensity of Pitta. The most appropriate sadhanas are restful, meditative, and gentle activities, which include observing forms that are visually wholesome and beautiful.

Kapha types need to stir and rise in great motion and activity. The temperature needs to be warm, dry, and crisp. Kapha should repast on small portions of stimulating and warming foods. The best sadhanas for Kapha are in the kitchen, cleaning house, parting with many years of collectibles, as well as hiking, biking, and so on.

## SEASON, CONDITION, AGE, AND TIME WHEN EACH DOSHA IS MOST PREVALENT

### VATA

Rainy season, mid-July through mid-September (early fall)

mid-September through mid-November (fall)

Dewy season (late winter)

56–77 years of age

2:00–6:00 A.M. and P.M.

### KAPHA

mid-November through mid-March (winter)

Cold and humid season

Moonlight

Birth–14 years of age

6:00–10:00 A.M. and P.M.

### PITTA

mid-March through mid-July (summer)

Excess heat

Sunlight

27–42 years of age

10:00 A.M.–2:00 P.M.; 10:00 P.M.–2:00 A.M.

**PITTA-KAPHA and KAPHA-PITTA**

14–27 years of age

Change from spring to summer

**VATA-PITTA and PITTA-VATA**

42–56 years of age

Change from summer to fall

**VATA-KAPHA and KAPHA-VATA**

77 years to life's end

Change from fall to winter

Seasonal extremes

**AVERAGE DAILY FOOD PROPORTIONS FOR ALL TYPES**

Grains	1 cup (cooked)	18%
Beans	1/2 cup (cooked)	9%
Vegetables	3 cups	40%
Fruits	2 cups	25%
Desserts	1/2 cup	8%
		100%

**SEASONAL USE OF GRAINS FOR ALL TYPES****FALL**

Amaranth	Bulgur	Medium-grain brown rice
Barley (hulled and pearl)	Cracked oats	Millet
Basmati rice (brown and white)	Grain flours	Quinoa

**WINTER**

Amaranth	Hulled barley	Wheat berries
Basmati rice	Quinoa	Whole oats
Buckwheat	Rye	
Grain flours	Short-grain brown rice	


**SPRING**

Barley (hulled and pearl)	Cracked oats
Basmati rice (brown and white)	Cracked rye
Bulgur	Cracked wheat


**SUMMER**

Basmati rice (brown and white)	Grain flours
Couscous	Long-grain brown rice
Cracked wheat	Millet

Grain flours
Long-grain brown rice
Millet

Noodles and pastas
Pearl barley

## AYURVEDIC IDEAL

In making the transition to the Ayurvedic diet, you may begin by eating the quantity of food that feels satisfying to you, without overeating. Many of us have grown accustomed to consuming two to three times more food than we need. Within the realm of Ayurveda, certain principles are normally recognized and honored when it comes to eating. According to the Ayurvedic master Vaghbhata, after a meal the stomach should be filled as follows:  $\frac{1}{3}$  solid food,  $\frac{1}{3}$  liquid, and  $\frac{1}{3}$  empty. Over the following six months, you may gradually reduce your intake of liquids and solids by about 25 percent to reflect this ideal. Water may be taken occasionally during the meal; taking a small amount of warm water before each meal is actually an Ayurvedic prescription.

Ultimately, the desired number of meals per day is two—one taken between 8 and 10 A.M. and the other between 6 and 8 P.M. (Those engaged in hard, physical labor may take three large meals a day.)

## TRANSITIONAL MEALS

When making a transition to a healthy and balanced diet, people often feel deprived of their unhealthy habits and foods. For this reason we need to move forward gingerly and gently into this new phase of life. Understanding that our old attachments and habits, even though resolved, can intrude on new beginnings makes it easier to cope with them. Be-

cause of the vulnerable nature of the mind and body during transitional phases, the quantity and frequency of meals recommended in the menus that follow exceed the Ayurvedic ideal. It is important to cosset the mind by providing frequent small meals that are visually stimulating. The five meals provided on each of the following menus are actually two snacks and three small meals. When we allow plentiful and enriching foods, the mind and senses are more readily compelled to let go of old expectations. Essentially we are flooding the organism with love in the form of vital food energies, in the same way we would nurture a battered child until the old wounds heal.

## TASTES AND TEXTURES OF A MEAL

In the Vedic culture, the six tastes were combined and used in every meal. Depending on body type, the tastes in one meal may vary from sweet to pungent. For example, a Pitta breakfast might typically include the sweet taste (a sweet porridge of grains or tapioca, or sweet vegetables or fruits, such as melon or carrots) and even a touch of bitter (as found in karela or endives). A Vata breakfast might typically include the sweet taste (rich, creamy grains) with an occasional spicy touch of an idli and sambar. A typical Kapha breakfast might be light and dry with a pungent taste, such as a rye crisp or roasted grains with a mint masala condiment.

When eating a meal, foods that are hard in charac-



ter should be eaten at the beginning, soft foods during the middle, and liquid toward the end. Some ancient Ayurvedic schools maintain that the sequence of tastes in a meal should progress in the order of sweet, salty, sour, pungent, bitter, and astringent. More recent Ayurvedic thinking, however, supports a sequence similar to that followed in the West: Begin with salty and sour, progress to pungent followed by bitter and astringent, and end with sweet. In the preparation of these menus, I have followed the more current viewpoint.

In the Festivities category of the following menus, the six tastes are demonstrated in an exotic and dynamic way, reflecting the enormous variety of life, joy, and love that you may experience in your foods. The six tastes in Ayurveda serve to garner the spirit of allowance, kindness, joy, and plenty within the bodily organism, so that we may learn about our true nature.

As you practice this dynamic science of well-being, you will gradually notice principles of balance manifesting within yourself and in your home. Eventually, as you maintain a consistent routine, you will develop ease and grace with your food preparation.

Remember that these guidelines are only tools to support and augment your own commitment to excellent health and spirit. Once the essence of Vedic

teaching is grasped, you will blossom with rapidity into your own splendor.

Be aware. Do not become attached to your learning tools—use them for a while, and thereafter refer to them from time to time. The heart of this teaching is that you make it your own. Ayurvedic cooking is not Indian cooking. It is a universal principle of absolute wellness, and thus may be translated into all cultures.

Allow the balance achieved in the act of cooking to become a reflection of the greater achievement of balance in self, universe, and God. I encourage you to share the wisdom you have learned. May Isvara grant abundant grace to you, your family, and your friends.

*Note: Menu items that are capitalized refer to recipes that can be found in this book (see the index for page references). Many of the other items can be found in natural food stores. When a specific type of fruit lassi is specified, substitute a fruit appropriate to your body type. Remember to add honey to tea only after it has cooled.*

*Some recipes appropriate for your body type may contain small amounts of an ingredient that is not recommended by the food charts. Small amounts of these foods will not hinder the overall dosha-benefiting aspects of that dish.*

## MENUS FOR VATA TYPES

### VATA, VATA-PITTA, VATA-KAPHA



#### Spring

##### BREAKFAST (7-8)

Cream of Wheat Porridge with raisins

##### LUNCH (12-1)

Carrot and Broccoli Soup with moist wheat bread  
fresh fruits (grapes, mango, melon) with yogurt

##### TEA (4-4:30)

1 cup lemon balm tea  
ginger cookies

##### DINNER (6-7)

Seitan, Daikon, and Carrot Stew  
brown basmati rice  
Daikon Pickle (Mula Achar)  
Almond and Hazelnut Cream Pie

1 glass spring water

##### EVENING BREW (7-7:30)

1 cup Warm Saffron Milk

**MENUS FOR VATA TYPES (continued)****Spring****BREAKFAST (7-8)**

Soft Rice with Gomasio

1/2 melon with touch of lime juice

1 cup Spice Tea

**LUNCH (12-1)**

Masala Dosa or Rice Idli

with Green Ginger and Coconut Chutney  
yogurt and fruits**TEA (4-4:30)**

1 cup chamomile tea

Marzipan Date Cake

**DINNER (6-7)**Sesame and Onion Sauce  
Tofu and Broccoli  
Cinnamon Spiced Wheat  
1 glass spring water**EVENING BREW (7-7:30)**

Warm Almond and Nutmeg Brew

**Spring****BREAKFAST (7-8)**

Hot Milk Tea (Chai)

puffed rice cereal with almond milk  
orange slices**LUNCH (12-1)**Plain Dhal and Chapati  
Pressed Red Radish Salad  
1 glass spring water**TEA (4-4:30)**

peach nectar diluted with sparkling spring water

**DINNER (6-7)**Spiced Yogurt Drink  
Tamarind Rice  
Dried Masala Okra**EVENING BREW (7-7:30)**

1 cup rose flower tea

Amasake and Cardamom Pie (or pudding)

**Summer****BREAKFAST (7-8)**mixed fruits (bananas, nectarines, oranges), or  
whole wheat bread soaked in almond milk with honey, or  
puffed rice or wheat cereal with hot milk and dates**LUNCH (12-1)**

whole wheat noodles with Pesto for V Types

Sautéed Asparagus with sprinkle of mirin

**TEA (4-4:30)**

1 cup peppermint tea

Fruit Cobbler

**DINNER (6-7)**Almond and Carrot Rice Salad  
Carrot and Oat Sauce  
Vegetable Stir-Fry with Vata vegetables**EVENING BREW (7-7:30)**

Warm Spiced Soy Milk

**Summer****BREAKFAST (7-8)**puffed wheat cereal with warm milk  
1 cup twig tea with unrefined brown sugar  
1/2 grapefruit**LUNCH (12-1)**White Basmati Kichadi  
Lime Pickle (Nimbu Achar)  
1 glass spring water**TEA (4-4:30)**1 cup fennel and peppermint tea  
Blueberry Pudding Cake

**MENUS FOR VATA TYPES (continued)**

**DINNER (6-7)**

Barley and Pea Salad with Orange and Fennel Dressing  
 Oil Roti with Ghee  
 1 glass spring water

**EVENING BREW (7-7:30)**

Warm Almond and Peach Nectar  
 1 mango



**Summer**

**BREAKFAST (7-8)**

whole wheat toast soaked in amasake  
 with sprinkle of orange zest  
 1 cup lemon balm tea

**LUNCH (12-1)**

udon noodles with mild tamari sauce  
 Mustard Greens and Asparagus with Hollandaise Sauce  
 1 glass spring water

**TEA (4-4:30)**

wild ginger and spearmint tea with milk  
 fresh fruits

**DINNER (6-7)**

Creamed Squash with Chapati  
 Watercress and Sesame Seeds  
 1 almond cookie  
 1 glass spring water

**EVENING BREW (7-7:30)**

almond tea



**Fall**

**BREAKFAST (7-8)**

Whole Mung Dhal with Chapati  
 bancha tea with lime

**LUNCH (12-1)**

Leek and Potato Soup  
 sprouted whole wheat bread  
 1 cup ginseng tea

**TEA (4-4:30)**

peppermint tea  
 Peppermint and Walnut Mousse

**DINNER (6-7)**

Linguini with Beet Sauce  
 1 glass spring water  
 seasonal fruits (fresh or cooked)

**EVENING BREW (7-7:30)**

Warm Sandalwood Milk Brew



**Fall**

**BREAKFAST (7-8)**

Wheat Berries and Cloves and Gomasio  
 1 cup peppermint tea with milk

**LUNCH (12-1)**

Collard Nori Roll  
 1 cup Japanese green tea

**TEA (4-4:30)**

1 cup chamomile tea  
 Clay Pot Baked Pears, or roasted sunflower and  
 pumpkin seeds with tamari

**DINNER (6-7)**

Carrot and Broccoli Soup  
 whole oat bread  
 Striped Tarragon Seitan

**EVENING BREW (7-7:30)**

1 cup raspberry tea



**Fall**

**BREAKFAST (7-8)**

fresh whole wheat bread with Ghee and jam of choice  
 1 cup Hot Milk Tea (Chai)

**LUNCH (12-1)**

Rice Idli with Imli (Tamarind) Chutney  
 Zucchini and Cucumber with Oil & Vinegar Dressing  
 1 glass spring water



**MENUS FOR VATA TYPES (continued)****TEA (4-4:30)**

1 cup rosehips tea  
choice of pistachio, hazelnuts, or walnuts

**DINNER (6-7)**

Karikai (Carrots and Plantain)  
brown basmati rice  
fresh Mango Chutney  
fresh mango with yogurt

**EVENING BREW (7-7:30)**

Warm Saffron Milk



**Winter**

**BREAKFAST (7-8)**

Cream of Wheat Porridge  
1 cup hot Morning Booster

**LUNCH (12-1)**

Tofu Lasagna  
mustard greens sautéed in sesame oil

**TEA (4-4:30)**

avocado sandwich with soybread toast (no crust) and Ghee  
1 cup warm Spice Tea

**DINNER (6-7)**

Sweet Rice and Aduki Beans with Mango Chutney  
Glazed Carrots

**EVENING BREW (7-7:30)**

1 cup eucalyptus and mint tea  
Date Bread Pudding



**Winter**

**BREAKFAST (7-8)**

Soft Rice with Gomasio  
Spicy Home Fries (sweet potatoes) or  
Sloppy Joe (scrambled tofu)  
1 glass Energy Shake

**LUNCH (12-1)**

Creamed Squash with Steamed Artichokes  
Cumin Quinoa

**TEA (4-4:30)**

1 cup chicory tea with dash of cinnamon  
blueberry muffin

**DINNER (6-7)**

Spinach and Tofu Curry (use seitan instead of tofu)  
Caraway Rice  
Split Pea Dhal  
Lime Pickle (Nimbu Achar)

**EVENING BREW (7-7:30)**

1 cup ginger tea  
Raspberry Tart



**Winter**

**BREAKFAST (7-8)**

Squash and Seaweed Soup  
Soft Rice  
1 cup hot bancha tea

**LUNCH (12-1)**

Leek, Potato, and Barley Soup with Chapati  
cooked fruits

**TEA (4-4:30)**

1 cup Hot Milk Tea (Chai)  
salted cashews

**DINNER (6-7)**

Aduki and Shallot Dhal  
Sesame Rice  
Cilantro and Parsley Chutney  
Sweet and Sour Landcress (may substitute watercress)

**EVENING BREW (7-7:30)**

1 cup Almond and Peach Nectar  
Almond and Hazelnut Cream Pie

**MENUS FOR VATA TYPES (continued)****Festivities***(brunches, celebrations, holidays)***BREAKFAST (7–8)***Select from among the following:*

Masala Dosa with Green Ginger and Coconut Chutney or

Mango Chutney

whole wheat pancakes with maple syrup and

fresh blueberries or

sweetened jelly and fresh fruits

Rice Idli with Spinach Sambar or Orange Rasam

Eggless French Toast with fresh buttermilk

Squash and Seaweed Soup with sprouted wheat berry bread

Carrot, Celery, and Ginger Juice

Morning Booster

amasake

hot milk, tea, or coffee

**LUNCH (12–1)***Select from among the following:*

Nori Rolls

Plantain Kuttu

Sautéed Asparagus served with yogurt

Arame and Carrot Tempura

Squash and Potato Soufflé served with sour cream

Vata teas or fresh coffee with milk

amasake

Warm Soy Chai

blueberry muffins

Raspberry Tart

Mocha Mousse

fresh fruits with cottage cheese or whipped cream

tea sandwiches (avocado or jam) with

Ghee or unsalted butter

masala chai

warm soy milk

warm almond milk

warm cashew milk

warm rice milk

warm coconut milk

warm hemp seed milk

warm flaxseed milk

warm almond milk

warm hemp seed milk

warm flaxseed milk

warm hemp seed milk

warm flaxseed milk

warm hemp seed milk

warm flaxseed milk

**DINNER (6–7)***Select from among the following:*

Chickpea and Seitan Stew or Stuffed Seitan

Carrot and Broccoli Soup

Vegetable Dumpling Soup

Mustard Greens and Asparagus with Hollandaise Sauce

Spinach and Tofu Curry

Karakai (Squash Curry) with white basmati or wild rice

Tofu Lasagna

Linguini with Pesto for V Types

Shepherd's Pie

**DESSERTS***Select from among the following:*

Universal Trifle

Date Bread Pudding

Fruit Cake or Fruit Cobbler

**EVENING BREW (7–7:30)***Select from among the following:*

Warm Almond and Nutmeg Brew

Warm Saffron Milk

Sago Payasam (tapioca)



**MENUS FOR PITTA TYPES****PITTA, PITTA-VATA, PITTA-KAPHA****Spring****BREAKFAST (7-8)**

Sago Payasam (tapioca)

1 cup mint tea

**LUNCH (12-1)**

Steamed Artichokes with Couscous and Carrots

sweet fresh fruits, in season

1 glass spring water

**TEA (3-4)**

1 glass apple juice diluted with spring water

yogurt with maple syrup

**DINNER (6-7)**

Barley and Mung Kichadi with Mint Chutney

steamed leafy greens

radicchio leaves

Raspberry Tart

**EVENING BREW (8-8:30)**

1 cup comfrey tea brewed in milk and water

**Spring****BREAKFAST (7-8)**

granola or wheat bran cereal in Warm Spiced Soy Milk

1 cup chrysanthemum tea

**LUNCH (12-1)**

Sautéed Asparagus

Glazed Carrots with Saffron Basmati Rice

Mango and Melon Custard

1 glass spring water

**TEA (3-4)**

1 cup peppermint tea

ricotta cheese and fruit dessert

**DINNER (6-7)**

Barley and Pea Salad with Orange Fennel Dressing

Clay Pot Baked Pears

**EVENING BREW (8-8:30)**

1 cup Warm Saffron Milk

**Spring****BREAKFAST (7-8)**

wheat flakes cereal with milk

1 cup orange peel tea

**LUNCH (12-1)**

Arugula Salad with Orange Fennel Dressing

(omit the orange)

Carrot and Raisin Stuffed Tofu

1 glass spring water

**TEA (3-4)**

1 cup fennel tea

melon or papaya with whipped cream

**DINNER (6-7)**

Soybean and Red Cabbage Dhal

Saffron Basmati Rice

broccoli, cauliflower, and Brussels sprouts with pepper,  
sautéed in Ghee**EVENING BREW (8-8:30)**

1 cup coriander tea

**Summer****BREAKFAST (7-8)**

puffed oats cereal with Warm Saffron Milk

1/2 cup aloe vera drink

**LUNCH (12-1)**Carrot and Cucumber Aspic  
sprouted wheat berry bread

1 glass spring water



**MENUS FOR PITTA TYPES (continued)**

**TEA (3–4)**

1 glass sweetened lemonade  
Pineapple Kanten with almond cookies

**DINNER (6–7)**

Aduki and Shallot Dhal with Chapati  
Dried Masala Okra  
sautéed mushrooms and green peppers in soy oil  
1 glass spring water  
date balls rolled in shredded coconut

**EVENING BREW (8–8:30)**

1 cup mint tea



*Summer*

**BREAKFAST (7–8)**

melon with lime juice  
shredded wheat in Soy and Orange Peel Brew  
1 apple

**LUNCH (12–1)**

chickpea humus with an avocado  
fresh Belgian endive  
whole wheat toast  
1 glass spring water

**TEA (3–4)**

1 cup cool orange peel tea  
grapes and tangerine  
maple syrup cookies

**DINNER (6–7)**

baked potatoes with Ghee and coriander  
Ratatouille

Amasake and Cardamom Pie

**EVENING BREW (7–7:30)**

1 cup dandelion tea



*Summer*

**BREAKFAST (7–8)**

Coconut Oatmeal Porridge  
1 cup peppermint tea

**LUNCH (12–1)**

Sautéed Broccoli Pasta  
Bibb lettuce with wheat crisps  
1 glass spring water

**TEA (3–4)**

1 cup fennel and coriander tea  
blueberry muffin

**DINNER (6–7)**

Tofu Stuffed Squash  
Broccoli Rabe with Lemon  
Bulgur and Peas  
sliced fresh fennel bulb  
homemade ice cream

**EVENING BREW (8–8:30)**

1 cup lemongrass tea



*Fall*

**BREAKFAST (7–8)**

Cream of Wheat Porridge  
1 cup chamomile tea

**LUNCH (12–1)**

Couscous and Carrots  
Steamed Broccoli, Cauliflower, and Carrots with  
Carrot and Oat Sauce  
pear juice diluted with mineral water

**TEA (3–4)**

1 cup peppermint tea  
fruits in season, or  
roasted sunflower seeds with turmeric

**DINNER (6–7)**

Tofu Tempura  
boiled buttercup squash with daikon radish  
radicchio and cucumber salad

**EVENING BREW (8–8:30)**

1 cup fennel tea

## MENUS FOR PITTA TYPES (continued)

**Fall****BREAKFAST (7-8)**

Wheat berries and Cloves with Dry Coconut Chutney

1 cup Morning Booster

**LUNCH (12-1)**

Bulgur and Peas

cauliflower and endive salad with Orange Fennel Dressing

1 cup barley tea

**TEA (3-4)**

1 cup Cardamom, Coriander, and Fennel Tea

sweet berries with cream

**DINNER (6-7)**

Stuffed Mushrooms with Brown Gravy

white basmati and wild rice (equal amounts)

Peppermint and Walnut Mousse

1 glass spring water

**EVENING BREW (8-8:30)**

1 cup lavender tea, brewed in milk

**Fall****BREAKFAST (7-8)**

cooked rolled oats and figs

with milk and unrefined brown sugar

1 glass pear juice

**LUNCH (12-1)**

Split Pea Dhal

Dosa (wheat and chickpea) or Chapati

3 radicchio leaves

1 cup comfrey tea

**TEA (3-4)**

Pear Lassi

rice cakes

**DINNER (6-7)**

Chickpea and Seitan Stew

couscous

steamed broccoli rabe and collard greens

**EVENING BREW (8-8:30)**

1 glass apple cider mixed with fresh apple pulp

**Winter****BREAKFAST (7-8)**

Sago Payasam (tapioca)

1/2 melon

1 glass vegetable juice

**LUNCH (12-1)**

whole wheat pasta with Sunflower Seed Sauce

Watercress and Sesame Seeds

(substitute sunflower for sesame seeds)

**TEA (3-4)**

1 cup spearmint tea

Fruit Cobbler

**DINNER (6-7)**

Lima Bean Soup

Aviyal (spicy vegetables)

Cumin Basmati Rice

Clay Pot Baked Apples

**EVENING BREW (8-8:30)**

Warm Barley Brew

**Winter****BREAKFAST (7-8)**

Cream of Wheat Porridge

1 glass warm spring water

**LUNCH (12-1)**

Fennel Roasted Eggplant

pita bread or Oil Roti

Black Bean Chili

1 glass apple juice diluted with water

**TEA (3-4)**

1 cup peppermint tea

dried fruits with roasted pumpkin seeds

MENUS FOR PITTA TYPES (continued)

DINNER (6-7)

- Brown Rice Kichadi
- Stripped Tarragon Seitan
- steamed mustard greens
- Cherry Strudel

EVENING BREW (8-8:30)

- Warm Sandalwood Milk Brew



**Winter**

BREAKFAST (7-8)

- Soft Rice and Mint Chutney
- 1 cup Energy Shake

LUNCH (12-1)

- Karhi (Yogurt Soup) with Chapati
- fresh plums
- 1 glass spring water

TEA (3-4)

- 1 cup lavender tea
- vanilla cookies

DINNER (6-7)

- Karakai (Squash Curry)
- Barley and Mung Kichadi
- Plain Dhal
- Amasake Payasam

EVENING BREW (8-8:30)

- 1 cup rose flower tea, steeped in milk



**Festivities**

(brunches, celebrations, holidays)

BREAKFAST (7-8)

Select from among the following:

- whole wheat blueberry pancakes with maple syrup
- Wheat and Split Pea Dosa with Mango Chutney
- Sloppy Joe (scrambled tofu)
- whole wheat toast and Spicy Home Fries
- Eggless French Toast
- Pear Lassi or Warm Spiced Soy Milk

LUNCH (12-1)

Select from among the following:

- Ricotta and Tofu Quiche
- steamed leafy greens or Vegetable Tempura with Mild Tamari Sauce

Nori Rolls with a Carrot and Cucumber Aspic  
Stuffed Mushrooms (with Wheat Bread Crumbs)

Peppered Barley Idli with Orange Rasam

mineral water or Pitta teas

TEA (3-4)

Select from among the following:

- Pitta teas, Pear Lassi, Amasake Payasam, hot Morning Booster, or fresh juices
- fruits, Saffron and Apple Pie, Cherry Strudel
- tea sandwiches (cucumber, watercress, buttercup squash and avocado, or jams) with Ghee or unsalted butter

DINNER (6-7)

Select from among the following:

- whole wheat pasta dishes with Sunflower Seed Sauce
- Tofu Tempura or Chickpeas and Seitan Stew
- kichadi and Karikai (Squash Curry)
- Coconut Rice
- Lime and Raisin Rice
- Shepherd's Pie

Mustard Greens and Asparagus with Hollandaise Sauce  
Steamed Artichokes with Cilantro and Coconut Sauce

DESSERTS

Select from among the following:

- Hazelnut Carob Mousse
- Rosewater Pudding
- Fruit Cake
- Universal Trifle

EVENING BREWS (8-8:30)

Select from among the following:

- Warm Saffron Milk
- Cardamom, Coriander, and Fennel Tea
- Warm Sandalwood Milk Brew

**MENUS FOR KAPHA TYPES****KAPHA, KAPHA-VATA, KAPHA-PITTA***Note: Kapha types should substitute certified raw goat's milk for cow's milk.***Spring****BREAKFAST (8-9)**

- fresh strawberries  
puffed millet cereal in warm apple juice with dash of cinnamon  
1 cup Warm Spiced Soy Milk

**LUNCH (1-2)**

- steamed vegetables (Brussels sprouts, leafy greens, carrots, daikon) with Basil Dressing  
Millet and Corn  
1/2 glass spring water

**TEA (4-4:30)**

- 1 glass Carrot, Celery, and Ginger Juice  
rice cakes

**DINNER (6-7)**

- Barley and Mung Kichadi with Green Ginger and Coconut Chutney  
sautéed leafy greens  
1 cup raspberry tea

**EVENING BREW (7:30-8)**

- 1 cup warm goat's milk with cardamom

**Spring****BREAKFAST (8-9)**

- granola with raisins  
1 cup hot Morning Booster

**LUNCH (1-2)**

- Arugula Salad or endive salad  
Sautéed Asparagus with Hollandaise Sauce  
Millet Croquettes  
1 glass spring water

**TEA (4-4:30)**

- 1 cup barley and cardamom tea  
dried fruits

**DINNER (6-7)**

- Stuffed Mushrooms (with Rye Bread Crumbs)  
wild rice  
Sautéed Red Cabbage  
Clay Pot Baked Apples

**EVENING BREW (7-7:30)**

- 1 cup warm apple cider with fresh mint leaves

**Spring****BREAKFAST (8-9)**

- Roasted Breakfast Grain with sprinkle of Pudina (Mint) Masala  
1/2 glass Carrot, Celery, and Ginger Juice

**LUNCH (1-2)**

- Peppered Corn on the Cob  
Clear Ginger and Corn Soup with 3 radicchio leaves  
Quinoa and Carrots  
1/2 glass spring water

**TEA (4-4:30)**

- 1 glass pear juice with pinch of dried ginger, or fruits in season

**DINNER (6-7)**

- Split Pea Dhal  
Peppered Barley Idli  
Broccoli Rabe with Lemon or sautéed mustard greens

**EVENING BREW (7-7:30)**

- 1 cup cardamom and coriander tea



MENUS FOR KAPHA TYPES (continued)



*Summer*

BREAKFAST (8-9)

puffed millet cereal with warm goat's milk  
and dash of cardamom  
1/2 glass spring water with pinch of ginger

LUNCH (1-2)

Buckwheat and Pea Salad (substitute snow peas for peas)  
1 cup chamomile tea  
1 apple

TEA (4-4:30)

1 glass mango and lime juice  
rice cakes

DINNER (6-7)

udon noodles with Pesto for K Types garnished with  
fresh radicchio leaves or fennel bulb  
Raspberry Gel Pie

EVENING BREW (7-7:30)

1 cup chrysanthemum and fennel tea brewed  
in soy milk with touch of honey



*Summer*

BREAKFAST (8-9)

apricots and peaches  
1 cup blackberry tea

LUNCH (1-2)

steamed leafy greens  
Lemon Broccoli Tofu  
Millet and Snow Pea Salad  
1 glass spring water

TEA (4-4:30)

1 cup cooled rose flower tea  
roasted pumpkin seeds

DINNER (6-7)

Corn Balls and Red Peppers  
lightly sautéed zucchini

DESSERT

Pineapple Kanten



BREAKFAST (8-9)

corn flakes and pears in warm soy milk  
1 glass orange juice

LUNCH (1-2)

Barley, Onion, and Carrot Salad with Orange Fennel  
Dressing  
fresh endives  
1 glass spring water

TEA (4-4:30)

1 cup lemon balm tea  
Popcorn Crunch Crustless Pie

DINNER (6-7)

Lima Bean and Cauliflower Soup  
steamed watercress  
Chapati

DESSERT

fresh strawberries

EVENING BREW (7-7:30)

1 cup warm goat's milk



*Fall*

BREAKFAST (8-9)

Sloppy Joe (scrambled tofu) with rye crisp

1 cup dandelion tea

LUNCH (1-2)

Millet Nori Roll  
steamed mixed vegetables (string beans, carrots,  
mustard greens)

1/2 glass apple and cranberry juice

TEA (4-4:30)

1 cup Warm Soy Chai  
Popcorn Crunch Crustless Pie or fresh peaches



**MENUS FOR KAPHA TYPES (continued)****DINNER (6-7)**

Aduki and Shallot Dhal

Millet and Corn

Arugula Salad or sliced red radishes with Basil Dressing

**DESSERT**

1/2 cup raspberry gel

*Fall***BREAKFAST (8-9)**

puffed barley or puffed rice cereal

goat's milk spiced with dash of cinnamon and  
diluted with water

1/2 glass prune juice diluted with water

**LUNCH (1-2)**

Millet and Quinoa Salad with Carrot and Oats Sauce

1 cup blackberry tea

**TEA (4-4:30)**

1 cup alfalfa and clove tea

**DINNER (6-7)**

Mung and Buckwheat Soup

Baked Spiced Tofu

steamed broccoli with Cumin Dressing

**DESSERT**

Peppermint and Walnut Mousse

*Fall***BREAKFAST (8-9)**

oat bran muffin

1 cup elder flower tea

**LUNCH (1-2)**

Leek and Chickpea Soup

Escarole and Garlic

2 leaves of lettuce

Quinoa and Carrots (substitute amaranth for quinoa)

1/2 glass spring water

1/2 cup amaranth quinoa

curry lentil soup with amaranth quinoa

**TEA (4-4:30)**1 cup chrysanthemum tea steeped in water (3 parts)  
and amasake (1 part)**DINNER (6-7)**

soba noodles with Burdock and Mushroom Sauce

**EVENING BREW (7-7:30)**

1 cup eucalyptus tea with a few saffron strands

*Winter***BREAKFAST (8-9)**

Soft Rice with Mint Chutney

1 cup hot apple cider

**LUNCH (1-2)**

Ramp and Tofu Stew

Mola Hora

Pressed Red Radish Salad

1/2 glass spring water

**TEA (4-4:30)**

1 cup Amasake Payasam

**DINNER (6-7)**

Cassava Masala

Cumin Millet

steamed Brussels sprouts

**DESSERT**

1 oatmeal cookie

**EVENING BREW (7-7:30)**

1 cup Warm Spice Tea

*Winter***BREAKFAST (8-9)**

Split Pea Dhal with a Chapati

1 cup Hot Milk Tea (Chai)

**MENUS FOR KAPHA TYPES (continued)**

**LUNCH (1-2)**

steamed winter squash (buttercup, butternut, spaghetti, etc.)

Spicy Roasted Eggplant

Cumin and Basmati Rice

**TEA (4-4:30)**

1 cup Spice Tea

**DINNER (6-7)**

Leek and Potato Soup with rye croutons

Vegetable Stir-Fry with mild Tamari and Ginger Sauce

**EVENING BREW (7-7:30)**

1 cup blackberry tea



**Winter**

**BREAKFAST (8-9)**

Soft Millet and Carrots

Rasam Masala

1 cup Spice Tea

**LUNCH (1-2)**

Lima Bean Soup

wheat crisp

sautéed collard greens and watercress

1 cup dandelion tea

**TEA (4-4:30)**

1 cup peppermint tea

cooked fruits of choice

**DINNER (6-7)**

Mixed Vegetable Sambar

Barley and Whole Mung Beans

Dried Masala Okra

**EVENING BREW (7-7:30)**

1 cup barley tea



**Festivities**

(brunches, celebrations, holidays)

**BREAKFAST (8-9)**

Select from among the following:

Rye and Urad Dhal Dosa with Mango Chutney or

Dry Coconut Chutney

Sloppy Joe with whole wheat toast

buckwheat pancakes with fresh blueberries and unsweetened jam

fresh juice and fruit, or vegetable juice

Pear Lassi

**LUNCH (1-2)**

Select from among the following:

vegetable sandwiches (cucumber, radicchio, or

lettuce) on warm grain bread or in Chapati

sautéed onion sandwich with eggless mayonnaise or

peppered oil and Ghee on warm grain bread or in Chapati

Vegetable Dumpling Soup or Clear Noodle Soup

Millet and Corn Soup

pressed salad or Cauliflower and Potato Soufflé

Ricotta and Tofu Quiche

**TEA (4-4:30)**

Select from among the following:

Warm Soy Chai

hot Morning Booster

Kapha teas

Energy Shake

apple lassi

fresh juices (with or without mineral water)

tea sandwiches (cucumber, fresh watercress, steamed leafy

greens, sautéed onions with peppered oil,

or unsweetened jams and sunflower seed butter)

cookies sweetened with fruit juices

Collard Nori Rolls

**MENUS FOR KAPHA TYPES (continued)****DINNER (6-7)***Select from among the following:*

Toor Dhal and Eggplant Kuttu with Chapati

Tofu Lasagna with Carrot and Oat Sauce

Squash and Potato Soufflé

Vegetable Stir-Fries

Arame and Carrot Tempura

Shepherd's Pie with brown or white basmati rice or wild rice

Natto Stuffed Tofu

Seitan, Daikon, and Carrot Stew

Kichadi

Buckwheat and Pea Salad with Garlic and Ginger Sauce

steamed asparagus or artichoke

**DESSERTS***Select from among the following:*

Saffron and Apple Pie

Clay Pot Baked Apples (or pears)

Popcorn Crunch Crustless Pie

Vanilla Flan

Raspberry Tart

Pineapple Kanten

**EVENING BREW (7-7:30)***Select among the following:*

Warm Barley Brew

Warm Spiced Tea

Warm Goat's Milk with Cardamom