

SATVIC MOVEMENT

SATVIC FOOD BOOK

55 Recipes to
Reverse Chronic Disease

Revised and Updated in 2024



Subah Saraf

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What Does Satvic Mean?

Lord Krishna, in the Bhagavad Gita, states that all embodied souls are working under the control of 3 modes, or qualities of material nature –



The thoughts in our head, the activities we perform, the people we meet, and the food we eat can all be classified as either Satvic, Rajasik, or Tamasik.

Each mode has different characteristics



SATVIC Mode of Goodness

- Purity
- Happiness
- Compassion
- Bliss
- Love
- Self-control
- Satisfaction
- Non Violence
- Fearlessness
- Surrender



RAJASIK Mode of Passion

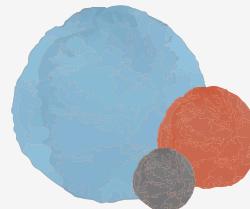
- Arrogance
- Ego
- Restlessness
- Anxiety
- Anger
- Impatience
- Fear
- Uncontrollable Desires
- Distress



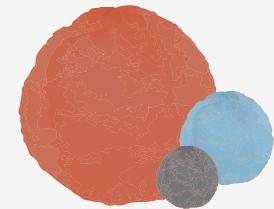
TAMASIK Mode of Ignorance

- Laziness
- Tiredness
- Depression
- Lethargy
- Ignorance
- Apathy
- Inertia
- Illusion

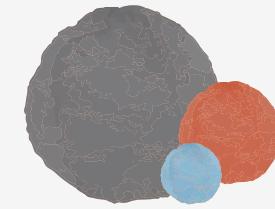
One person can have multiple modes



When Satvic dominates, we feel happy, satisfied, and in control of our senses.



When Rajasik dominates, we feel restless, anxious, and angry.



When Tamasik dominates, we feel lazy, tired, depressed, and lethargic.

Our modern lifestyle, with its high levels of stress and toxins, leads to a life that fluctuates between Rajasik and Tamasik modes. To achieve happiness, we have to transcend from Tamasik and Rajasik to Satvic.

Our food can also be either Satvic, Rajasik, or Tamasik

In the 17th chapter of Bhagavad Gita, Lord Krishna explains what Satvic, Rajasik, and Tamasik foods are.

Verse 8

*āyuh-sattva-balārogya-sukha-prīti-vivardhanāḥ
rasyāḥ snigdhāḥ sthirāḥ hrīdyāḥ āhārāḥ sāttvika-priyāḥ*

Foods in the mode of goodness increase the duration of life, purify one's existence, and give strength, health, happiness, and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart.

Verse 9

*katv-amla-lavanaty-usna-tiksna-rukṣa-vidhahināḥ
ahara rajasasyesta duhkha-sokamaya-pradah*

Foods that are too bitter, sour, salty, pungent, dry, and hot, are liked by people in the mode of passion. Such foods cause pain, distress, and disease.

Verse 10

*yata-yamam gata-rasam puti paryusitam ca yat
ucchistam api camedhyam bhojanam tamasa-priyam*

Food cooked more than three hours before being eaten is tasteless, stale, putrid, decomposed, and unclean, is food liked by people in the mode of ignorance.



SATVIC FOOD

Foods that are fresh, wholesome (unprocessed, unrefined), plant-based, juicy (water-rich), freshly cooked, and lightly seasoned are Satvic in nature.

Satvic food is living food, with life energy inside it.

It is food that is as close to its natural state as possible.

Examples of Satvic Food

All Fresh Fruits
melons, papayas, apples, pears, berries, grapes, etc.

All Vegetables
bottle-gourd, ridge-gourd, carrots, spinach, coriander, all leafy greens, etc.

Whole Fats
coconut, soaked nuts, and seeds

Whole Grains & Legumes
millets, whole wheat, unpolished rice, pulses



RAJASIK FOOD

Foods that are too bitter, sour, salty, pungent, dry, and hot are Rajasik in nature.

This includes foods containing excess flavouring, such as too much salt, red chili, garam masala, pungent spices, vinegars, etc.

It also includes foods that are too stimulating in nature.

Examples of Rajasik Food

Extremely spicy curries, sabzis, chutneys, etc.

Hot sauces, chili sauces

Excessively salty snacks

Stimulants such as coffee, tea, energy drinks, onions, and garlic



TAMASIK FOOD

Foods that are stale (eaten too long of being cooked), rotten, and foul (bad smelling) are Tamasik in nature.

Tamasik food contains no life energy. It is dead. When we eat dead food, the same energy of death is transferred to our body in the form of disease.

Examples of Tamasik Food

Stale Food

Any food that is eaten long after cooking

Processed Food

Everything which is heavily processed in a factory and then packaged, bottled, tinned, or canned

Animal Products

Such as meat, fish, and eggs



EFFECTS OF SATVIC FOOD

Satvic food is health promoting for both our body and our mind. It is easy to digest, so when we eat it, our body has to spend less time digesting it, thus freeing up energy for other vital functions such as healing and repair.

Satvic food is also extremely nourishing, providing the necessary nutrients needed for the optimal functioning of our body.

However, the benefits of Satvic food go far beyond the physical body. Gradually, as we keep eating Satvic food, even our thoughts begin to purify. It brings mental clarity, calmness, and humility. We elevate to a higher consciousness and start becoming fearless. We come closer to Mother Nature and to God.



EFFECTS OF RAJASIK & TAMASIK FOOD

Eating an excess of Rajasik or Tamasik food does not only ruin our physical health but also our mental health.

If we eat predominantly Rajasik and Tamasik foods, in due course of time, we become victim to many diseases, such as diabetes, obesity, high blood pressure, PCOD, thyroid imbalance, high cholesterol, joint pains, etc.

On a more subtle level, they also have a huge impact on our thoughts, creating feelings of restlessness, anxiety, and impatience within us. Over time, with their regular intake, our concentration levels decrease, and we become dull and lazy.

To follow the Satvic diet, we need Satvic recipes, and hence we have created this book. Satvic recipes are different from other so-called 'healthy recipes'. They abide by certain Satvic food laws. The ones in this book are crafted specifically to help the body heal from different chronic ailments and lifestyle diseases.

4 Satvic Food Principles

If we want to remain life-long healthy, our food should have four qualities, which can be represented by the abbreviation LWPW.

1

LIVING

Our food should come straight from the farm to our kitchen. Living food contains nothing that is highly processed and then packaged, tinned, bottled, or canned.

2

WHOLE SOME

Our food should be unprocessed and unrefined. It should not have been subtracted of its natural elements. Whole grains, dates, and unpolished rice are a few examples.

3

PLANT-BASED

Our food should be derived from plants and trees, not from animals. Plant-based foods exclude any meat, fish, eggs, or dairy.

4

WATER-RICH

A large percentage of our food and diet should be juicy in nature, containing high amounts of water-rich foods, such as fruits, vegetables, and leafy greens.

1 Our food should be LIVING

Eating living foods means consuming foods in their most pristine, natural state. To understand this concept better, let's take the example of a tomato plant. If we take a tomato seed, bury it in the soil and water it for a few days, it will grow into a sapling. But if we take some potato chips, a piece of chocolate, or a cookie and plant it in the ground, will it ever grow into a sapling? NO! Because, unlike the tomato, processed foods do not contain any life energy. Therefore, they cannot produce more life. Essentially, they're dead. How can something that is dead bring life to our own body? On the other hand, fruits, vegetables, sprouts, coconut, grains, nuts, and seeds are all living foods. When these living foods enter our body, they transfer their life energy to us.

Remember: This analogy is not a literal representation to say that every living food will grow into a plant. It is simply an example to help understand the concept of the life force.

According to the Bhagavad Gita, chapter 17, verse 10, food should be eaten within three hours of being cooked. After three hours, it starts to lose the life energy inside it and develop Tamasik qualities. That explains why, in the Yogic Culture, yogis did not eat sabzi, rice, or chapati if it had been kept for more than three hours. Our forefathers and grandparents also obeyed this law. They used to eat everything fresh, straight from the stove to the plate. However, these days, people store cooked food in the refrigerator for several days, take a little out every day, eat it, and put it back. They're eating stale, rotten food.

In our busy modern lifestyle, adhering to this three-hour window might be impossible for many of us. But what we can do is to attempt to eat most of our meals as fresh as possible.

Now, I'd like to ask you a question—why only consider this three-hour rule in the context of

sabzi, chapati, rice, or other cooked food we prepare? What about all the processed biscuits, chips, candies, snacks, and namkeens? Forget three hours or even three months. Some of them were cooked even three years in advance and have been stored in bottles, tins, cans, and boxes after being lathered with synthetic chemicals and preservatives. These chemicals might increase the shelf life of these products, but they decrease the life of our own bodies.



Don't Eat Dead Foods
which are highly processed in a factory



bottled



tinned



frozen



packaged



Eat Living Foods
as close to their natural state as possible



fruits



juices



vegetables



coconut



sprouts



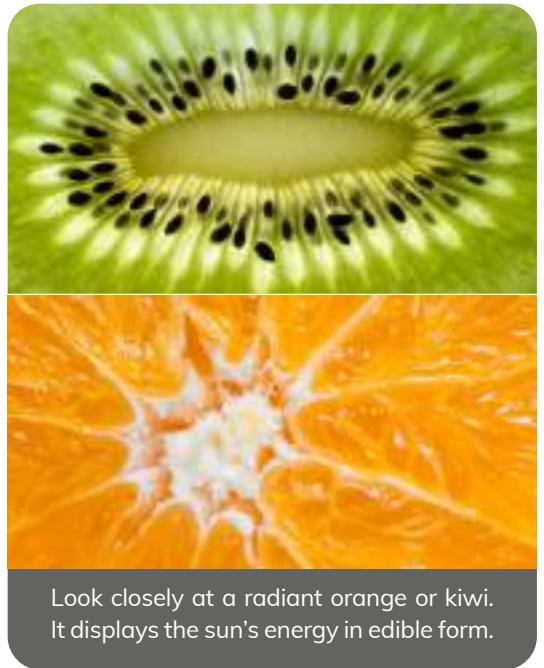
nuts & seeds

IT'S NOT UNCOOKED, IT'S SUN-COOKED

When we think of fresh fruits and vegetables, we call them 'raw foods'. But actually, 'sun-cooked' is a more appropriate term than 'raw'. The term 'raw' implies that it is not a finished product, that something is yet to be done. However, a fruit ripening on the tree is certainly not raw food. It may not have been cooked over heat, but it has been cooked by Mother Nature under the sun. It is sun-cooked food.

The sun is the greatest source of energy on this planet. Sun-cooked, or raw foods carry with them a vibrant sun energy that nourishes all life on earth. Every whole plant food is a symphony. It is the result of the absorption and accumulation of sun energy.

When we eat these sun-cooked foods, their life energy is directly transferred to us, undiminished. This sun energy is used to heal, rebuild tissues and cells; replace old, damaged, or dead cells in our skin; and remove unwanted waste from inside our bodies.



Look closely at a radiant orange or kiwi. It displays the sun's energy in edible form.

How does overcooking kill our food?

Oftentimes, in Indian kitchens, we cook our food for too long. This is especially the case with vegetables. We keep stirring and boiling the sabzi for way longer than it needs to be cooked.

When we overcook our food or cook it at very high temperatures, the first thing to go from it is the vital sun-energy. We may not see this subtle energy with our naked eyes, but overcooking strips away the vitality from our food.

The second thing to go is valuable enzymes. Enzymes are present in all raw foods. They are what make digestion possible. At high temperatures, the enzymes in the food begin to die, and the food starts losing its nutritional value. Food enzyme shortages, sooner or later, result in physical degeneration and disease.

You can even observe this phenomenon for yourself. When you put your veggies on the stove and heat them, what happens? Water is released from the veggies. But this water is not an ordinary fluid. It contains the minerals, vitamins, and nutrients of that vegetable. Once it leaves, it cannot re-enter the vegetable.

Of course, you can make sure your vegetables are well-cooked, soft, and appetizing. But avoid overcooking your food. Instead, cook it for the minimum duration possible, at low or medium temperatures.

Another common practice in Indian kitchens is to cook the chapati directly on the flame. The direct contact with fire reduces the nutritional content of the chapati. In the olden days, chapati was always cooked on the tawa, on medium flame, by gently pressing it with the help of a cloth. This practice is still prevalent in villages.

And what to say about the prevalent use of pressure cookers! Pressure cookers cook food at temperatures as high as 120 degrees Celsius, thereby killing essential nutrients. Of course, pressure cookers may be needed to cook pulses like rajma, chole, chana, lentils, etc. But when we use it as a common practice to cook any and every vegetable, it removes a lot of nutrition from that food, which otherwise would have nourished our bodies. So, whenever possible, use clay cookware or stainless steel vessels for regular cooking.

In conclusion, remember this: nature packs each food item with an abundance of nutrition. Through our compulsive habits, we often end up removing this nectar of nutrition. But small shifts in our habits can drastically increase the nutrition we obtain from our food, thereby uplifting not only our own health, but also that of the generations to come.

INSTEAD OF:	CHOOSE THIS:
	
packaged cereals	fresh fruits
	
packaged biscuits	coconut slices
	
packaged namkeen	roasted nuts, seeds, or foxnuts
	
aerated drinks	coconut water or fresh juices
	
commercial ice creams	homemade smoothie bowls
	
canned juices	fresh juices

2 Our food should be WHOLESOME

Mother nature knows best. There's a reason why She hung dates on trees, and not sugar. There's a reason why She gives us peanuts and not refined peanut oil, potatoes, and not potato chips.

Foods that come directly from plants and trees are wholesome; for example, raw fruits and vegetables. They have not been subtracted of anything. Nature has given each food item a specific ratio of protein, fats, and nutrients so that we humans can easily digest and eliminate them from our bodies.

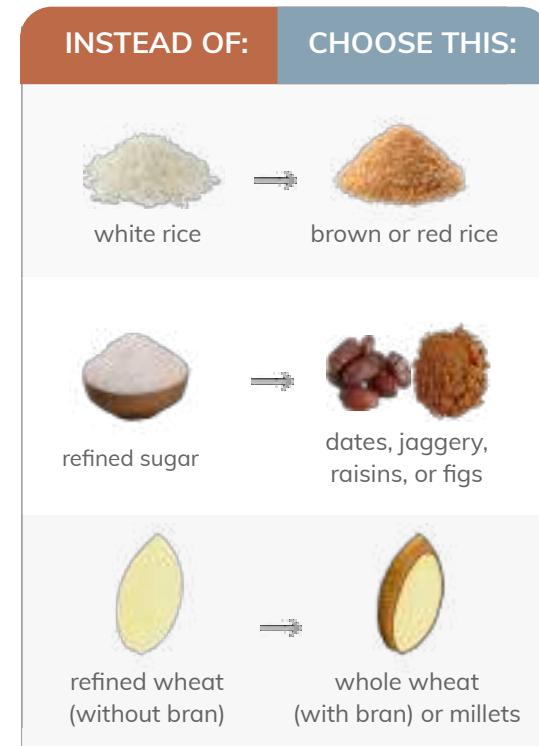
However, if we fragment a food by consuming only a part of it, by stripping away its outer layer, or by squeezing and then refining only the oil out of it, we are spoiling Nature's original design. Mother Nature has made each food item a 'whole-package deal'. If She gives us rice, she gives us the mechanism of digesting that rice in the bran that covers it. If we fragment food by throwing out the bran or the roughage, we also throw away the digestive mechanism of that food. White rice, white sugar, refined oils, refined flours, and refined wheat are all highly processed foods. They have been highly altered from the way Nature gave them to us. When we eat such unnatural foods, they do not get properly digested in our body, leave undigested residue inside our intestines, leading to indigestion, followed by a multitude of health problems.

To understand the difference between wholesome and fragmented food clearly, let's take the example of corn. Corn on the cob is obviously whole. Cornmeal is just ground up whole corn—still whole. Dextrose—a sugar that can be made from corn—not whole. And high fructose corn syrup—the king of not being whole.

Eat brown or red rice instead of white rice. Brown rice and red rice are wholesome. When we remove the bran, it becomes white rice. The digestive mechanism of that rice lies in the outer bran that we conveniently decide to throw out so the rice can have a longer shelf life.

Eat dates, figs, raisins, or jaggery, instead of sugar. Dates are wholesome. Sugar is fragmented.

When eating wheat, eat only whole wheat, along with the outer layer, or chokar. Do not sieve it before making your chapatis. Or consider other whole grains such as millets.



ALL ABOUT OILS



Remember: Refined oils are the most toxic of all oils. Consistent intake of refined oil has been linked with raised cholesterol and an increased risk of heart attacks and strokes.

The Alternatives

- ✓ The best alternative to refined oil is using **whole fats**. At Satvic Movement, we prepare all our recipes using whole fats exclusively. For example, we use coconut milk in soups, grated coconut or crushed peanut powder in sabzis, and blended soaked nuts in salad dressings.
- ✓ Another great alternative to refined oil is **cold-pressed oil**. In this method, nuts or seeds are fed into a mechanical oil press, squeezing the oil out while maintaining a low temperature (thus retaining nutritional properties).
- ✓ For **certain conditions**, we recommend using two to three tablespoons of cold-pressed oil per day. This is for people who have an additional requirement for fat in their bodies. This includes:
 - Those who tend to be **underweight** or who don't want to lose more weight.
 - Those with **dryness**, such as dry skin or a dry scalp.
 - Those who are unable to consume whole fats in **adequate quantities**.

One important point to note with cold-pressed oils is **not to heat** them for tempering or deep frying. Heating and reheating oil can denature the quality of the fat. Always add cold-pressed oils to your sabzis and curries after switching off the flame. You can also add them to salad dressings.

To summarise:

HIGHLY REFINED FATS	MINIMALLY REFINED FATS	UNREFINED FATS
Refined oil	Cold pressed oil	Whole fats

3 Our food should be PLANT-BASED

FIRST LET US LEARN ABOUT MEAT

How does meat impact your physical health?



Meats, especially red and processed, are high in fats. Overtime, their consumption can elevate cholesterol levels in our blood.



When there is too much cholesterol circulating in the blood, it forms fatty deposits on the inner walls of your arteries (arteries are the blood vessels that carry blood from the heart to the rest of the body).



As these fatty deposits continue to build up in the arteries over the years (much like a clog in a pipe), they make the arteries narrower and narrower.



These narrower arteries restrict blood from flowing freely within them. So, the heart has to work harder to pump the blood through these tighter spaces, often resulting in high blood pressure and heart disease.



Sometimes, these fatty deposits in the arteries can also break suddenly and form a clot, causing a heart attack or stroke.



HOW DOES MEAT IMPACT HEALTH

Many researchers around the world have been studying the connection between meat and heart disease. One such study was published in 2020 by the British Medical Journal, which followed 43,272 men between 1986-2016. They tracked their behaviors over a 30-year period to assess how certain food choices were associated with heart disease (the type of heart disease that results from cholesterol buildup in the arteries of the heart). The endpoint was either a heart disease-related event (such as a heart attack) or death caused by heart disease.

The researchers found that men who consumed about one serving per day of either processed or unprocessed red meat had a 28% greater risk of heart disease.

The researchers also wanted to know how plant-based protein influenced heart disease risk. They found that when people ate plant-based protein sources like legumes, soy, and nuts instead of meat, they had anywhere between an 11-33% lower risk of heart disease.

This is just one among many studies showing that those who follow plant-based diets have a much lower risk of heart disease. In a meta-analysis (from a scientific standpoint, a meta-analysis provides more robust evidence than a single study), researchers gathered the outcomes from 30 studies. They found that people who switched to a plant-based diet had total cholesterol levels that were 13 mg/dL lower than their peers who continued eating a meat-based diet.

Perhaps this is why the World Health Organization (WHO) has listed processed meat as a Group 1 carcinogen. They've found that there's sufficient evidence showing how it causes cancer, especially colorectal cancer.

OUR STOMACH IS NOT A GRAVEYARD

When someone dies, we take their body to a cemetery or graveyard to be burnt or buried. But when we consume the dead body of an animal or bird, aren't we making our own stomach a graveyard? Think about it. Our body should be a garden, not a graveyard.

All religions of this world have favored vegetarianism. An innumerable number of people of worldwide fame have been vegetarians, such as Plato, Plutarch, Pythagoras, Socrates, Seneca, Zoroaster, Buddha, Jesus, Hippocrates, Voltaire, Leonardo Da Vinci, Alexander Pope, Tolstoy, Sir Isaac Newton, Thomas Edison, Gandhi, Bernard Shaw, and many others. The world's greatest masterpieces, such as the Bhagavad Gita, Zend Avesta of Zoroaster, and the Essene Gospel of Peace have advocated a vegetarian diet for man.

'Thou shalt not kill,' for life is given to all by God, and that which God has given, let not man take away. For I tell you truly, from one Mother proceeds all that lives upon the earth. Therefore, he who kills, kills his brother. And from him will the Earthly Mother turn away, and will pluck from him her quickening breasts. And he will be shunned by her angels, and Satan will have his dwelling in his body. And the flesh of slain beasts in his body will become his own tomb. For I tell you truly, he who kills, kills himself, and whoso eats the flesh of slain beasts, eats of the body of death. For in his blood every drop of their blood turns to poison; in his breath, their breath to stink; in his flesh, their flesh to boils; in his bones, their bones to chalk; in his bowels, their bowels to decay; in his eyes, their eyes to scales; in his ears, their ears to waxy issue. And their death will become his death.

- Essene Gospel of Peace

ANIMALS HAVE REVENGE ON US

What we do always comes back to us. It's called the law of karma. Even when we kill or eat an animal, the animal has revenge on us. The revenge is that they slowly begin to kill us, by giving us heart disease, cancer, strokes, etc. It's instant karma.

Dr. William C. Roberts, MD, remarked, "When we kill animals to eat them, they end up killing us because their flesh, which contains cholesterol and fat, was never intended for human beings, who are natural herbivores." Nowadays, several documentaries are coming up presenting scientific research showing how meat is the leading cause of heart disease, diabetes, obesity, and cancer. Watch the documentaries Forks Over Knives, Food Choices, and What The Health.

EFFECTS OF MEAT ON THE MIND

What we eat dramatically affects the way we think. Food has consciousness. We cannot remain positive by ingesting a consciousness of poison, pain, and death.

Factory-farmed animals are kept in darkness and squeezed together in inhospitable cages. If we eat the flesh of tortured animals, their energy and consciousness at that time are transferred to us. Not only do we ingest the animal, but also the pain, exhaustion, and sorrow of those beings. Our body begins to accumulate that death energy, which manifests within us in the form of anger, violence, depression, and illness.

This is not to say that eating meat will make you unhappy or agitated, as there are many factors contributing to our mental health. However, it's worth considering that your food has energy beyond its physical properties and nutrients.

MILK: TO DRINK OR NOT TO DRINK?

Milk is a complicated subject, so we must deal with it in an orderly way. According to our scriptures, pure cow milk is not wrong. In fact, producing milk and drinking milk have been sanctioned in our scriptures. The problem is not in milk itself, but in what we're getting today in the name of milk and our inability to digest it.

There are three problems with animal milk:

1) Commercial milk is highly adulterated



The commercial milk that we're getting today is hardly even milk. It is a white liquid heavily treated with contaminants such as urea, starch, caustic soda, detergents, white paint, and refined oil. These contaminants are deliberately added to milk to provide thickness, preserve the milk, and increase its volume to produce more milk quickly.

We urge you to watch the video by clicking the YouTube icon (right). The video shows the reality of milk that we drink every day.



While the immediate effects of drinking such milk range from thyroid imbalance, diabetes, gastritis, PCOD, weight gain, and high BP, the long-term effects are far more serious.

In a study published in the International Journal of Epidemiology, higher intakes of dairy milk were associated with a greater risk of breast cancer. "Consuming as little as one-fourth to a one-third of a cup of dairy milk per day was associated with an increased risk of breast cancer of 30%", said Gary E. Fraser, co-author of the study.

2) Cows are mistreated and tortured



The importance of milk, as described in our scriptures, is fully dependent on cow service. However, today the production of milk has emerged as an industry—one of the most brutal, heartless industries.

For cows to be healthy, they need to be out in fresh air and graze on open fields. However, nowadays, cows are tied to one corner all the time or sometimes even packed in wooden crates. As a result, they fall ill, both physically and emotionally. In hopes of curing them, they are injected with chemical medicines, leading to a downward spiral of disease and depression. If the cows themselves aren't healthy, how can we stay healthy by drinking their milk?

Like any other mother, a cow produces milk for the purpose of feeding its baby calf. However, as soon as the mother gives birth to the calf, they are separated from each other and tied apart. Every day, the farmer deceives the cow so that she produces milk. He allows the calf to approach the cow, causing her to produce milk in her udder for feeding her baby. While the calf is still drinking its mother's milk, the farmer brutally snatches it away and ties it apart from its mother. Then, the cruel hands of the farmer tie the cow's legs and forcefully extract all the remaining milk that was meant for its baby.

For months, the same process is repeated. When the cow starts understanding that she is being tricked, she becomes restless and starts resisting the farmer, as if to say, "Dear farmer, please let me go. Please don't take away my right to feed my child." The shameless human does not understand. He ties the cow's legs with a rope and continues milking it. After a few months, the cow stops producing any milk at all, and then, she is

injected with a poisonous vaccine that forces her to keep producing milk. This way, the cow is subjected to relentless cycles of exploitation and depression.

Till when will we humans continue to be so brutal towards these innocent, helpless animals? As we discussed earlier, food carries consciousness. Milk that has been obtained through such devious means cannot possibly do good to our body.

3) Most of our bodies struggle to digest milk



Three-fourths of the world's population struggles to digest milk. In a comprehensive meta-analysis published in 'The Lancet Gastroenterology and Hepatology,' researchers analyzed 450 studies involving 62,910 people from 89 countries. They discovered that a staggering 68% of the global population suffers from lactose malabsorption. In simpler terms, this means that 68% of people globally cannot digest and/or absorb lactose effectively.

What does this mean for our bodies? Milk contains a key component known as 'lactose'. To break down lactose, our digestive tracts need to produce something called 'lactase'. Lactase is basically an enzyme vital for breaking down lactose present in milk, allowing the body to absorb and use it. However, the study reveals that a majority of people worldwide lack sufficient lactase, leading to lactose malabsorption, or in other words, improper digestion of milk and dairy. So then what happens to this undigested lactose? It remains in the gut, where it undergoes fermentation by gut bacteria (this is just like how yogurt or cheese is made). This fermentation in the gut produces gases that can lead to several symptoms, like bloating, acidity, or abdominal pain.

What if I find a genuinely trusted source of milk? One that comes from a clean, ethical, good quality source?

Well, our suggestion would be not to blindly trust any label. If you really want to consume animal milk, you have to ensure that:

1. The cow is loved and cared for.
2. She has ample space to freely roam and graze in open fields.
3. Her calf is kept with her and gets the first share of the milk.
4. There are no growth hormones injected into her to artificially increase her milk production.
5. That you yourself have the digestive strength to digest milk (as suggested by the studies mentioned earlier, today, most of us are not able to digest the lactose present in milk).

Now, let's be honest. For most of us, finding milk that meets these conditions is impossible! Most of us don't have access to such ideal dairy farms in our modern world. Hence, switching to plant-based alternatives is the wisest choice.

What are the alternatives to milk?

One amazing alternative is coconut milk. Traditionally, coconut has been viewed as India's most sacred fruit. It is the only fruit that has been called 'Shree Phal' in our Vedic scriptures. It's the only fruit that has been attributed with 'Shree' before it.

In India, every auspicious occasion begins with the breaking of a coconut — marriage, birth, the launch of a house, or any other new work. There is a deep significance behind this ritual. Let's understand. Our ancestors

were much smarter than us. They knew how nutritious coconut is. However, it was only grown on the coasts of India, but they wanted it to reach every house in India. So they made a ritual stating that no marriage, no birth, and no auspicious occasion can begin without the breaking of a coconut. By making it a prerequisite for almost every occasion, it would automatically become a necessity, and people found their ways to transport and spread it throughout the country.

A coconut contains many of the nutrients that our body needs. Coconut is easy to digest. It helps underweight people put on healthy weight. Hence, incorporate more coconut into your diet. It is one of Nature's most precious gifts to humanity.

The hard kernel in a mature coconut can be used to make coconut milk. It is very easy, and the method of making coconut milk is illustrated on page 40. You can use coconut milk in smoothies, soups, and salad dressings. Make sure always to make coconut milk fresh at home. Do not use the store-bought packaged coconut milk. If you are living in a country where fresh coconuts are not available, you may use homemade almond milk instead.

Almost every animal-based food can be replaced with a more digestible, plant-based food. A few replacements are given in the table on the right.

I encourage you to try at least one of these alternatives in the coming week. Starting with coconut milk is the easiest, and as you get comfortable, over the next few weeks or months, you can gradually incorporate more substitutes into your diet.

BE KIND ON THIS JOURNEY

Now we understand that this switch from meat, fish, eggs, or dairy to a plant-based lifestyle may be overwhelming for you. Parting with animal products may leave you feeling uneasy or stressed.

Remember it's okay to take the transition at your own pace. Everyone's journey is unique. While some may seamlessly transition overnight, others might find the process more challenging. Understand your comfort level and adapt as needed.

INSTEAD OF:	CHOOSE THIS:
	
Animal milk	Homemade plant based milk coconut milk, almond milk, or sesame milk
	
Butter	Homemade nut butter such as almond and peanut butter. Eat nut butters sparingly in the healing stage
	
cream	Fresh coconut malai also called coconut jelly
	
Cheese	Homemade cashew cheese
	
Chaas	Savvic chaas made of coconut milk
	
Ice cream	Plant-based ice cream made with frozen bananas

4 Our food should be WATER-RICH

According to the Bhagavad Gita, our food should be juicy, meaning water-rich. Let's understand what water-rich means.

Food can be classified into two categories—water-rich and water-poor.



EXTREMELY WATER-RICH
juicy fruits, vegetables, leafy greens



NEUTRAL
fatty fruits, starchy vegetables



WATER-POOR
grains, legumes, nuts, seeds



EXTREMELY WATER-POOR
processed food, meat, eggs

Water-rich foods have high water content. Fruits such as melons, berries, apples, grapes, oranges, tomatoes, cucumbers, and vegetables such as bottle gourd, ash gourd, celery, and all leafy greens fall into this category. Water-rich foods are light and easy to digest and they help cleanse the body from within.

On the other hand, water-poor foods consist of low-water content. Examples include all grains (such as rice and wheat), millets, lentils, beans, and starchy vegetables such as potatoes, yams, and all nuts and seeds. These foods are relatively more difficult to digest. It's not that water-poor foods are bad or that we should not have them. Grains, legumes, nuts, and seeds have their own role to play and are also necessary for our complete nutrition. The problem arises when our diet predominantly consists of water-poor foods with minimal inclusion of water-rich foods.

To identify whether a food is water-rich or water-poor, put it in the juicer. If a lot of juice comes out of it, we know it's water-rich. Can we juice a chapati or rice? No, because there is no juice in it.

The more water in a food, the faster its digestion, and thus less energy spent on digestion. This means more energy is available for healing, cleansing, and repair.

On the other hand, meals that are low in water content pass through our digestive system more slowly. As a result, you might have even noticed that after overeating water-poor meals, you feel sleepy, lazy, and lethargic because most of your energy is spent digesting them.

In the Bhagavad Gita, Chapter 17, verse 8, Lord Krishna describes the qualities of Satvic foods. The first quality of Satvic food, that He describes is rasyāḥ, meaning

'juicy' in Sanskrit. Such foods increase the duration of life, purify one's existence, and give strength, health, happiness, and satisfaction.

In the next verse, the Gita also states that foods that are rūkṣha (meaning dry or water-poor in Sanskrit) are Rajasik and are liked by those in the mode of passion. Such foods cause pain, distress, and disease.

PRACTICAL WAYS TO MAKE YOUR DIET MORE WATER-RICH

1



Start your morning with a **vegetable juice** such as ash gourd juice, coconut water, green juice, or ABC juice.

2



Include at least one **fruit meal** in your day. This is most ideal to have for breakfast. Traditional breakfast items like poha and upma, are best avoided during healing.

3



Have **2X more veggies** with your grain or legume component. If you take one bowl of rice (for example), take two bowls of sabzi/ veggies. If you take one roti, eat two bowls of veggies alongside.



In the healing meal plan, have at least one meal as a **vegetable-based meal**. This could be a soup, salad, or sautéed vegetables. If you are underweight, include a small grain or legume component alongside.

Many of us are in the habit of eating a heavy, grain-rich meal three to four times a day, with little or no water-rich foods, and as a result, our bodies are drying up!

To understand this better, let's take the example of a plant. In order to grow optimally, a plant needs both soil and water. Without enough water, the plant dries up, the stems lose their flexibility and branches harden to a point where they can no longer bend and begin to easily break. The human body is made of the same five elements as the plant. Just like the plant, when our body doesn't get enough water, enough hydration it starts losing its flexibility, our bones degenerate, and then come bone-related disorders such as arthritis, rheumatism, cervical, spondylitis, and all sorts of aches and pains.

Just like the plant needs a combination of earth and soil to grow, so does our body. Mother Nature has generously filled fruits and vegetables with the perfect proportion of soil and water, that can be easily digested by the body.

The healing meal plan given in this book is designed such that about 60-70% of the diet automatically becomes water-rich, starting with juice in the morning, juicy fruits for breakfast, composite chapati (made of 50% vegetable) and Satvic sabzi for lunch, and a veggie-based dinner.

9 Satvic Food Laws

Here are the nine Satvic food laws for maximum health. All the recipes in this book have been carefully created to adhere to these laws. Knowing these nine laws will also empower you to create your own recipes.

Law 1	No Dead Foods Avoid eating anything that comes packaged, bottled, tinned, or canned from a factory, such as chips, namkeens, snacks, vinegar, soya sauce, ready-made sauces, or dressings.	Eat Living Foods Eat foods that come straight from the farm to the kitchen, such as fresh fruits, vegetables, grains, nuts, and seeds.
Law 2	No Refined Foods No white sugar No white flour No white rice No refined oil	Eat Wholesome Foods Eat natural sweeteners Eat millets or whole wheat flour Eat brown or red rice Eat whole fats or cold pressed oils
Law 3	No Animal Based Foods such as meat, fish, eggs, animal milk, cheese, butter, ghee, or paneer.	Eat Plant Based Foods such as fresh homemade coconut milk and almond milk.
Law 4	Don't Eat Too Much Grain In the healing plan, avoid eating a high percentage of grains and legumes, as they're difficult to digest.	Eat Less Grain and More Veggies Have at least twice as much vegetables with your grains or pulses.
Law 5	No Unseasonal or Exotic Foods Avoid fruits or vegetables imported from other countries. Ingredients such as blueberries, kale, swiss chard, and macadamia nuts are not local to India.	Eat Foods that are Seasonal and Local Eat foods that are local to your country and are in season. Seasonal fruits and vegetables also tend to be cheaper in price.

Law 6	Do Not Use Unsoaked Nuts Don't use or eat any nuts without soaking them in water.	Use Soaked Nuts Always soak nuts for six to eight hours before using. Before being soaked, nuts are in their dormant state. Adding water brings them to life and makes them more digestible.
Law 7	No Excessive Use of Pungent Spices such as store-bought garam masala, red chili powder or too much asafoetida (<i>heeng</i>)	Use Mild Spices and Fresh Herbs Use fresh green chilli or black pepper and fresh herbs such as curry leaves, coriander, basil, lemongrass, oregano, rosemary, thyme, etc.
Law 8	No Excessive Cooking Avoid cooking at a very high temperature for a long time. No frying or over-cooking.	Minimal Cooking Minimally cook the food for the shortest duration possible.
Law 9		No Stimulants such as tea, coffee, onions and garlic.

Understanding Food Combining

Pairing food in the right way can make all the difference to our digestion. Even fresh, wholesome food, if paired incorrectly, can overwhelm the digestive system and cause indigestion, fermentation, gas, bloating, and toxin formation. This is why proper food combining is so important.

Six Laws of Food Combining

1 In the healing phase, restrict to only one grain or legume in a meal

When we are trying to reverse a health problem, we must feed the body with the most easily digestible meals, so that little praan shakti goes into digestion, and the rest is all available for healing.

✗ DIFFICULT TO DIGEST COMBINATIONS (in the healing phase)	
	Rice with chapati (wheat)
	Rajma (kidney beans) with rice
	Daal (lentils) with rice
	Chana (chickpeas) with rice

✓ EASY TO DIGEST COMBINATIONS	
	Millets with vegetables
	Brown/red rice with vegetables
	Chapati with vegetables
	Sprouted daal (lentils) with salad
	Daal (lentils) with veggies

In order to follow this law, simply have any one grain or legume per meal, combined with sufficient vegetables. For example, avoid eating rice and chapati in the same meal. If eating rice, eat only rice with vegetables. If eating chapati, eat only chapati with vegetables.

Note: After a few weeks/months of following Satvic Movement's healing plan, we strongly suggest shifting to the lifestyle plan or active plan (as laid out on page 46 and 49). This law of restricting only one grain or legume per meal is majorly advised to be followed in the healing plan. In the lifestyle and active plan, it is recommended to include sufficient legumes (which are building foods) along with your grains. This may seem a bit confusing right now, but don't worry. When you view the meal plans given further in this book, it will become clear.

2 When eating grains or legumes, mix them with two times more vegetables

When making chapati, instead of using 100% flour, use 50% flour and 50% vegetable (such as spinach, carrot, cucumber, beetroot, fenugreek, etc). The method of making composite chapati has been clearly explained later in this book. If eating one chapati, eat two bowls of vegetable (sabzi). Adding a sufficient amount of vegetables makes the grain or legume easy to digest.

✗ DIFFICULT TO DIGEST COMBINATIONS	
	4 chapatis with 1 bowl of vegetable

✓ EASY TO DIGEST COMBINATIONS	
	1 composite chapati with 2 bowls of vegetable
	1 bowl of rice with 2 bowls of vegetables
	1 bowl of millets with 2 bowls of vegetables

3 Avoid eating fruits and cooked food in the same meal

Fruits require different types of enzymes and acid secretions to be released by the stomach than cooked vegetables and grains. Fruits digest best by themselves.



4 Avoid mixing sweet fruits with citric fruits

Sweet fruits (mangoes, bananas, chikoo, etc.) should not be combined with citric fruits (oranges, mandarins, pineapples, lemons), since they require different digestive juices to be released by the stomach. It is best to eat similar kinds of fruits together.



5 Don't drink while you eat

If you're eating solid foods, stick to solids; conversely, if you're drinking liquids, stick to liquids. Drinking anything while eating dilutes the digestive juices, and causes indigestion. Let us explain how. As soon as we put food in our mouth, a digestive fire lights up inside the stomach to break it down. If we gulp down a glass of water immediately after eating, we extinguish that fire, which was necessary to digest the food. The undigested food rots and causes disease in the body. It is best to drink water at least one hour before or two hours after our solid meal. Once we start eating Satvic food, which is rich in water and moderate in spices and salt, we do not feel the need to drink water with or after meals. If drinking water becomes necessary while or after eating food, sip two sips of water and let it stay in the mouth for a while before swallowing it. You will not feel thirsty after that.



6 Don't mix too much together

We've all relished thalis with four types of sabzis, daal, two types of rice, naan, roti, some papad, pickles, and, of course, sweets at the end. Consuming numerous foods at once confuses our stomach as to which digestive juice to secrete. The simpler the meal, the easier it is for our body to digest. Your stomach will be grateful as it will have just one task—digestion will be quicker and easier. Why? Because each food requires a different amount of time to digest and utilizes distinct digestive juices from the stomach.

"Be content with two or three sorts of foods, which you will find always upon the table of our Earthly Mother..." "For I tell you truly, if you mix together all sorts of food in your body, then the peace of your body will cease, and endless war will rage in you."

~ Essene Gospel of Peace

6 Laws of Mindful Eating

Recipes aren't all we need. Here are some simple life skills that can help us live and eat in a more pleasant way.



1) Eat When You Feel Genuine Hunger

We've all experienced those trips to the fridge or the kitchen cabinet every two hours, looking for something chatpata or sweet.

When we continuously keep snacking through the day, by the time lunch or dinner comes, there is no genuine hunger left. We may eat our meals, but the digestive fire, or "jatharagni," remains dormant, resulting in improper digestion of our food.

Thus, try to maintain intervals between your breakfast and lunch, lunch and dinner, and dinner and breakfast. Refrain from mindlessly nibbling in between if you don't feel hungry.



2) Eat Only Till You're Three-Fourth Full

Many cultures have rules that tell you to stop eating before you are full. In Japan, there is a saying called 'Hara Hachi Bu,' which means "Stop Eating When You're 80% Full." Islamic culture has a similar rule. Germans say "Tie Off the Sack Before it's Full."

Let's understand this better using an example of a blender. If you fill a blender till the top, would it be able to blend? No, because it needs some empty space to twist and turn the ingredients inside. Similarly, if you fill your stomach till the top, will it be able to break down and digest your food? No, because it needs empty space to release and mix digestive juices with the food. Thus, don't fill your stomach to the brim. Always leave a little space empty before getting up from the dining table.



3) Always Eat in a Relaxed State

It's best not to eat when we're upset, angry, agitated, or in a hurry. Food eaten in such conditions will not be properly digested because a lot more of our vital energy will get used to handle the mental stress, and less will remain to carry out bodily functions, namely digestion. What we don't digest often turns into bacterial fermentation, toxic filth, or fat.

So ensure that when you eat, you're entirely calm and relaxed. Avoid rushing or hurrying through your meal and refrain from eating in a state of anxiety or restlessness.

Our Indian culture also certifies this principle. If someone dies in a family, cooking is prohibited until the dead body is cremated because, in the case of tension and stress, the family member's food does not get digested.

"For all that you eat in sorrow, or in anger, or without desire, becomes a poison in your body."
~ Essene Gospel of Peace



4) Give Your Body Rest after a Heavy Meal

As Acharya K. Lakshmana Sharma, a pioneer of Nature Cure in India, wisely stated, "Work and digestion must be kept apart, so there may be no competition between them." This quote emphasizes the importance of maintaining a separation between work and digestion to avoid any conflict between the two.

Why is this important? Well, because our bodies are designed to focus on one task at a time effectively—either digesting food or engaging in mental activities like working or studying. When we immediately resume work after eating, our bodies face a dilemma. Our stomachs demand energy for digestion, while our brains require it for mental tasks. Consequently, our body's energy is divided, leading to subpar performance in both areas.

To maintain optimal health, take a short break after consuming any heavy meal, especially one rich in grains or legumes. Ideally, this break should last at around fifteen minutes, during which you can relax or even take a brief nap.



5) Chew, Chew and Chew

One should chew each mouthful so well that food is broken into small particles and becomes well mixed with the saliva in the mouth. The more thorough the chewing, the more the saliva produced, the easier the food will be to digest. The reverse is equally true. Food which is thoroughly chewed is well digested by the organs lower down. In eating by this rule, less is eaten in more time; and so one cannot overeat.

"Nature will castigate those who do not masticate."
~ Horace Fletcher, The Great Masticator



6) Express Gratitude Before You Start Your Meal

Before diving into your meal, take a moment to pause and reflect on the journey your food has been through before reaching your plate. It's easy to overlook amidst the hustle and bustle of daily life, but every morsel we consume is a gift of nature, nurtured by the collective efforts of countless people and natural forces.

As you sit down to eat, take a moment to express gratitude to the Divine, or to whichever higher power you believe in. Acknowledge the tireless work of the farmers who labor all day in the fields, the people involved in transporting the food to you, the cooks who've prepared the food with love, and the sun which has ripened the food with its warmth. When you open your eyes and begin to eat, savor each bite, involving all your senses to experience the flavors, textures, and aromas of your food.

Ingredients Needed for a Perfect Satvic Kitchen

In order to make the Satvic recipes with ease, it's important to have a well-stocked Satvic kitchen. Below we have given a list of all ingredients used in this book. We recommend that you buy fruits, vegetables, and fresh herbs as and when you make the recipes, but buy all the dry ingredients in advance, in one grocery trip.

FRESH INGREDIENTS

1. FRUITS

Make sure whatever you buy is seasonal and regional. Avoid buying frozen fruits.

- Lemons
- Pears
- Melons
- Oranges
- Papayas
- Mangoes
- Cashews
- Bananas
- Pistachios
- Apples
- Pomegranates
- Peaches
- Berries
- Grapes
- Sapota (*chikoo*)
- Pineapples

2. VEGETABLES

Avoid precut, prepackaged vegetables that have been sitting in plastic bags and containers.

- Ash Gourd
- Celery
- Bottle Gourd
- Parsley
- Ridge Gourd
- Zucchinis
- Spinach
- Tomatoes
- Lettuce
- Bell Peppers
- Rocket leaves
- Beetroot
- Cucumbers
- Carrots
- Pumpkin
- Cabbage
- Peas
- Broccoli
- Green Beans
- Cauliflower
- Potatoes

3. HERBS

Growing your own herbs is easy and economical. If you have more than you can use, just dry them and store in jars for future use.

- Coriander
- Curry Leaves
- Mint
- Thyme
- Bay Leaf
- Oregano
- Rosemary
- Lemongrass
- Basil

DRY INGREDIENTS

1. NUTS AND SEEDS

Buy what you'll use within a month and store them in the refrigerator during the summer months. Always soak your nuts and seeds in water before using them.

- Almonds
- Walnuts
- Cashews
- Pistachios
- Peanuts
- Pumpkin Seeds
- Sunflower Seeds
- Poppy Seeds
- Chia Seeds
- Flax Seeds
- Sesame Seeds

2. SEEDS FOR SPROUTING

Seeds for sprouting are same as those used to grow the vegetable.

You can find them online.

- Alfalfa
- Clover
- Fenugreek
- Radish
- Moong
- Black Chickpeas
- Green lentils
- Chickpeas

3. GRAINS AND LEGUMES

- Whole Wheat Flour
- Brown or Red Rice
- Quinoa
- Moong Daal
- Millets
- Chickpeas

4. SPICES AND CONDIMENTS

- Rock Salt (*sendha namak*)
- Green Chillies
- Fresh Ginger
- Cinnamon
- Green Cardamom Buds
- Fennel Seeds
- Cumin
- Black Pepper
- Saffron Strands
- Cacao Powder
- Cacao Nibs
- Galangal
- Vanilla Powder

5. DRY HERBS

You can easily find them at grocery stores.

- Dry Basil
- Dry Oregano
- Dry Rosemary
- Dry Thyme

6. SWEETENERS

Remove all processed sugars from your kitchen and replace with natural ones.

- Dates
- Raisins
- Jaggery

7 Essential Tools for a Perfect Satvic Kitchen

It is truly a joy to have good kitchen equipment. We recommend that you start with the equipment that you already have, and then, purchase additional tools as per your need.



1. Blender

A blender is needed for everything—soups, dressings, nut milks. The recipes in this book will work just fine with an average household blender. But, we recommend you to invest in a high-speed blender. It can make the silkiest sauces, smoothies, soups, and creams in very little time.



2. Juicer

You will need to drink lots of juices in your journey of following a Satvic diet. There are two main types of juicers:

1. Centrifugal Juicers

These typically utilize a fast-spinning metal blade that separates the juice from flesh via centrifugal force. The problem with centrifugal juicers is that the fast-spinning metal blade generates heat, which destroys the enzymes in the fruits and vegetables you're juicing, leading to a less nutritious juice.

Slow Juicers (also known as Cold Press Juicers)

Slow Juicers extract juice by first crushing and then pressing fruit and vegetables for the highest juice yield. Because they don't produce as much heat, they keep most of the nutrients intact, leading to a high quality juice.

If you want to pack the most nutrients into your body, use a slow press juicer. There are a variety of slow juicers available in the market.



3. Clayware or Stainless Steel

Cooking vegetables, sabzis, or rice in a clayware is much better than cooking them in any kind of a metal pot. Clay is porous in nature, it allows moisture and heat to circulate through your food, and thus, retain its nutrition. Food cooked in a clay pot even tastes better. Our ancestors all used clay pots to cook their food. Clay pots are inexpensive and are easily available in local Indian markets or online. If clay pots are not available, the next best alternative is stainless steel vessels. They are easily available in the market. Do not use aluminum or non-stick cookware.

4. Cast Iron Tawa or Clay Tawa

Cast iron tawas or clay tawas can easily be found in local Indian markets or online. Using cast iron or clay tawa instead of non-stick alternatives offers several benefits. Clay is natural material that enhance the flavour of dishes over time, adding a distinct taste to the food. Do not use a non-stick tawa.

5. Measuring Cups and Spoons

While recreating recipes in this book, make sure you use the exact amount of the ingredients mentioned so that you get the perfect taste of the recipes. Measuring cups and spoons are easily available online, and also on our website.



6. Nut Milk Bag or Muslin Cloth

A nut milk bag is a specially shaped fabric bag that you strain blended almond or coconut milk through, to remove any pulp that remains. A nut milk bag will help you achieve a smoother consistency of your coconut or almonds milks. This is available to buy online. If you don't have a nut milk bag, a muslin cloth will work just fine.



7. Julienne Vegetable Peeler

This is one seemingly gimmicky tool that we absolutely adore and highly recommend. A julienne peeler is a type of vegetable peeler with a jagged edge that allows you to create thin strips of vegetables for salads. Try it with zucchini, carrots, radishes, cucumbers, beets, apples, and more. Using this tool saves a lot of time and prevents fatigue while cutting vegetables for salads. This is easily available to buy online.

A True Superfood Sprouts

What are sprouts?

Sprouts are the most concentrated forms of living foods. When you soak and germinate seeds, after three to five days, a white tail emerges from them. The seed, along with the tail are called sprouts. The easiest lentil sprouts to grow in India are mung, moth, chana, and kulathi. As for easily growable vegetable sprouts, they are alfalfa, clover, radish, and fenugreek.



Why Sprouts?

- Nutrition:** Sprouts are one of the most nutritious whole foods on the planet. They are high-frequency, high-vibration living foods that transfers their life-force energy to you.
- Cost Effective:** Sprouted seeds multiply three to 15 times their weight. Grow organic food in your kitchen year round at a very minimal cost.
- Organic:** No chemicals, herbicides, pesticides, or fungicides. You can trust that it's pure because you are the grower.
- Easy:** Just add water. No special lights required. You can grow half a kilo in only nine square inches of counter space in your kitchen.
- Freshness:** Pick and eat the same day. No loss of nutrients.
- Environment Friendly:** No airplanes or fuel consumed to deliver this food to you.
- Emergency Preparedness:** Sprout seeds last a long time if tightly sealed and stored in a cool, dry environment.

When you apply water to seeds, they absorb the water and swell to at least twice their size. Not only do they swell in size, but they also increase in nutritional content. **Sprouts are ten to thirty times more nutritious than the full grown vegetable.** They are plants in their baby stage. At this stage, they have the greatest concentration of nutrients than at any other point in their life. They are able to release these nutrients into our bodies because of their delicate cell walls.

This makes sprout a true “super food”. They are one of the most LIVING FOODS in nature. Living foods are foods that create new life when planted. That small radish sprout has the life-force to grow a full-grown radish out of itself. This life-force is transferred to your body when you consume them. **Think about this, when you eat a sprout, you are eating the life-force energy that is needed to create a full grown healthy plant.**

Sprouts have been used as a health food throughout history. The Chinese have been using bean sprouts for centuries, since 3,000 BC to be exact, and swear by their healing properties. During world War II, sprouts were eaten as a source of protein.

In India, the culture of lentil sprouts is still prevalent, but barely anyone knows about vegetable sprouts. We learned the concept of vegetable sprouts from the Hippocrates Health Institute, where they employ a diet abundant in vegetable sprouts to treat even advanced stages of disease, including cancer.

Which sprouts to take?

Both lentil sprouts and vegetable sprouts are excellent options. Vegetable sprouts are lighter and easier to digest, while lentil sprouts are more nourishing, providing more building materials for the body. You can select either type of sprout based on your needs, or enjoy a combination of both.

Common varieties



moong

Common varieties



alfalfa



black chickpea



radish



green lentils



clover



chickpea



fenugreek

It's important to note that some people may find lentil sprouts difficult to digest, experiencing symptoms such as bloating or heaviness after having them. If you experience these issues, consider switching to vegetable sprouts. Alternatively, although sprouts are best consumed raw, you can lightly steam them in case you experience any discomfort after their consumption.

How to grow sprouts?

It's easy. Just 6 simple steps!



STEP 1 Rinse the seeds and place them in a glass container. Fill the container with filtered water to cover the seeds plus an inch. Let your seeds soak overnight.



STEP 2 The following morning, drain out the water from the container. Rinse one time and drain again. Put your seeds at the center of the cotton cloth.



STEP 3 Tie the cloth tightly so that the seeds are contained in a bundle.



STEP 4 Place this bundle in a bowl and cover with plate. Make sure it is not in direct sunlight.



STEP 5 Rinse the seeds with fresh filtered water twice a day, one in the morning and once in the evening, for four to five days.



STEP 6 At the end of the rinsing time, your sprouts will be long enough to eat. The sprouting time will vary from seed to seed. Allow them to dry completely before storing. They can be stored in a covered container in the refrigerator for upto five to seven days.

Sprouting Quantity Chart

Seed Type	Yield Amount	Rinsing Time
Alfalfa	1 tablespoon seeds = 1 cup sprouts	5 days
Clover	1 tablespoon seeds = 1 cup sprouts	5 days
Radish	2 tablespoon seeds = 1 cup sprouts	5 days
Fenugreek	1 tablespoon seeds = 1½ cups sprouts	3 days
Moong	½ cup seeds = 2 cup sprouts	3 days
Green Lentils	½ cup seeds = 2 cup sprouts	3 days
Chickpeas	½ cup seeds = 1½ cups sprouts	3 days
Black Chickpeas	½ cup seeds = 1½ cups sprouts	3 days

Sprouting FAQs

Where should I buy seeds?

You can find lentils at any grocery store. For vegetable sprouts, you can either order them online or from our website satvicmovement.org

Where should I store my seeds?

Keep them cool and dry. Seeds are often sold in plastic bags, which is fine if you plan on using them in a few months. If you plan in keeping them longer than that, transfer them to dry glass containers with a tight sealing lid. Store in pantry at room temperature. If it gets too hot, keep them in the refrigerator if you have space. This is specifically applicable to vegetable sprouts.

What is the best place to grow sprouts?

Your kitchen counter. The temperature, humidity, lighting, and proximity to a water source makes your kitchen an ideal setting to grow your sprouts.

What is the best temperature?

Between 17-22 degrees C (65 and 75 degrees F).

How much light does it need?

Not much. You can keep them on your kitchen counter. You never want any direct sunlight hitting your sprouts, otherwise, they will get too hot, cook, and die.

What kind of water should I use?

Filtered water at room temperature.

Where should I store my sprouts?

In the refrigerator in a covered container. Make sure they are completely dry before you store them. They should last for five to seven days.

What if the sprouts develop mold?

Increase ventilation around your jars. A ceiling or tabletop fan on "low" somewhere in the room is ideal.

How to use sprouts?

Sprouts are great to use in **salads** because they instantly add crunchiness, flavour, and nutrition to your meal. To make a fulfilling salad, use 30% sprouts, 30% vegetables, 30% leafy greens, and 10% toppings, such as coconut, nuts, seeds, and homemade dressings (for taste and texture).



Use them as an addition to
stir-fries or sautéed dishes



All About Nut Milks

Nut milk refers to non-dairy milks derived from plants or nuts, such as coconuts, almonds, peanuts, or sesame seeds. As you keep following the Satvic lifestyle, nut milks will become a staple in your kitchen.

How are nut milks made?

Nut milks are made from different types of nuts. First, nuts are soaked in water for six to eight hours. Then, they are blended together with fresh water. The liquid that is strained from this mixture is the nut milk. In some cases, natural flavoring (for example — dates, cinnamon, etc) is added.

Which nut milk is the healthiest?

All nut milks are highly nutritious, if prepared fresh at home. However, coconut milk is the easiest to digest.

How can I use nut milks?

Nut milks can be used as bases for smoothies, soups, curries, dressings, and desserts.

How often can I consume them?

Many recipes in this book already include coconut milk. There is no need to drink a glassful of nut milk separately (unless you are underweight, or have a tendency to lose weight, in which case you can take a glass of nut milk along with your breakfast).

Can I buy pre-packaged nut milks?

No, we don't recommend you to buy pre-packaged nut milks, as they are chock-full of preservatives, thickeners, and artificial ingredients.

Note

- Use only raw and un-fried nuts, no roasted nuts.
- Nuts must be soaked for at least five to six hours in fresh water. In case you are in a hurry, soak them in hot water for about thirty minutes.
- Always discard the water in which the nuts had been soaked.
- Make sure to not cook coconut milk directly on flame. Coconut milk is extremely nutritious but when cooked, the fat within the milk gets denatured. Always add it towards the end, after switching off the stove.

How to make coconut milk?

MAKES 2 CUPS



1. Take 1 cup of chopped fresh coconut.



2. Combine it with 2 cups of water in a blender.



3. Blend until smooth.



4. Pour the mixture over a bowl covered with a nut milk bag or a muslin cloth.



5. Squeeze out the milk with your hand. You can use the leftover pulp as a face scrub.



6. Milk can be used immediately or stored in refrigerator for upto 1-2 days.



FOR MAKING ALMOND MILK,

Use a ratio of $\frac{1}{4}$ cup of almonds (soaked in water for at least six hours or overnight) to 1 cup of water.



FOR MAKING SESAME MILK,

Use a ratio of $\frac{1}{4}$ cup of sesame seeds (soaked for at least six hours or overnight) to 1 cup of water.

DO's and DONT's of Recipe Making

1. Use exact measurements

Please use the exact measurements of the ingredients mentioned in the recipes in order to get the right taste of the dishes. Often, people casually add ingredients without measuring them with proper measuring cups and spoons and as a result, they do not get the desired taste, consistency, or texture. After a few months of following the Satvic recipes, you might remember the measurements, but please carefully measure the ingredients in the beginning.



2. If making conversions, follow the conversion chart below

$\frac{1}{4}$ cup = 4 tablespoons
 $\frac{1}{2}$ cup = 8 tablespoons
 1 tablespoon = 3 teaspoons
 1 pinch = $\frac{1}{16}$ teaspoon

3. When using dry herbs, use less. Dry herbs are more concentrated. It's a 1:3 ratio. If using 1 tablespoon of fresh, use 1 teaspoon of dry.

4. Always soak your nuts and seeds in water before using. Nuts contain something called enzyme inhibitors, which make them hard to digest. By soaking them, these enzyme inhibitors are removed. The average soak time is six hours. You may soak them overnight. Always discard the water in which the nuts were soaked.

5. Be careful when multiplying recipes. When doubling or tripling any recipe, proportionally increase the quantity of fresh ingredients, but use caution when increasing the quantity of dry condiments, such as salt or turmeric. Such spices may only need to be increased marginally, depending on the dish and the ingredient.

Choose Your Meal Plans

In the following pages, you will find the three meal plans that we suggest at Satvic Movement: the healing plan, the lifestyle plan, and the active plan. These plans have been carefully designed with consideration for different stages of health, body types, and dietary needs. Please choose the plan that suits you best at this stage of your life.

Meal Plan Type	Who It's Recommended For
Healing Plan	<p>Those aiming to reverse a chronic lifestyle disease such as thyroid imbalance, Type 2 diabetes, menstrual disorders, digestive disorders, cardiovascular diseases, respiratory disorders, excess weight, acne or skin problems, fatty liver, lethargy, migraines, etc.</p> <p>After approximately 3 months of following the healing plan, it's important to transition to either of the plans mentioned below, based on the parameters which closest match your body.</p>
Lifestyle Plan	<p>Those who have a tendency to gain weight easily</p> <p>OR those living a sedentary lifestyle (spending most of the day sitting, and exercising for one hour at max).</p>
Active Plan	<p>Those who are underweight, or have a tendency to lose weight easily</p> <p>OR those leading highly active lifestyles (engaging in intense or long hours of physical activity daily).</p>

Note: As this book focuses on healing, the recipes are categorized according to the healing plan.

Two common doubts:

What if I'm underweight and live a sedentary lifestyle?

In this case, the active plan is recommended.

What if I'm overweight and live an active lifestyle?

The lifestyle plan is suggested in this scenario.

5 Important Points to Remember While Following Any Meal Plan:



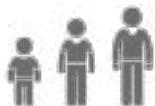
Feel free to swap lunch and dinner in any of the plans

Depending on your schedule and preference, feel free to swap the meals.



Adjust meal timings according to your schedule

The timings given in the meal plans are just for reference.



At different stages in life, you may need to switch between different plans

When you need more healing, the healing plan is best. When you need more building and nourishment, active plan is best.



Maintain a fasting window between dinner and breakfast everyday

14-16 hours of fasting is ideal. This allows your body to get a rest from digestion, and thus, engage in healing and repair work.



Listen to your body and make adjustments

Don't take these as rigid meal plans. Based on your needs, feel free to make adjustments to the meal plans.

Healing Plan

Recommended for:



Those who want to reverse a health problem using the Satvic lifestyle.

Detox juice
8:00 AM



or



or



Fruit-Based Breakfast
10:00 AM



or



or



(limit to 2-3 times a week)

**Lunch:
Grain Meal**
1:00 PM



Any 1 grain or legume such as millet, rice, wheat, moong dal etc., with twice the amount of veggies. For e.g., roti sabzi

Mid-Meal
4:00 PM



or



or



**Dinner:
Veggie Meal**
7:00 PM



or



or



Adaptations To the Healing Plan

4 adaptations to make for those who are following the healing plan and are underweight or have a tendency to lose weight:



Add Nut Milk to Your Fruit-Based Breakfast

Soak ten nuts (such as almonds, cashews, or walnuts) overnight OR three spoons of seeds (such as sesame seeds) and blend with one cup water in the morning. You can add and blend dates in this mixture to add sweetness to your nut milk.



Add a Portion of Grain or Legume to Your Veggie Meal

In other words, opt for a low grain option, rather than a no grain option for your veggie meal. To do so, add a bowl of any one grain or legume to your veggie meal, such as millet, rice, chickpeas, moong daal, lentil sprouts etc.



Include Cold Pressed Oil in Your Meals

Add two to three tablespoons of unheated cold pressed oils in your meals throughout the day. Drizzle it over sabzi or curries, mix it into soup, or use it as a salad dressing.



Maintain Protein Intake

To prevent excessive weight loss on the healing plan, ensure a consistent intake of protein-rich plant-based foods, such as moong daal, chickpeas, kidney beans, green peas, nuts, and seeds. You can incorporate legumes into your grain or vegetable meal and add nuts and seeds to your breakfast meal.

2 adaptations to make for those following healing plan and are diabetic:



Select Low-Sugar Fruits

For your fruit-based breakfast, avoid consuming very sweet fruits such as mango, cheeko, or banana. Also, avoid smoothies altogether, as they can spike blood sugar levels in the case of diabetes. Instead, choose neutral-tasting fruits such as guava, papaya, pear, apple, etc.



Choose a Vegetable-Based Salad for Breakfast

Pure Satvic Salad is an excellent breakfast option for those with diabetes. For the detailed recipe, refer to page 70.

Lifestyle Plan

Recommended for:



Those who have a tendency to gain weight easily or



Those living a sedentary lifestyle (spending most of the day sitting, and exercising for one hour at max)

Remember: Healing plan should be followed for a maximum of three months

After that, you have to switch to Satvic Movement's lifestyle plan or active plan (given on the next two spreads).

Why is it so important to switch?

The healing plan allows the body to enter a cleansing phase. During this time, the praanshakti removes waste tissues and unwanted material from the body. However, after a certain point, when praanshakti has completed cleansing, it could even start eliminating the healthy tissues and fats from the body, which we don't want.

Once cleansing is sufficiently completed, the body does not need further cleansing. Instead, it needs nourishment and nutrition, and hence switching to either the lifestyle or active plan is necessary. These plans involve a greater intake of building foods such as legumes, lentils, nuts, seeds, etc.

PERIOD OF CLEANSING
(healing plan)



PERIOD OF NOURISHMENT
(lifestyle or active plan)

Also remember that under certain conditions, you may experience the following symptoms and need to switch to the lifestyle/active plan even sooner than three months:

- Increased hair fall
- Excessive weakness, tiredness, or low energy for a sustained time
- Rapid weight loss (more than five to eight kgs in a month, with noticeable muscle loss)
- Weight falling below one's optimal/desired weight

If you experience any of the above symptoms, even if your disease has not yet reversed, please transition to either the lifestyle plan or active plan, based on your needs. You could make this switch after three weeks, one month, or two months, depending on when these symptoms arise.

At Satvic Movement, we've specifically curated a 7-day program for those who want to reverse chronic health problems. It's called the Heal Yourself Challenge. You can get more details by clicking the "7 Day Heal Yourself Challenge" on the right.



Detox juice
8:00 AM



Ash gourd juice



Coconut water



Green juice



ABC juice

Fruit-Based Breakfast
10:00 AM



Plain simple fruits + Handful of soaked nuts



or



Smoothie

(limit to 2-3 times a week)

Lunch: Grain Meal
1:00 PM



Grain + legume meal with lots of veggies
1 portion grain (millets, wheat, rice)
1 portion legume (dal, chickpeas, etc.)
2 portions vegetable

Mid-Meal
4:00 PM



Coconut water



Fruits



Coconut giri
or 7-8 soaked nuts

Dinner: Veggie Meal
7:00 PM



Salad
(veggies, healthy fats & dressing)



Soup (any 2-3 veggies
with a fat like coconut milk)



Sautéed
Veggies



Add grain/legume
if that doesn't
satiate you

Active Plan

Recommended for:



Those who are underweight, or have a tendency to lose weight easily or



Those leading highly active lifestyles (engaging in intense or long hours of physical activity daily).

Detox Juice or Fruits
8:00 AM



Ash gourd juice

or



ABC Juice

or



Fruits + Handful of soaked nuts

or



Smoothie

Breakfast
10:00 AM



Legume or grain based dish
Such as:
- Moong sprout salad
- Cheela
- Millet Dosa

Lunch: Grain Meal
1:00 PM



Grain + legume meal with lots of veggies
1 portion grain (millets, wheat, rice)
1 portion legume (dal, chickpeas, etc.)
2 portions vegetable

Mid-Meal
4:00 PM



Fruits



Any fruit with nut butter



Smoothie with nuts

Dinner: Grain or Veggie Meal
7:00 PM



Grain + legume meal with lots of veggies



Sauteed Veggies with grain/legume



Soup



Salad

Winter Variations



Consuming fruits and cooling juices can be challenging during the colder months. Here are some variations tailored specifically for winter. These options provide warmth in those chilly months, while allowing you to stay true to Satvic principles.

INSTEAD OF THIS:

Morning ash gourd juice



CHOOSE THIS:



Carrot juice



ABC juice



Bathua-tomato juice

Fruits & smoothies for breakfast



Simple homemade vegetable soups for breakfast

Mid-meal juices or coconut water



Warm herbal teas

Commonly Asked Questions

How will I fulfill my protein requirement on the Satvic diet?

This is a valid concern, as protein play a crucial role in our body by helping to build, maintain, and repair our tissues. How much protein you need in a day depends on several factors: your age, activity level, muscle mass, and more. However, as per a report by the World Health Organisation, for adults leading a moderately active or sedentary lifestyle, the protein needed is 0.83 grams per every kilogram of body weight (we've cited this report in the references section).

In simple terms, what this means is that if you're an adult, to figure out your daily protein needs, just multiply your weight in kilograms by 0.83. This means that for someone weighing around 60 kgs, their protein requirement will come to be around 48 grams in a day. By incorporating ample legumes, lentils, beans, nuts, and seeds into your diet, you can effortlessly meet your protein needs.

			
1 cup cooked chickpeas 15 gm protein	1 cup cooked lentils (moong, masoor, etc.) 18 gm protein	1 cup sprouts (raw) 7 gm protein	1 cup green peas 8 gm protein
			
1 cup homemade tofu 20 gm protein	1 cup cooked kidney beans 15 gm protein	1 cup cooked lobia 13 gm protein	1 cup sweet corn 5.4 gm protein
			
A handful of peanuts 7 gm protein	2 tablespoons of peanut butter 8 gm protein	A handful of cashew nuts 5 gm protein	A handful of almonds 6 gm protein

			
A handful pumpkin seeds 5 gm protein	1 cup chia seeds 5 gm protein	1 cup sesame seeds 5 gm protein	1 cup cooked millets 6 gm protein
			
1 cup brown rice 5 gm protein	1 wheat chapati 3 gm protein	1 cup chopped sweet potato 2 gm protein	1 cup green vegetables 2 gm protein

Legumes Nuts Seeds Grains Vegetables

(The protein values provided are based on data from the USDA).

Note about protein intake in the healing plan:

The healing plan of Satvic Movement is intended to be a cleansing plan. During the healing phase, we at Satvic Movement have intentionally kept the protein intake low. The reason for this is that proteins are relatively harder to digest and thus, when consumed, the body's energy gets diverted to digestion, rather than healing and cleansing.

The healing plan is suggested to be followed for a maximum duration of three months. From our experience, we have observed that in such a short duration, one is unlikely to develop any signs of protein deficiency. We have also advised that as soon as one starts to experience any signs of sustained weakness, increased hairfall, rapid weight loss, or the weight falling below one's desired weight, they should switch to the lifestyle plan, which adequately fulfills the daily protein requirement.

While it's important to be aware of your protein intake, there's no need to obsess over the exact gram count daily. We believe that food is much more than just numbers, or fragmented nutrients.

How will I fulfill my calcium requirement on the Satvic diet?

Calcium is a mineral your body needs to build and maintain strong bones and to carry out many important functions. About 99% of the body's calcium is stored in bones, and the remaining 1% is found in blood, muscle, and other tissues.

We have grown up hearing that we need to drink milk to obtain calcium. Let's understand why. Calcium is a mineral naturally occurring in the earth's crust. Grass absorbs calcium from the ground. Cows eat this grass and that's where they obtain their calcium from. Now we humans drink the milk of the cow and obtain our calcium.

However, when we eat plant-based foods, we obtain our calcium directly from the plant, without having to go through the cow. We don't need to rely on cows to fulfill our calcium needs.



When we eat plant-based foods like vegetables, seeds, nuts, grains, and greens, we obtain a much more direct source of calcium.

Sources of calcium in the diet suggested by Satvic Movement:

All plant based foods have some amount of calcium. Some of the most calcium rich foods are mentioned below:

* All values are expressed per 100g edible portion

Finger millet (ragi) 364 mg	Quinoa 198 mg	Amaranth (rajgira) 181 mg	Whole horsegram (kulthi) 269 mg
Whole moth bean (matki) 154 mg	Whole bengal gram (chana) 150 mg	Drumstick leaves 314 mg	Fenugreek leaves (methi) 275 mg
Amaranth leaves (chola) 245 mg	Ladies finger 86 mg	Baby corn 76 mg	French beans 55 mg
Sesame seeds 1283 mg	Poppy seeds 1438 mg	Figs 80 mg	Black Raisins 75 mg

(The calcium values provided are based on data from the ICMR).

By including a variety of these foods in your diet, you can easily fulfill your calcium requirement.

Where will I get my Vitamin D from?

What is Vitamin D?

Vitamin D is essential for the optimal functioning of our body. It has been known to help the body absorb and retain calcium and phosphorus, which are critical for building strong bones.

Where is Vitamin D obtained from?

The best way to get Vitamin D is through exposure to sunlight. Spending 15 to 20 minutes outdoors in direct sunlight, three to five times a week, is what we recommend. You can do this by sunbathing (lying in the sun with minimal clothing on), or by engaging in outdoor activities like exercise or walking in the morning or evening sun.

For longer sun exposure (about thirty minutes), morning or evening sunbathing is ideal. If getting sun exposure in the midday, ten to fifteen minutes is sufficient.



Vitamin D in the Modern World:

If we are taking in the sun regularly, we would hardly get deficient in Vitamin D. However, in today's day and age, we have become an indoor generation, leading lifestyles that are completely devoid of sunlight. Due to this, we easily become deficient in this vital vitamin, and hence it becomes necessary to supplement it.

We recommend getting your blood test done to determine your Vitamin D level. If your levels are low, take supplementation as recommended by your physician until your levels normalize.

Once the levels come back to normal, you can maintain them by regular sunbathing.

Where will I get my Vitamin B12 from?

What is Vitamin B12?

Vitamin B12 is an essential nutrient. Also known as cobalamin, it is involved in the metabolism of every cell of the human body and plays an important role in maintaining the health of our blood, bone marrow, and nervous systems.

Where is Vitamin B12 obtained from?

B12 is made by microorganisms living in soil and water. Humans and other animals then absorb these microorganisms into their systems through the food they eat and the water they drink.

Our ancestors would effortlessly get their B12 supply in the form of:

- Bacteria on root vegetables/tubers pulled from the ground
- By drinking water from ponds, rivers, or other natural drinking water

B12 in the Modern World:

Today, because of the abuse that has been caused to Nature in the form of large scale industrial farming and high use of pesticides and chemicals, our soil quality has significantly depleted. Thus, 'natural' sources of B12 are much harder to obtain today than they were in the past.

As a result, at Satvic Movement, we highly recommend undergoing a blood test to determine your B12 levels. If the test reveals a deficiency in B12, we advise taking a supplement for it under the guidance of your physician. Vitamin B12 is one of the few nutrients that is not readily available in sufficient quantities in our food.

However, apart from B12, all other essential nutrients can be obtained through a diet rich in living, wholesome, and plant-based foods, along with the Satvic lifestyle.



Chapter 4

RECIPES FOR THE REVOLUTION

1st meal

PRE-BREAKFAST

When we start a car, we don't immediately set it on fifth gear. We start with the first gear and gradually move up to the fifth gear. Similarly, with our body, we should start our mornings in the first gear, meaning, we should consume an extremely light meal to begin our day. Then we can transition to more substantial foods. One way to do this is by starting the day with a cleansing juice, a few hours before breakfast.

Ensure a gap of 1½ to 2 hours between your juice and breakfast.

Here are a few options for your pre-breakfast juices.

**1st option**

ASH GOURD JUICE

Ash gourd (*safed petha*) is one of the most cleansing vegetables in nature. When it enters our body, it starts to pull out much of the toxic waste inside. When it leaves our body, it carries a substantial amount of waste with it.

Ash gourd is easy to find at vegetable vendors. It belongs to the gourd family and is also called ‘winter melon’. Don’t worry, the taste of ash gourd juice is not bitter at all. In fact, it’s quite bland, like water.

INGREDIENTS

Ash gourd (*safed petha*)*

METHOD

1. Remove the peel of the ash gourd and take out all the seeds from inside.
2. Cut it into pieces and juice it. Drink about 400 ml (1 glass) of this juice every morning.

*Feel free to mix 50% coconut water with 50% ash gourd juice.

**2nd option**

COCONUT WATER

Coconut is called “Shree Phal” in Sanskrit. It’s the only fruit given the title of Shree in front of it, because of its healing properties. Coconut water is a natural laxative. Make sure you only use fresh coconut water, not the pre-packaged or bottled version. In case coconut water is not available in your region, you can drink the juice of any other fresh green vegetable - such as celery, cucumber, spinach, etc.

**3rd option**

GLOWING GREEN JUICE

SERVES 2

INGREDIENTS

- 3 cups chopped cucumber
- 1 cup roughly chopped spinach, tightly packed
- ¼ cup mint leaves, tightly packed
- 2 cups chopped apple
- 1 inch coin ginger
- 1 teaspoon lemon juice

METHOD

1. Simply juice all the ingredients together.
2. Add the lemon juice from top and serve.

Tip When juicing leafy greens like spinach and mint, alternate them with watery ingredients such as cucumber and apples. This helps your juicer to keep things moving.

Note If you have kidney or gallbladder stones, refrain from regularly consuming green juices and instead opt for other types of juices.

4th option

WINTER JUICES

Here are a few winter juice recipes made using seasonal ingredients that are specific to winter.



ABC JUICE

SERVES 2

INGREDIENTS

- 1 medium apple
- 2 medium beetroots
- 8 carrots
- 1 inch coin ginger

Substitution You can substitute apples with pears.

METHOD

1. Simply juice all the ingredients, and serve.

Tip: If you don't have a juicer, blend all the ingredients and strain through a thin muslin cloth.



CLEAN CARROT JUICE

SERVES 2

INGREDIENTS

- 2 cups chopped carrots
- 3 cups chopped papaya
- 2 oranges
- 1 inch coin ginger

Substitution You can substitute oranges with kinnow.

METHOD

1. Simply juice all the ingredients, and serve.

Tip: If you don't have a juicer, blend all the ingredients and strain through a thin muslin cloth.



TOMATO BATHUA JUICE

SERVES 2

INGREDIENTS

- 1 cup fresh *bathua* leaves
- 2 medium tomatoes, roughly chopped
- ½ cup water (if required)

METHOD

1. Simply juice all the ingredients, and serve.

Tip: If you don't have a juicer, blend all the ingredients and strain through a thin muslin cloth.



2nd meal **BREAKFAST**

For maximum energy throughout the day and quickest healing, eat a light breakfast consisting of water-rich foods. The philosophy of eating packaged cereals or other processed foods for breakfast was introduced due to Western influence and is highly flawed. This culture originated from food companies that wanted to sell cereal.

Options for a healing Satvic breakfast include a platter of fruits or smoothies, or even the pure Satvic salad. A light breakfast allows less time for the praanshakti to be spent on digestion, leaving more time for healing, maintenance, and repair work within the body. Often we eat an extremely heavy breakfast while our digestive fire in the morning hours is still not fully ignited. This ends up resulting in improper digestion which is the root of many health problems. So, in the pages that follow we have shared some easy-to-digest breakfast options for the healing plan.



1st option

EATING 1 FRUIT AT A TIME

It is best to eat only one type of fruit at a time. This is called 'mono-eating'. It is easier for our stomach to digest one fruit, rather than many fruits, especially in the healing stage. This is because each fruit requires a different type of digestive juice to be secreted by the stomach.

You can eat a plate full of any seasonal fruit, for example:

- melons (such as watermelon or muskmelon)
- apple
- pear
- pineapple
- orange
- papaya
- peach
- pomegranate
- berries
- guava

Just make sure whatever you eat is seasonal and regional. Do not eat fruits imported from other countries.



2nd option

EATING 2 OR MORE FRUITS

If you feel bored eating only two fruits, you may eat more than two fruits. Even when eating multiple fruits, try to mix only the same categories of fruits together. Avoid mixing citrus and sweet.

3rd option

SMOOTHIES

Fruits with nuts are the most ideal for breakfast. However, for a change and variety, you may have smoothies or smoothie bowls two to three times a week for any meal plan — healing, lifestyle, or active. Make sure that you're not having a very high glycemic load smoothie. This basically means that you should not make your smoothie too excessively sweet. Even though you may add only natural sweeteners, they still pose a load on the body and could spike up your sugar levels. To build a delicious smoothie you need four components:

4. Flavor

Herbs such as mint or basil, carob powder, cacao powder, vanilla powder, ginger, etc.

3. Sweetener

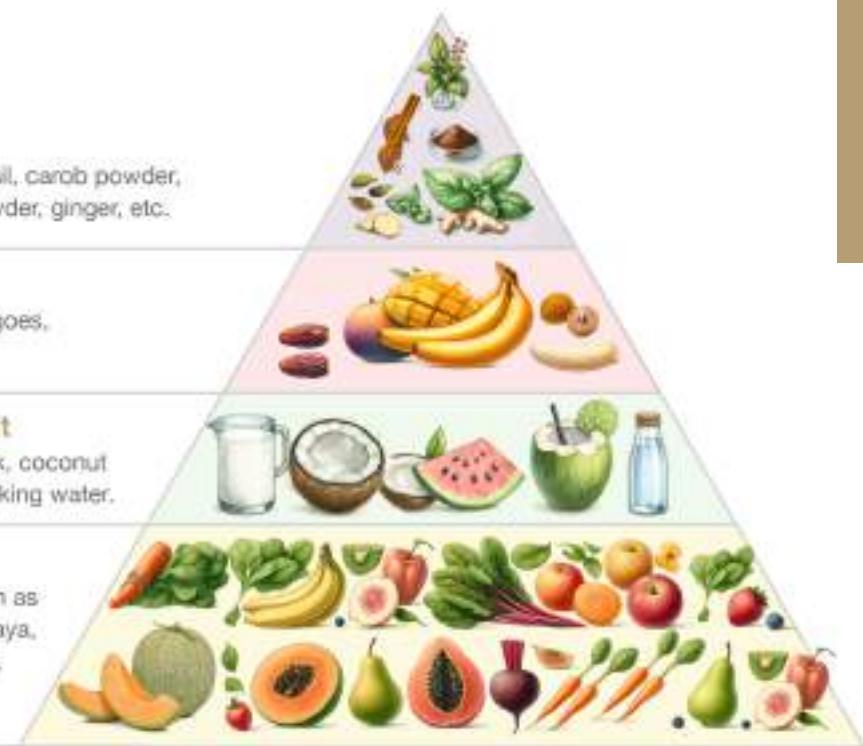
Sweet fruits such as mangoes, banana or dates.

2. Liquid component

Coconut milk, almond milk, coconut water, watery fruits or drinking water.

1. Base

Any fruit or vegetable such as banana, pear, melon, papaya, beetroot, carrots, spinach, lettuce, etc.





BLUSH SMOOTHIE BOWL

PRE-PREPURATION

Peel and slice 2 bananas and freeze for 6 hours.



INGREDIENTS

SERVES 2

- 2 bananas, frozen
- 3 soft pears or soft apples, chopped
- $\frac{1}{2}$ cup chopped beetroot

Topping

- any seasonal fruits and nuts

METHOD

1. Place everything into a blender and blend until smooth.
2. Pour into bowls and top with fresh seasonal fruits and nuts of your choice.



GREEN SMOOTHIE BOWL

PRE-PREPURATION

Peel and slice 4 bananas and freeze for 6 hours.



INGREDIENTS

SERVES 2

- 4 bananas, frozen
- 2 cups of spinach
- $\frac{3}{4}$ cup grated coconut
- 4 dates, de-seeded
- 2 teaspoons lemon juice
- $\frac{1}{2}$ teaspoon cinnamon powder

Topping

- any seasonal fruits and nuts

METHOD

1. Place everything into a blender and blend until smooth.
2. Pour into bowls and top with fresh seasonal fruits and nuts of your choice.



BANANA DATE SHAKE

PRE-PREPURATION

Prepare 1½ cups coconut milk (pg 40).

INGREDIENTS

SERVES 2

- 3 bananas
- 6 dates, de-seeded
- 1½ cups coconut milk
- 4 ice cubes
- $\frac{1}{2}$ teaspoon cinnamon powder

METHOD

1. Place everything into a blender and blend until smooth.
2. Pour into glasses and top with fresh seasonal fruits and nuts of your choice.



MARIGOLD SMOOTHIE

PRE-PREPURATION

- Freeze 1 sliced banana and 1½ cups chopped papaya for 6 hours.
- Prepare $\frac{1}{4}$ cup coconut milk (pg 40).



INGREDIENTS

SERVES 1

- 1½ cups papaya, frozen
- 1 banana, frozen
- 3 dates, de-seeded
- 6 saffron strands
- $\frac{1}{4}$ cup coconut milk

METHOD

1. Place all the ingredients into a blender and blend until smooth.
2. Pour into bowls and top with fresh seasonal fruits and nuts of your choice.



4th option

PURE SATVIC SALAD

BEST FOR

- | | |
|---|---|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="checkbox"/> Lunch |
| <input checked="" type="checkbox"/> Breakfast | <input type="radio"/> Dinner |
| | <input type="radio"/> Mid-Meal |
| | <input type="radio"/> An Occasional Treat |

This salad is called the “Pure Satvic Salad” because it’s the purest and cleanest salad for healing purposes. Yet, this salad is flavourful (because of the coriander, tomatoes, and coconut) and crunchy (because of the sprouts). If you wish, feel free to add a homemade nut-based dressing to it.

INGREDIENTS

SERVES 2

- 2 cucumbers, small-chopped
- 2 carrots, grated
- 2 tomatoes, small-chopped
- 1 small green capsicum, small-chopped
- 2 big slices of coconut, grated
- 1 cup coriander leaves, chopped

For a boost

- ½ cup sprouts (optional)

PRE-PREPARATION

Prepare ½ cup sprouts (pg 35). (optional)

METHOD

1. Place all the ingredients into a large mixing bowl.
2. Mix everything together and serve.



5th option (for the winter)

CLEAR SOUP

BEST FOR

- Morning Detox Drink
- Winter Breakfast
- Lunch
- Mid-Meal
- Dinner
- An Occasional Treat

This is a simple soup which takes just a few minutes to make. We've suggested a few veggie options, but you can add any that you have available.

INGREDIENTS

SERVES 2

- ½ cup chopped lemongrass (stems and leaves)
- 4 cups water

Veggies

- ½ cup small-chopped carrot
- ½ cup small-chopped potato
- ¼ cup chopped green beans
- ¼ cup chopped broccoli or green peas (fresh)

Other Ingredients

- 2 teaspoons lemon juice
- ¼ teaspoon black pepper powder
- 1½ teaspoons rock salt

Topping

- 1 tablespoon finely chopped coriander

METHOD

1. Place the chopped lemongrass and 4 cups of water into a pot. Cover and boil for about 10 minutes on medium flame.
2. Once boiled, discard the lemongrass stems but save the water to use as stock for the soup.
3. Add all the veggies to the same pot and cook with the lemongrass stock on medium flame for 20 minutes until the vegetables turn soft.
4. Switch off the stove. Add all the other ingredients to the soup, and stir well.
5. Add the toppings, and serve warm.

Note You can use any seasonal vegetables available. Just make sure to use a mix of soft and crunchy vegetables.



3rd meal **LUNCH**

Our digestive fire is the highest at noon. Hence, we recommend that you eat your principal meal at this time. However, if it is not convenient for you, then depending on your schedule, feel free to swap your lunch and dinner. On the following pages there are various grain and legume meals that you can have for lunch. Please keep the following points in mind regarding the lunch meal in the healing plan.

1. Eat only one type of grain or legume at a time. Do not mix more than one grain in the same meal. So, no chapati with rice, no rice with daal, no daliya with millet, etc.
2. Eat less grains or legumes and more vegetables. If you eat one bowl of grain or legume, eat two to three times more vegetables.
3. In the recipes that follow feel free to multiply them or substitute certain ingredients that you can't find and use your judgment to make adjustments.

SATVIC ROTI

INGREDIENTS

- 50% wheat flour
- 50% any seasonal vegetable (such as cucumber, bottle gourd, beetroot, carrot, spinach, fenugreek (*methi*) leaves, coriander, pumpkin, ridge gourd (*tori*), or ash gourd).

METHOD



STEP 1 Take one cup of any seasonal vegetable (grated or blended) and one cup of whole wheat flour (with the bran or chokar).



STEP 2 Combine them, using water if required. Once a dough is formed, divide it into balls. Dip the balls in wheat flour, and flatten them.



STEP 3 Roll the balls into flat chapatis with a rolling pin (*belan*).



STEP 4 Heat a clay tawa on a low flame and cook each chapati on it.



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MILLET ROTI

BEST FOR

- | | | |
|---|--|---|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="radio"/> Lunch | <input checked="" type="radio"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

Did you know that millets are our ancient grains? Back in the 1960s, when the green revolution came and new farming methods were introduced, wheat and rice became more popular, and millets were forgotten. Millets are nutritional powerhouses and even better for you than wheat. So let's bring them back into our lives!

INGREDIENTS

MAKES 6

- ½ cup chopped beetroot
- ½ cup water
- 1 cup *jowar* (sorghum flour) or *ragi* (finger millet flour)

METHOD

1. Place chopped beetroot and water into a blender and blend until puréed.
2. Heat a saucepan over medium flame. Add the beetroot purée and let it come to a boil.
3. Once the purée starts boiling, reduce the flame to low. Add the flour while continuously stirring using a spoon for a minute.
4. Switch off the stove, transfer this into a big bowl, and with the help of a spoon, mix it well. Let it cool for about 3 minutes.
5. Mix the mixture well with your hands and combine everything to knead the mixture into a dough. Add a little water if required. Cover and allow it to rest for 5 minutes.
6. Divide the dough into 6 balls. Dust the rolling board with some flour, flatten each ball, and place it on the rolling board. Roll each ball into a roti with a rolling pin (*belan*).
7. Heat an iron tawa and cook the rotis over medium flame.
8. Serve warm with sabzi.





SATVIC SABZI

METHOD



1. Choose 1 or 2 seasonal vegetables. Soak in water for about 2 hours to reduce the impact of chemicals in the vegetables.
2. Peel and chop the vegetables and place in a clay pot, along with some water. Close the lid and let them cook until soft.



3. Meanwhile, prepare the gravy. Place all the gravy ingredients in a small blender jar and blend until smooth.
4. Switch off the stove and combine the gravy with the vegetables. Cover with the lid and let the gravy cook in the steam in the pot for 10 minutes. Top with lots of chopped coriander and serve.



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SATVIC KHICHADI

BEST FOR

- Morning Detox Drink
- Lunch
- Dinner
- Breakfast
- Mid-Meal
- An Occasional Treat

The khichadi that is usually made, using daal, rice, spices, and oil could be difficult for someone who is trying to heal. The lack of vegetables and abundance of grains makes it heavy. However, in Satvic khichadi, we use 1 cup of rice, and 4 to 5 times more vegetables. Why? Because vegetables make the meal water-rich. The more the water in a substance, the more quickly it passes through the digestive system.

INGREDIENTS

SERVES 4

- 1 cup brown rice, soaked*
- 4 cups water
- 1 cup finely chopped green beans
- 1 cup grated carrot
- 1 cup grated bottle gourd
- 1 teaspoon turmeric powder
- 1 cup finely chopped spinach
- 2 small green chillies, finely chopped
- 1 cup chopped tomato
- ½ cup chopped coconut, blended in a blender
- 2 teaspoons rock salt
- ½ cup chopped coriander leaves

Green Chutney (pg 97)

*Instead of brown rice, you can also use kodo millet (kodra).

PRE-PREPURATION

Soak 1 cup brown rice for at least 3 hours.

METHOD

1. Heat a pot. Add the soaked brown rice and water. Cover and let it cook on medium flame for 30 minutes, until half-cooked. Stir regularly.
2. Add the beans, carrots, bottle gourd, and turmeric and cook for another 15 minutes. Add more water if required.
3. Add the spinach and green chillies. Stir well and cook for another 5 minutes.
4. Switch off the stove. Add the tomatoes, coconut, and rock salt. Stir and cover for 5 minutes.
5. Top with coriander and serve with green chutney.



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SATVIC DALIYA



BEST FOR

- | | | |
|---|--|---|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="radio"/> Lunch | <input checked="" type="radio"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

The Satvic Daliya uses less grain and more vegetables. The ratio is 1:3 (1 cup grain to 3 cups vegetables). Why? Because in the healing stage, grains can be relatively harder to digest. But when combined with vegetables they become easier to digest, and thus the body can spend less time digesting and more time healing itself.

INGREDIENTS

SERVES 2-3

- 1 cup broken wheat (*daliya*)*
- 1½ teaspoons cumin seeds

Vegetables

- 1 cup finely chopped green beans
- 1 cup finely chopped carrot
- 1 cup green peas (fresh)
- ½ teaspoon finely chopped green chilies

Other Ingredients

- 4 cups water
- 2 teaspoons rock salt
- handful fresh coriander leaves

Green Chutney (pg 97)

*Instead of daliya, you can also use any millet.

METHOD

1. Heat a pot and roast the broken wheat lightly until it turns light brown. Then, take it out in a bowl and keep it aside to be used later.
2. Heat another pot on medium flame. Add the cumin seeds and roast them until they are dark brown. Add all the vegetables and stir well.
3. Add 4 cups of water to the pot and let it come to a boil. Then, add the roasted broken wheat to the pot. Cover and cook on medium flame until the broken wheat absorbs all the water.
4. Once everything is cooked, switch off the stove. Add rock salt, stir, and cover for 5 minutes.
5. Garnish with fresh coriander and serve with green chutney.



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GRAIN MEAL

MILLET UPMA

BEST FOR

- Morning Detox Drink
- Breakfast
- Lunch
- Mid-Meal
- Dinner
- An Occasional Lunch

INGREDIENTS

SERVES 3-4

- 1 cup millet (barnyard, proso or foxtail), soaked
- 3 cups water
- 1 cup finely chopped green beans
- 1 cup finely chopped carrot
- 1 cup green peas (fresh)
- 1/4 cup finely chopped coriander

Flavoring

- 2 teaspoons black mustard seeds
- 1 teaspoon cumin seeds
- 2 tablespoons peanuts
- 2 teaspoons grated ginger
- 2 small green chilies, finely chopped
- 15-20 curry leaves
- 1/2 teaspoon asafoetida (*hing*)
- 2 tablespoons lemon juice
- 2½ teaspoons rock salt

Garnish

- 2 tablespoons chopped coriander
- ½ tablespoon peanuts, roasted and chopped

Coconut Chutney (pg 98)

PRE-PREPARATION

Soak 1 cup millet in water for 3 hours.

METHOD

1. Heat a pot. Dry roast the mustard seeds, cumin seeds, and peanuts for about 5 minutes on medium flame.
2. Add the ginger, green chilies, curry leaves to the same pot, and roast for a minute.
3. Add the green beans, carrots, and green peas to the pot and sauté with the roasted spices for 2 minutes.
4. Add 2 cups of water to the pot, cover, and let the vegetables cook on medium flame for 15 minutes.
5. Add the soaked millets and asafoetida with the remaining 1 cup of water to the vegetables and stir. Add more water if required. Let it cook until there's no more water left in the pot and the millets are cooked.
6. Switch off the stove and add lemon juice, salt, and coriander. Stir well, and cover for 2 minutes.
7. Garnish with roasted peanuts and coriander and serve with coconut chutney.



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SPINACH CHEELA

BEST FOR

- | | | |
|---|---|--|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="checkbox"/> Lunch | <input checked="" type="checkbox"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

In Satvic Cheela, instead of using only lentils, we use 50% lentils and 50% spinach. This not only makes them easier to digest but also adds a boost of nutrition.

INGREDIENTS

MAKES 8-10 CHEELAS

Cheela

- 1 cup split green moong daal, soaked
- 2 cups spinach purée*
- 1 small green chili, chopped
- 1 teaspoon rock salt

Filling

- 4 medium carrots, thickly grated and lightly steamed
- 4 tomatoes, finely chopped
- ½ cup grated coconut
- ½ cup chopped coriander
- 1 teaspoon rock salt

Green Chutney (pg 97)

* $2\frac{1}{2}$ cups of chopped spinach, when blended, gives 2 cups of spinach pureé.

PRE-PREPARATION

Soak 1 cup split green moong daal for 3 hours.

METHOD

1. Place all the cheela ingredients into a blender, and blend until smooth. Pour the blended mixture into a bowl.
2. Heat an iron tawa on high flame. Once it's hot, add 2 drops of cold-pressed oil (if the tawa is not already greased). Sprinkle some water on the tawa, wipe it with a cloth, and then turn the flame to medium.
3. Pour a ladle full of batter onto the tawa, and spread it evenly in a circular motion. Cook on a medium flame, until the top begins to look brownish in colour.
4. For the filling, place all the ingredients into a mixing bowl, and mix everything together. Add the filling to the cheelas, and serve with green chutney.



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GRAIN MEAL

MOONG BOWL

BEST FOR

- | | | |
|---|--|---|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="radio"/> Lunch | <input checked="" type="radio"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

A refreshing bowl that is fully raw. No ingredient in this recipe has been heated or cooked, thus preserving all the nutrition in the ingredients. It's easy to make and hence a great option when you don't have much time to cook.

INGREDIENTS

SERVES 3

Bowl

- ½ cup split green moong daal, soaked
- 1½ cups finely chopped fresh fenugreek (*methi*) leaves
- 1 cup finely chopped coriander
- 1½ cups chopped apple
- 1½ cups chopped grapes
- 1½ cups pomegranate
- 2 tablespoons chia seeds
- 2 tablespoons pumpkin seeds
- 2 tablespoons white sesame seeds

Flavoring

- 2 tablespoons lemon juice
- 1 green chili, finely chopped
- 1 teaspoon grated ginger
- ¼ teaspoon asafoetida (*hing*)
- 1 teaspoon rock salt

PRE-PREPARATION

Soak ½ cup split green moong daal for 6 hours.

METHOD

1. Place all the bowl ingredients into a large mixing bowl and mix well.
2. Place all the flavoring ingredients into a small mixing bowl and mix well.
3. Add this flavoring to the large mixing bowl. Mix well and serve.



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GRAIN MEAL

COCO QUINOA BOWL

BEST FOR

- Morning Detox Drink
- Lunch
- Breakfast
- Mid-Meal
- Dinner
- An Occasional Treat

Technically, quinoa is a seed, but we classify it under the umbrella of ‘grains’ because it has the same digestibility level as grains. This recipe is delicious. The herbs — thyme and coriander come together to create an exquisite flavor.

INGREDIENTS

SERVES 2-3

- 1 cup quinoa*
 - 2½ cups water
- Vegetables**
- 1 cup water
 - 3 cups chopped cauliflower
 - 2 small potatoes, chopped
 - 1 cup green peas (fresh)
 - 1 teaspoon grated ginger
 - 1 teaspoon finely chopped green chili
 - 1 tablespoon fresh thyme or 1 teaspoon dried thyme
 - 2 cups coconut milk
 - 2½ teaspoons rock salt
 - 1 tablespoon lemon juice
 - ½ cup chopped coriander

*Instead of quinoa, you can also use kodo millet (kodra).

PRE-PREPARATION

Prepare 2 cups coconut milk (pg 40).

METHOD

1. Heat a pot. Add the quinoa along with 2½ cups of water. Allow it to cook on low flame until the quinoa absorbs the water. Add more water if required.
2. Heat another pot, add 1 cup of water, cauliflower, potatoes, and green peas. Cook on a medium flame until the vegetables become soft.
3. Once the vegetables are cooked, transfer the cooked vegetables to the pot with quinoa and stir well.
4. Add the ginger, green chili, and thyme to the same pot and stir well.
5. Switch off the stove. Add the coconut milk, salt, and lemon juice. Stir and cover for 5 minutes.
6. Top with coriander, stir well, and serve immediately.



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GRAIN MEAL

GOLDEN LENTIL BOWL

BEST FOR

- Morning Detox Drink
- Lunch
- Breakfast
- Mid-Meal
- Dinner
- An Occasional Treat

INGREDIENTS

Daal

- 1 cup sprouted green whole moong daal
- ½ cup finely chopped green beans
- ¼ cup small-chopped carrot
- ¼ cup small-chopped pumpkin
- ¼ cup chopped spinach
- ½ cup grated bottle gourd
- 1 tablespoon grated ginger
- ½ green chili, finely chopped
- ½ teaspoon asafoetida (*hing*)
- ¼ teaspoon grated raw turmeric or turmeric powder
- 3 cups water

Tomato Gravy

- 4 medium tomatoes
- 2 tablespoons white sesame seeds
- ½ green chili
- 2 teaspoons rock salt

Topping

- ¼ cup finely chopped coriander
- 1 tablespoon sesame seeds

PRE-PREPARATION

- Soak ½ cup of whole green moong daal in water for 6 hours or overnight.
- Drain the water, rinse the moong daal and tie it in a muslin cloth for another 24 hours.

METHOD

1. Add all the daal ingredients to a pot (do not add more than 1 cup sprouts).
2. Cover and cook for 20-25 minutes on a medium flame until the vegetables become soft. Keep stirring regularly.
3. Roast 3 tablespoons sesame seeds for 3 minutes (2 tablespoons for the gravy and 1 tablespoon for the topping).
4. Place all the gravy ingredients into a blender and blend until smooth.
5. Switch off the stove. Add the tomato gravy to the pot, and stir well. Cover the pot for another 5 minutes.
6. Top with chopped coriander and sesame seeds. Serve warm.



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GRAIN MEAL

BARLEY BOWL

BEST FOR

- Morning Detox Drink
- Lunch
- Breakfast
- Mid-Meal
- Dinner
- An Occasional Treat

INGREDIENTS

SERVES 3

- ¼ cup broken barley (*jau*), soaked
- 1 cup water

Veggies

- 1 cup chopped pumpkin
- 1 cup chopped beetroot
- 1 tablespoon lemon juice
- 1 tablespoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon rock salt
- 1 cup torn lettuce leaves
- ¾ cup torn spinach leaves
- ½ cup pomegranate

Mint Tahini Dressing

- 3 tablespoons homemade tahini
- ¼ cup mint leaves
- 1 small green chili
- 1 tablespoon lemon juice
- ½ teaspoon rock salt
- ¼ cup water

Topping

- 2 tablespoons finely chopped mint leaves
- 1 tablespoon crushed pistachios

PRE-PREPARATION

Soak ¼ cup broken barley (*jau*) for 3 hours.

METHOD

1. Heat a pot, and add the soaked broken barley and water. Cover and cook until soft and all the water is absorbed.
2. Steam the pumpkin and beetroot until soft. Add the lemon juice, thyme, oregano, and salt to the steamed pumpkin and beetroot. Mix well.
3. Combine the pomegranate with the cooked broken barley.
4. For the mint tahini dressing, place all the ingredients into a blender and blend until smooth.
5. Mix the mint tahini dressing with the lettuce and spinach using a spatula.
6. In a serving bowl, serve all the components of the bowl separately, i.e., the cooked barley with pomegranate, the veggies, and the leafy veggies.
7. Add the toppings and serve.



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CHUTNEYS & DIPS

Here are three delicious chutneys to enhance the taste of your dishes.

- **Green Chutney** pairs well with all the Indian dishes — sabzi roti, khichadi, daliya, and cheela.
- **Date Chutney** pairs well with the tikkis and cheela.
- **Coconut Chutney** can be served with cheela, upma, and other South Indian dishes.



GREEN CHUTNEY

INGREDIENTS

- 1 cup coriander leaves
- ½ cup mint leaves
- 1 small green chili
- 1 tablespoon lemon juice or ½ cup roughly chopped raw mango
- 1 teaspoon cumin seeds
- ½ teaspoon rock salt
- 3 tablespoons water

METHOD

1. Place all the ingredients in a blender and blend until smooth.
2. Use immediately or store in refrigerator for 2-3 days.



DATE CHUTNEY

INGREDIENTS

- 10 dates, seedless
- 1 small green chili
- 2 teaspoons lemon juice
- 1 teaspoon cumin seeds
- 1 teaspoon rock salt
- ⅓ cup water

METHOD

1. Place all the ingredients in a blender and blend until smooth.
2. Use immediately or store in refrigerator for 2-3 days.



COCONUT CHUTNEY

INGREDIENTS

- 1½ cups chopped coconut
- ¼ cup chopped coriander
- 1 inch ginger, chopped
- ¼ green chili, chopped
- 1 tablespoon tamarind pulp
- ½ teaspoon jaggery powder
- 1 teaspoon rock salt
- ¾ cup water
- ½ teaspoon black mustard seeds
- 8 curry leaves

METHOD

1. Blend all the ingredients, except the mustard seeds and curry leaves, until smooth, then transfer to a bowl.
2. Heat a tawa, and roast the mustard seeds and curry leaves.
3. Place the roasted ingredients on top of the chutney.
4. Use immediately or store in the refrigerator for 2-3 days.



4th meal (optional)

MID-MEAL

About 2-3 hours after lunch you might feel like snacking. In a normal Indian household, drinking tea, coffee, eating biscuits, namkeen, bhujia, and chips has been a habit for years! However, a lot of snacking and munching between meals can cause improper digestion and can cause our digestive fire to extinguish by the time dinner arrives. To avoid this, if you feel hungry between meals, eat what's easily digestible. You can have juices, coconut water, herbal tea, fresh fruits, coconut, or a few soaked nuts. However, keep in mind that in case you don't feel the need for a mid-meal, you can skip it.



1st option

JUICES

Juices are a boost of nutrition and energy. You can have them between your main meals.



2nd option

HERBAL TEA



INGREDIENTS

- 2-3 inches of lemongrass stems, chopped (or rosemary, curry leaves, tulsi, rose)
- 2 inches cinnamon sticks
- 6 green cardamom buds
- ½ inch coin ginger
- 2 cups water
- 1 teaspoon jaggery (optional)

METHOD

1. Take a saucepan, add the water, and bring it to a boil.
2. Crush the lemongrass stems, cinnamon sticks, cardamom buds, and ginger in a mortar and pestle.
3. Transfer to the boiling water and cover for 3 minutes to let the flavors infuse.
4. Strain the tea through the strainer into cups.
5. Add jaggery powder from the top. Serve warm.



3rd option

SOAKED NUTS

Consuming soaked nuts between meals keeps you satiated. The soaking process also reduces enzyme inhibitors, making the nuts easier to digest and promoting better nutrient absorption.

You can have almonds, peanuts, walnuts, or whatever nuts are easily available in your area and are in your budget.



4th option

COCONUT KERNEL

Craving a satisfying snack? Grab a handful of coconut slices! Whenever we are hungry between meals, we love to have coconut kernels. At our headquarters in Gurgaon, this is our go-to midday snack, which is always available for all team members. Think of it as Mother Nature's biscuit.



5th meal DINNER

For dinner, have a veggie meal like a salad or soup. You can either have both (salad and soup) or only one (only salad or only soup), depending on your convenience. You can also have your principal grain/legume meal for dinner if you eat your veggie meal for lunch. In other words, in the healing plan, we suggest having a vegetable-based meal for dinner without any grains, rice, roti, millets, lentils, or legumes.

- If you are following the healing plan and are underweight, then please add a portion of grains to your meals.
- In the lifestyle plan, a bowl of legumes or lentils can be included with the salad or soup.



SALAD

CARROT RAISIN SALAD

BEST FOR

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|---|---|--|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="checkbox"/> Lunch | <input checked="" type="checkbox"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

The ingredients are very simple and all easily available in any Indian kitchen. The raisins, tahini, and carrots combine together to create an absolutely yummy dish.

INGREDIENTS

SERVES 2-3

Salad Base

- 3 cups thickly grated carrots
- 1 cup homegrown sprouts
- 2 tablespoon finely chopped mint leaves
- ¼ cup cashews, soaked and chopped
- 3 tablespoons raisins (*kishmish*)

Tahini Dressing

- ½ cup white sesame seeds, roasted or 4 tablespoons homemade tahini
- 4 dates, de-seeded
- 2 tablespoons lemon juice
- ¼ green chili
- 1 tablespoon jaggery powder
- ½ teaspoon rock salt
- ½ cup water

PRE-PREPARATION

- Soak ¼ cup cashews.
- Prepare 1 cup sprouts (pg 35).

METHOD

1. To prepare the tahini, heat a pot, and roast the sesame seeds on a medium flame for 3 to 5 minutes.
2. Once sesame seeds have cooled, blend them until a butter forms. The consistency should be smooth, not gritty.
3. Place all the tahini dressing ingredients into a blender and blend until smooth.
4. Place all the salad base ingredients into a mixing bowl. Pour the dressing over and stir to combine everything. Serve.



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SALAD

CHEESY SALAD

BEST FOR

- | | | |
|---|---|--|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="checkbox"/> Lunch | <input checked="" type="checkbox"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

We don't need to use real cheese to get a cheesy flavour in your salad. Simply blend soaked cashews with some seasonings, and it tastes even better than parmesan!

INGREDIENTS

SERVES 2 (if served with a soup)

Cheese

- ½ cup cashews, soaked
- ¼ cup coconut milk
- ½ small green chili
- 1 teaspoon rock salt

Veggies

- 1 cup broccoli florets
- 1 cup thinly sliced baby corn
- 1 cup chopped red bell pepper
- 1 cup chopped yellow bell pepper
- 1 tablespoon dry oregano

PRE-PREPURATION

- Soak ½ cup cashews in water for 6 hours.
- Prepare ¼ cup coconut milk.

METHOD

1. Place the cheese ingredients into a blender and blend until smooth.
2. Steam the broccoli, baby corn, and bell peppers for about 5 minutes. Keep in mind that bell peppers are steamed faster and will need to be taken out sooner from the steamer compared to broccoli.
3. Pour the blended cashew cheese into a mixing bowl. Add the steamed vegetables and oregano to the mixing bowl.
4. Mix well and serve.



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SALAD

THAI PAPAYA SALAD

BEST FOR

- | | | |
|---|---|--|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="checkbox"/> Lunch | <input checked="" type="checkbox"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

Papaya salad gets its inspiration from Thai cuisine. This is a cleaner version of the dish, made using only fresh, wholesome ingredients. It is crunchy and amazingly delicious.

INGREDIENTS

SERVES 2-3

- ½ small raw green papaya
- 1 medium carrot
- 2 medium tomatoes
- 1 large mango or soft pear
- ½ cup fresh coriander

Peanut Dressing (makes ⅓ cup)

- 2 tablespoons peanuts, soaked
- 1 tablespoon jaggery powder
- 1 tablespoon lemon juice
- ⅛ small green chili
- ½ teaspoon rock salt
- 2 tablespoons water

Topping

- 1 tablespoon peanuts, roasted and chopped

PRE-PREPARATION

Soak 2 tablespoons peanuts for about 3 hours.

METHOD

1. Peel and cut the papaya and carrot into thin, long strips. You can grate them or use a julienne peeler.
2. Cut the mango and tomatoes into thin, long strips using a knife.
3. Place the papaya, carrot, mango, tomatoes, and coriander in a large bowl and mix well.
4. To prepare the dressing, place all the dressing ingredients into a blender and blend until smooth.
5. Combine the dressing with the salad and mix.
6. Top with chopped peanuts for an extra crunch.

Tip The papaya used is raw green papaya, which is green on the outside and a pale yellowish colour on the inside.



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SALAD

ZESTY BEET SALAD

BEST FOR

- | | | |
|---|--|---|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="radio"/> Lunch | <input checked="" type="radio"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

We revamped this recipe several times, and what we have now is honestly amazing! Believe us, this salad will change the way you've been seeing beetroots. This salad is juicy, crunchy, and creamy.

INGREDIENTS

SERVES 2

Salad Base

- 2 small beetroot, small-chopped
- 3 cups chopped lettuce leaves
- ½ orange, chopped and de-seeded
- ¼ cup grated coconut

Middle Eastern Dressing

- 3 tablespoons peanuts, roasted
- ½ cup chopped cucumber
- 4 dates, de-seeded
- ¼ cup chopped coriander
- 2 tablespoons lemon juice
- ¼ teaspoon cumin powder
- ¼ teaspoon rock salt
- 1 tablespoon water

Toppings

- 6 walnuts, soaked and chopped

PRE-PREPARATION

Soak 6 walnuts for about 6 hours.

METHOD

1. Steam the beetroot until soft.
2. Place all the salad base ingredients into a large mixing bowl and mix.
3. Place all the dressing ingredients into a blender and blend until smooth.
4. Pour the dressing over the salad and stir well.
5. Add the toppings and serve.



SALAD

VEGGIE PASTA SALAD

BEST FOR

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|---|---|--|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="checkbox"/> Lunch | <input checked="" type="checkbox"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

INGREDIENTS

SERVES 2

Pasta Sauce

- ½ cup chopped red bell pepper
- ¼ cup chopped carrot
- ¼ cup chopped pumpkin
- 2 cups water
- 20 cashews, soaked
- 1 teaspoon jaggery powder

Salad Base

- 2½ cups bottle gourd strips
- ½ cup chopped green capsicum
- ½ cup chopped carrot
- ½ teaspoon black pepper powder
- ¼ teaspoon dry oregano
- ½ teaspoon lemon juice
- 1 teaspoon rock salt

Topping

- 10 cherry tomatoes, chopped
- 2 tablespoons chopped basil leaves

PRE-PREPARATION

Soak 20 cashews for 6 hours.

METHOD

1. Heat a pot and place all the ingredients of the pasta sauce except cashews and jaggery powder into it. Close the lid and let it cook for 10 minutes on medium flame.
2. Switch off the stove and let it come to room temperature. Place this mixture into a blender along with cashews, jaggery powder, and blend until smooth.
3. Heat a pot. Pour the blended sauce into it and let it come to a boil.
4. Add the bottle gourd strips, capsicum, and carrots to the pot. Cover and cook for 8 minutes. Switch off the stove and add the remaining salad base ingredients to it. Stir.
5. Add the toppings. Serve and enjoy!



SALAD

SWEET POTATO SALAD

BEST FOR

- | | | |
|---|---|--|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="checkbox"/> Lunch | <input checked="" type="checkbox"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

INGREDIENTS

SERVES 2-3

Salad Base

- 1 medium sweet potato, steamed
- 1 tablespoon dried rosemary
- 2 cups torn lettuce leaves
- 1½ cups broccoli florets, steamed
- ¼ small red bell pepper, thinly sliced, and then cut in half
- ¼ small yellow bell pepper, thinly sliced, and then cut in half

For marinating sweet potato

- 1 tablespoon lemon juice
- ¼ teaspoon black pepper powder
- ½ teaspoon rock salt

Tomato Salsa Dressing

- 2 cups frozen tomatoes, peeled and de-seeded
- ¼ cup chopped coriander leaves
- 1 tablespoon chopped red bell pepper
- ½ teaspoon roasted cumin powder
- ½ teaspoon lemon juice
- ½ green chilli, chopped
- ½ teaspoon rock salt
- ⅛ teaspoon black pepper powder

Topping

- 2 tablespoons almonds, roasted and chopped

PRE-PREPARATION

Freeze the tomatoes for about 40-50 minutes to get a refreshing flavour.

METHOD

For the salad

1. Peel the steamed sweet potato and mash it using a fork.
2. Add rosemary to the mashed potatoes and mix well. Using your hand, shape the mashed potatoes into small cubes.
3. Mix all the marination ingredients together and dip the sweet potato cubes in it until coated from all sides.
4. Place all the salad base ingredients into a large mixing bowl, along with the marinated sweet potatoes.

For the dressing

5. Place all the dressing ingredients into a blender and blend. Don't blend it too much; it should be a little chunky. Refrigerate the dressing for a refreshing taste before use.
6. Pour the dressing over the salad and stir.
7. Add the toppings and serve.



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COLD SOUP

PUMPKIN SOUP

BEST FOR

- | | | |
|---|--|---|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="radio"/> Lunch | <input checked="" type="radio"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

This pumpkin soup ticks all the boxes! Its rich, creamy and ultimately satisfying. The rosemary and thyme combine to create a unique flavor, which you may have never experienced before.

INGREDIENTS

SERVES 2, MAKES 1200 ml

Soup Base

- ½ kg red pumpkin, with peel
- 3 cups coconut milk
- 2 teaspoons dry thyme or 2 tablespoons fresh thyme
- ½ teaspoon dry rosemary or 1 stem fresh rosemary
- ½ small green chili, chopped
- 2 teaspoons rock salt

Toppings

- 2 tablespoons pumpkin seeds, roasted
- ½ red bell pepper, cut into strips
- ¼ small coconut, cut into strips

PRE-PREPARATION

Prepare 3 cups coconut milk (pg 40).

METHOD

1. Chop the pumpkin into chunks. Do not remove the peel. Add it to a steamer and let it steam for about 20 minutes until soft.
2. Once the pumpkin has cooled, place it in a blender along with the coconut milk, thyme, rosemary, salt, and chili. Blend until smooth.
3. Pour the soup into bowls, add the toppings, and serve.

Tip Make sure you add rosemary and thyme to this soup since they carry all the flavor. In case fresh is not available, use their dried versions.



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COLD SOUP

PAPAYA CORN SOUP

BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Dinner
- Mid-Meal
- An Occasional Treat

INGREDIENTS

SERVES 2, MAKES 1400 ml

Soup Base

- 3 cups peeled and chopped green papaya (approximately 1 small green papaya)
- 2 teaspoons coriander seeds
- ½ small green chili, chopped
- 1 teaspoon chopped ginger
- 1½ tablespoons chopped lemongrass stems
- 2½ cups water
- 1½ tablespoons lemon juice
- 2 teaspoons rock salt
- 1 cup coconut milk

Topping

- ¼ cup corn, boiled
- ¼ cup chopped coriander

PRE-PREPURATION

Prepare 1 cup coconut milk (pg 40).

METHOD

1. Add the chopped papaya to a steamer and let it steam for about 20 minutes, until soft.
2. Meanwhile, heat a shallow pan and roast the coriander seeds for half a minute. Then, add the green chili, ginger, and lemongrass stems to the pot and roast them for a minute until fragrant. Add the ¼ cup water and let them cook together for 2-3 minutes.
3. Transfer this mixture into a blender along with the steamed papaya, remaining 2 cups water, lemon juice, and rock salt. Blend until smooth.
4. Right before serving, add coconut milk to the soup and stir well.
5. Add the toppings and serve.

Tip The papaya used is unripe green papaya, which is green on the outside and a pale yellowish colour on the inside.



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WARM SOUP

SPINACH SOUP

BEST FOR

- Morning Detox Drink
- Breakfast
- Lunch
- Dinner
- Mid-Meal
- An Occasional Treat

This staple soup is hearty and comforting. The coconut milk gives it a subtle sweetness and also helps to thicken it.

INGREDIENTS

SERVES 2, MAKES 1400 ml

Soup Base

- ½ kg spinach
- 3 cups water
- ¾ cup small-chopped potato or *singhara* (water chestnuts)
- ½ cup coconut milk
- ½ teaspoon black pepper powder
- 2 teaspoons rock salt

Garnish

- marigold petals (optional)

PRE-PREPARATION

Prepare ½ cup coconut milk (pg 40).

METHOD

1. Heat a pot and add the spinach and water. Let it cook for 10 minutes on low flame until cooked.
2. Transfer the cooked spinach along with the water into a blender and blend until smooth (you can also use a hand blender to blend).
3. Transfer the blended mixture back into the pot. Add the chopped potato or *singhara* to the same pot and cook for 8 minutes on low flame until the potatoes are cooked.
4. Switch off the stove. Add the remaining ingredients to the pot, and stir well.
5. Garnish and serve warm.



WARM SOUP

PEA CARROT SOUP

BEST FOR

- | | | |
|---|---|--|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="checkbox"/> Lunch | <input checked="" type="checkbox"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

INGREDIENTS

SERVES 2, MAKES 900 ml

Soup Base

- 1 cup green peas (fresh)
- 1 cup chopped carrot
- ½ cup chopped potatoes
- 2 small bay leaves
- ½ inch coin of ginger, chopped
- 3 cups water
- 2 teaspoons lemon juice
- 2 teaspoons rock salt

Topping

- ½ cup fresh peas, steamed
- ½ cup chopped carrots, steamed
- ¼ cup chopped coriander

METHOD

1. Heat a pot and add all the soup base ingredients to the pot except lemon juice and rock salt. Cover and let them cook for 15 minutes on low flame until the vegetables become soft.
2. Once cooked, switch off the stove, and remove the bay leaves from the pot. Keep aside to cool for 5 minutes.
3. Then, place the cooked mixture into a blender and blend until smooth (you can also use a hand blender to blend).
4. Transfer the mixture back to the pot and heat it over a medium flame. As soon as it starts to boil, switch off the stove.
5. Add the lemon juice, and rock salt to the pot, and stir.
6. Add the toppings and serve warm.

Note Use only fresh peas (not frozen peas) and red winter carrots to make this soup.



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WARM SOUP

BROCCOLI POTATO SOUP

BEST FOR

- | | | |
|---|---|--|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="checkbox"/> Lunch | <input checked="" type="checkbox"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

This rustic broccoli and potato soup is the perfect winter warmer. It is so easy to make with just a few simple ingredients, but it's full of flavor and hearty goodness.

INGREDIENTS

SERVES 2-3, MAKES 1½ litres

Soup Base

- 2½ cups chopped broccoli
- 1½ cups chopped potatoes
- 1 inch fresh ginger, grated
- 3 cups water

Other Ingredients

- 1 cup coconut milk
- ¼ teaspoon black pepper powder
- 1½ teaspoons rock salt

Topping

- 1 cup chopped broccoli, steamed
- ½ carrot (cut into circles), steamed
- ¼ cup chopped coriander
- 1 tablespoon pumpkin seeds, roasted

PRE-PREPURATION

Prepare 1 cup coconut milk (pg 40).

METHOD

1. Heat a pot, and add all the soup base ingredients. Cover the pot, and let the vegetables cook for 20 minutes on medium flame.
2. Switch off the stove, and keep aside to cool for 5 minutes.
3. Then, place the cooked mixture into a blender and blend until smooth.
4. Transfer the mixture back to the pot and heat it over a medium flame. As soon as it starts to boil, switch off the stove.
5. Add all the other ingredients into the pot and stir well. Cover it with a lid for 5 minutes.
6. Add the toppings and serve warm.



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WARM SOUP

TOMATO SOUP

BEST FOR

- | | | |
|---|--|---|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="radio"/> Lunch | <input checked="" type="radio"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

This will probably be the cleanest tomato soup you'll ever have; it doesn't have any corn starch, it doesn't use any kind of refined oils, it uses minimal spices, and we flavored it using dry herbs instead of pungent spices. Try it out for your next dinner and notice how good your body feels.

INGREDIENTS

SERVES 1-2. MAKES 700 ml

- 8 medium tomatoes
- ¼ cup chopped bottle gourd
- ¼ cup chopped carrot
- ¼ cup chopped potato
- ¼ cup chopped red bell pepper
- 1½ cups water

Other Ingredients

- ½ teaspoon dried rosemary
- ½ teaspoon dried oregano
- ¼ teaspoon black pepper powder
- ¾ teaspoon rock salt

METHOD

1. Dip the tomatoes in hot water for 15 minutes. Cover with a plate. After 15 minutes, peel off their skin and take out the seeds from the inside.
2. Heat a pot. Add the bottle gourd, carrot, potato, red bell pepper, and water. Cover the pot and let the vegetables cook for 15 minutes on medium flame.
3. Transfer the cooked vegetables, along with the remaining water, deseeded tomatoes, and all the other ingredients into a blender and blend until smooth.
4. Serve warm.



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WARM SOUP

CARROT CUMIN SOUP

BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Dinner
- Mid-Meal
- An Occasional Treat

INGREDIENTS

SERVES 2, MAKES 1 litre

Soup Base

- 1 teaspoon cumin seeds
- 1 bay leaf
- ½ teaspoon coriander powder
- 1 inch coin of ginger, grated
- 2 cups chopped carrots
- 1 cup cauliflower florets
- 3 cups water

Other Ingredients

- 1 cup coconut milk
- ½ teaspoon black pepper powder
- 2 teaspoons rock salt

Topping

- 2 tablespoons chopped coriander leaves
- 2 tablespoons chopped mint leaves

PRE-PREPARATION

Prepare 1 cup coconut milk (pg 40).

METHOD

1. Heat a pot. Add the cumin seeds, bay leaf, and coriander powder to the pot. Roast for a minute on medium flame.
2. Add the remaining soup base ingredients, except water, to the pot. Stir for 5 minutes.
3. Add the water and stir. Cover and cook on low to medium flame for 20 minutes.
4. Switch off the stove and keep aside to cool for 5 minutes. Then, place the cooked mixture into a blender and blend until smooth.
5. Transfer the mixture back to the pot and heat it over a medium flame. As soon as it starts to boil, switch off the stove.
6. Add all the other ingredients to the pot and stir well. Cover for 5 minutes. Add the toppings and serve warm.



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SIDE DISH

ROASTED VEGGIES

BEST FOR

- | | | |
|---|--|---|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="radio"/> Lunch | <input checked="" type="radio"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

Often when we eat soups, we feel that they don't fully satiate us. But by adding a small portion of roasted veggies to any soup, it becomes so much more satisfying. Here's a simple recipe you can try alongside your soup as a side dish.

INGREDIENTS

SERVES 2-3

Veggies

- ¼ cup chopped carrot
- ¼ cup chopped green beans
- ¼ cup chopped zucchini
- ¼ cup corn
- ¼ cup water
- ½ cup red or yellow bell pepper
- ¼ cup purple cabbage or cabbage

Other Ingredients

- pinch of black pepper powder
- pinch of oregano
- pinch of thyme
- ¼ teaspoon rock salt

METHOD

1. Heat a clay pot. Add the veggies along with the water, except the bell pepper and purple cabbage, to the pot. Cover and cook for 5 minutes on medium flame until soft.
2. Add the remaining veggies along with the other ingredients, except rock salt, to the pot. Stir and cover for 3 more minutes until cooked.
3. Switch off the stove. Add the rock salt and stir well. Serve warm with the soup.

Tip You can use any seasonal veggies available to make the roasted side veggies.



SIDE DISH

VEGETABLE TIKKI**BEST FOR**

- | | | |
|---|--|---|
| <input type="radio"/> Morning Detox Drink | <input checked="" type="radio"/> Lunch | <input checked="" type="radio"/> Dinner |
| <input type="radio"/> Breakfast | <input type="radio"/> Mid-Meal | <input type="radio"/> An Occasional Treat |

These vegetable tikkis, made exclusively from vegetables, not only taste delicious when paired with chutneys but are also incredibly light and easy-to-digest.

INGREDIENTS

MAKES 7 TIKKIS

Vegetable tikki

- ¾ cup finely grated bottle gourd
- ½ cup chopped cauliflower
- ⅛ cup green peas (fresh)
- ¼ cup chopped carrot
- 1 tablespoon chopped coriander
- ½ tablespoon chopped mint leaves
- 1 small green chili, chopped
- 1 teaspoon lemon juice
- 1½ tablespoons flax seed powder*
- ½ teaspoon cumin seeds
- ¼ teaspoon rock salt
- extra flax seed powder for rolling

*Flax seed powder is made by blending dry flax seeds in a blender.

Sweet Date Chutney (pg 98)

Green Chutney (pg 97)

METHOD

1. Take the grated bottle gourd and squeeze out the water from it. Keep it aside to be used later.
2. For the tikkis, add all the ingredients, except salt and bottle gourd, to the blender and blend until combined.
3. Transfer this blended mixture into a mixing bowl. Add the squeezed bottle gourd and the rock salt and combine everything.
4. Divide this mixture into 7 equal balls, and flatten them to form a thin tikki. Roll them in flaxseed powder to evenly coat.
5. Heat an iron tawa and cook the tikkis on medium flame. Press them using a spatula until they are fully cooked and turn golden brown on both sides.
6. Serve warm with the chutneys.



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RECIPES FOR SPECIAL OCCASIONS

The upcoming pages include exotic and delicious recipes that you can make at Satvic parties and festivals to inspire your friends and family to join you in this beautiful way of living and eating in sync with Mother Nature.



COCONUT CHAAS

INGREDIENTS

SERVES 2, MAKES 750 ml

- ¼ cup mint leaves
- 2½ tablespoons lemon juice
- 1 teaspoon roasted cumin powder (*bhuna jeera*)
- 1 teaspoon rock salt
- 2 cups coconut milk
- 1 cup water

METHOD

1. Place all the ingredients except coconut milk and water into a blender and blend until smooth.
2. Add water and coconut milk in parts to the blender and blend until properly combined.
3. Let it cool in the refrigerator for a while and serve.



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THANDAI

INGREDIENTS

SERVES 3, MAKES 600 ml

- 8 almonds, soaked for 6 hours
- 1 tablespoon fennel, soaked for 1 hour
- 1 tablespoon poppy seeds, soaked for 1 hour
- 4 dates, de-seeded
- 1 teaspoon jaggery powder
- ½ teaspoon black pepper powder
- ½ teaspoon rock salt
- ½ cup water
- 1½ cups coconut milk

Garnishing

- roasted and chopped pistachio, saffron and dried rose petals



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METHOD

1. Place everything except coconut milk into a blender and blend until smooth.
2. Add coconut milk and blend again.
3. Let it cool in the refrigerator for a while. Garnish and serve.



OCCASIONAL TREAT

NO-COFFEE COLD-COFFEE**BEST FOR**

- Morning Detox Drink Lunch Dinner
 Breakfast Mid-Meal An Occasional Treat

We feel tired, gulp down a cup of coffee and become suddenly awake, but we have not suddenly become well-rested and energetic. Coffee is a very strong stimulant. It brings us up and then suddenly dumps us down. Over time, every cup of coffee makes our body weaker and weaker.

Here we have two unexpected substitutes for coffee! You can use either of them to make your coffee. They not only taste like coffee but also smell exactly like it. Even people from far away want to come and try it! Tell your friends that there's no dairy, sugar, or coffee powder in their mugs, and they'll be busy guessing what's inside.

Bear in mind – you should have this coffee only occasionally (not more than once a week). Although it closely matches the taste and smell of coffee, it is still not a healing food.

INGREDIENTS**No-Coffee Powder**

- ½ cup chickpeas (*chhole*)
or ½ cup date seeds
(either of them can be used)

No-Coffee Cold-Coffee

SERVES 1

- 1 cup coconut milk or almond milk (kept in the freezer for 3 hours)
- 4 dates, de-seeded
- 1 tablespoon no-coffee powder

METHOD**Method for making no-coffee powder**

1. Wash the date seeds (if using) properly.
2. Heat a pot, and place the date seeds or chickpeas. Roast for 20 minutes on a medium flame. Continuously stir; otherwise, they may burn. Make sure they are dark chocolatey brown; otherwise, you will not get the coffee flavor.
3. Allow to cool for 15 minutes. Transfer the roasted seeds to a blender and blend until a powder is formed.
4. Sieve the powder and store it in an airtight container.

Method for making no-coffee cold-coffee

5. Place the coconut milk, dates, and no-coffee powder into a blender and blend.
6. Pour into the glasses and serve.



OCCASIONAL BREAKFAST

CHOCOLATE SMOOTHIE BOWL

BEST FOR

- Morning Detox Drink Lunch
 Breakfast Mid-Meal Dinner
 An Occasional Breakfast

Blend cacao with some bananas, coconut milk, and dates, and you'll have a delicious ice-cream like smoothie bowl ready. This is undoubtedly one of our favourite recipes in the book!

INGREDIENTS

SERVES 2

- 4 frozen bananas
- 4 dates, de-seeded
- ½ cup coconut milk
- 2 tablespoons cacao powder
- 1 tablespoon peanut butter (optional) (pg 154)
- pinch vanilla powder (optional)
- pinch cinnamon powder
- pinch rock salt

Topping

- any seasonal fruits and nuts

PRE-PREPARATION

Peel and slice 4 bananas and freeze for 6 hours.

METHOD

1. Place all the smoothie ingredients into a blender and blend until smooth.
2. Pour into bowls and top with fresh seasonal fruits and nuts of your choice.



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OCCASIONAL BREAKFAST

SABJA PUDDING**BEST FOR**

- Morning Detox Drink
- Breakfast
- Lunch
- Mid-Meal
- Dinner
- An Occasional Breakfast

INGREDIENTS

SERVES 2-3

Flavored Milk

- 1/4 cup coconut milk
- 1 ripe banana
- 4 dates, de-seeded
- 1/2 teaspoon cinnamon powder
- 1/8 teaspoon rock salt

Sabja

- 3 tablespoons sabja seeds, soaked in 1 1/4 cups coconut milk

Fruits

- 2 cups chopped mixed fruits (such as banana, mango, grapes, apple, pomegranate)

Garnish

- fresh seasonal fruits
- 1 tablespoon raisins
- edible flowers (optional)

*Instead of *sabja* seeds, you can also use chia seeds.

PRE-PREPURATION

- Prepare 1 1/2 cups coconut milk (pg 40).
- Soak 3 tablespoons *sabja* seeds in 1 1/4 cups coconut milk for 6 hours.

METHOD

1. Place all the ingredients of flavored milk into a blender and blend until smooth.
2. Pour this mixture over the soaked *sabja* seeds and stir well. Keep it aside for 10 minutes.
3. Transfer the chopped fruits to the flavored *sabja* mixture and stir.
4. Place the pudding in the refrigerator for 10 minutes before serving.
5. Add the toppings and serve cold.



GRAIN MEAL

THAI CURRY WITH BROWN RICE

BEST FOR

- Morning Detox Drink
- Lunch
- Breakfast
- Mid-Meal
- Dinner
- An Occasional Lunch

INGREDIENTS

SERVES 3-4

Spices

- 4 whole black peppercorns
- 2 cloves
- 1 tablespoon coriander seeds

Thai Curry Paste

- ¼ cup cashews, soaked
- ½ cup fresh coriander leaves
- ½ cup fresh basil leaves
- 3 fresh kaffir lime leaves
- 1 tablespoon chopped lemongrass
- 1 teaspoon chopped green chili
- 1 teaspoon chopped galangal or ginger
- 1 teaspoon chopped ginger
- ½ cup water

Vegetable Curry

- 1½ cups bell peppers (red, yellow, green)
- 1 cup chopped broccoli
- 1 cup chopped zucchini
- 3 chopped baby corns or ¼ cup corn
- ¼ cup chopped sweet potato
- 1½ cups water

Other Ingredients

- 1 cup thick coconut milk
- 1 tablespoon jaggery powder
- ¾ teaspoon rock salt
- 2 tablespoons peanuts, roasted and chopped

Brown rice, cooked

PRE-PREPARATION

- Soak ¼ cup cashews for 6 hours.
- Prepare 1 cup thick coconut milk by blending 1 cup coconut with 1 cup water, and then sieving.

METHOD

1. Dry roast the black peppercorns, cloves, and coriander seeds until the coriander seeds turn dark brown.
2. Transfer the roasted spices into a small blender jar and blend into a fine powder. In the same blender, add all the remaining ingredients of the Thai curry paste and blend until a fine paste is formed.
3. Heat a pot, and add all the vegetable curry ingredients. Cover and let them cook for 15 minutes until soft.
4. Transfer the blended Thai curry paste into the vegetable pot and stir. Cover and cook for 5 minutes on low flame.
5. Switch off the stove and add all the other ingredients except peanuts, and stir. Cover for 10 minutes.
6. Top it with roasted and chopped peanuts. Serve warm with brown rice.



DESSERT

SATVIC KHEER

BEST FOR

- Morning Detox Drink
- Lunch
- Breakfast
- Dinner
- Mid-Meal
- An Occasional Treat

Can you imagine eating kheer that is healthy? No sugar, no milk, no ghee, just wholesome ingredients, straight from nature. Instead of fat laden pastries and cookies, serve your guests this healthy dessert. Tell them to guess what it's made of and I promise, they'll be surprised!

INGREDIENTS

SERVES 4-5, MAKES 1 litre

- ½ cup kodo millet (*kodra*)*, soaked
- 2 cups water

Almond Mixture

- 1 cup almonds, soaked and peeled
- (½+½) cup water
- ⅔ cup jaggery powder
- ½ teaspoon cardamom powder
- 20 saffron strands
- 1 teaspoon rose water (optional)
- ¼ teaspoon rock salt

Topping

- 1 tablespoon almonds, roasted and chopped
- 1 tablespoon pistachios, roasted and chopped
- 1 tablespoon raisins

*Instead of millet, you can also use quinoa.

PRE-PREPARATION

- Soak 1 cup almonds for 6 hours.
- Soak ½ cup kodo millet for 3 hours.

METHOD

1. Heat a pot, and add the soaked millet and water. Let it cook for 30 minutes on low flame until cooked.
2. Meanwhile, place the peeled almonds and ½ cup water into a blender and blend until smooth.
3. Add the remaining ½ cup water and all the almond mixture ingredients into the same blender and blend again.
4. Once the millet is cooked, switch off the stove. Pour this blended almond mixture into the millet pot and stir well.
5. Once the kheer comes to room temperature, place it in a refrigerator for 30 minutes before serving. The millet will swell up, and the kheer will get thick.
6. Add the toppings and serve.



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DESSERT

SATVIC GAJAR HALWA

BEST FOR

- Morning Detox Drink
- Lunch
- Dinner
- Breakfast
- Mid-Meal
- An Occasional Treat

INGREDIENTS

SERVES 6

- 4 cups finely grated red carrots
- $\frac{1}{3}$ cup jaggery powder
- 1 teaspoon cardamom powder
- 20 saffron strands
- 1 teaspoon lemon juice
- pinch of rock salt

Date Paste

- $\frac{1}{2}$ cup chopped dates, de-seeded
- $\frac{1}{4}$ cup warm water

Thick Coconut Milk

- $\frac{1}{2}$ cup chopped coconut
- $\frac{1}{2}$ cup water

Topping

- $\frac{1}{4}$ cup almonds, roasted and chopped
- $\frac{1}{4}$ cup cashews, roasted and chopped
- 2 tablespoons pistachios, roasted and chopped

METHOD

1. Heat a pot, and add the grated carrots. Cook for 30 minutes on medium flame, until the water is absorbed and the carrots are soft.
2. Meanwhile, prepare date paste by blending dates and warm water together until smooth.
3. Prepare the thick coconut milk by blending coconut and water together. Sieve the mixture through a nut milk bag/muslin cloth and keep the milk to be used later.
4. Once the carrots are cooked, add the jaggery powder, cardamom powder, saffron, and date paste to the pot and mix well.
5. Switch off the stove. Add the thick coconut milk, stir, and immediately close the lid. Let the coconut milk cook from the heat inside the pot.
6. Add the lemon, salt, and stir. Add the toppings, and stir.
7. Once the halwa comes to room temperature, place it in a refrigerator for 30 minutes before serving, so that the flavors can bloom!

Tip Use red carrots to make this halwa. These carrots are available only in winter.



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DESSERT

KULFI

BEST FOR

- Morning Detox Drink
- Lunch
- Dinner
- Breakfast
- Mid-Meal
- An Occasional Treat

Kulfi is a delicious Indian dessert. Many of us think that preparing ice cream at home is a difficult thing to do, but this recipe can be prepared within a few minutes, and you don't even need an ice cream maker for it. The base of this kulfi is made of cashew and coconut.

INGREDIENTS

SERVES 2-3, MAKES 1½ CUPS

Ice Cream

- ½ cup cashews, soaked
- 1 cup coconut malai (from green coconut)
- ¼ cup jaggery powder
- 4 dates, de-seeded
- ½ cup coconut water
- 10 saffron strands
- ½ teaspoon cardamom powder
- ½ teaspoon rock salt

Topping

- 1 tablespoon pistachios, roasted and chopped

PRE-PREPURATION

Soak ½ cup cashews for about 6 hours.

METHOD

1. Place all the ice cream ingredients into a blender and blend until smooth. Make sure it is blended properly.
2. Pour the blended mixture into a shallow glass or a steel container, and let it freeze for about 6 hours in the freezer.
3. Before serving, let the ice cream thaw for 15-30 minutes, until it is soft enough to scoop.
4. Add the toppings, and serve cold.



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DESSERT

PEANUT BUTTER ICE CREAM

BEST FOR

- Morning Detox Drink
- Lunch
- Dinner
- Breakfast
- Mid-Meal
- An Occasional Treat

This dessert is ultra-creamy, nutty, sweet, and just the right amount of savory. Ask your friends to guess the ingredients, and they'll be surprised to learn how it's made!

INGREDIENTS

SERVES 3, MAKES 1½ cups

Peanut Butter

- 1 cup peanuts

Ice Cream

- 6 dates, de-seeded
- ¼ cup water
- 4 frozen bananas
- 1 tablespoon peanut butter
- ½ tablespoon jaggery powder
- ⅛ teaspoon rock salt

Topping

- 1 tablespoon almonds, roasted and chopped
- 1 tablespoon peanut butter

PRE-PREPURATION

Peel and slice 4 bananas, and freeze for 6 hours.

METHOD

Peanut butter

1. Heat a pot, add the peanuts, and roast them over a low flame while continuously stirring for 8 minutes.
2. Transfer the roasted peanuts into a blender and blend for 5-7 minutes. Initially, the peanuts will turn into a powder. At first, it may seem like it will never become butter, but soon the powder will transform into a creamy, buttery substance.

Peanut butter ice cream

3. Place the dates and water in a blender and blend until a paste is formed.
4. Add all the remaining ice cream ingredients to the blender and blend again until smooth.
5. Scoop out the ice cream into bowls, add the toppings, and serve cold.



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DESSERT

SATVIC LADOO

BEST FOR

- Morning Detox Drink
- Lunch
- Dinner
- Breakfast
- Mid-Meal
- An Occasional Treat

INGREDIENTS**MAKES 12 LADOOS**

- 1 dry coconut (*gola*), grated or blended
- 2 tablespoons almond butter*
- 2 tablespoons jaggery powder
- 2 tablespoons almonds, soaked and chopped
- 2 tablespoons dried rose petals

***How to make almond butter?**

1. Heat a pot, add the almonds, and roast them over a low flame while continuously stirring for 5 minutes.
2. Transfer the roasted peanuts into a blender and blend for 5 to 7 minutes. Initially, the almonds will turn into a powder.
3. At first, it may seem like it will never become butter, but soon the powder will transform into a creamy, buttery substance.
4. Transfer butter into a jar. It can be stored for 5 to 7 days.

PRE-PREPARATION

Soak 2 tablespoons almonds for 6 hrs.

METHOD

1. Transfer the grated or blended dry coconut into a high-speed blender and blend for 5 to 7 minutes.
2. Initially, it may seem like it will never become butter, but soon the powder will transform into a creamy, buttery substance.
3. If it sticks to the side of the blender, scrape it down and blend again. It usually takes 5 to 7 minutes of blending. If the mixture gets too hot along the way, stop and let it cool for a few minutes.
4. Add this blended mixture to a bowl along with the remaining ingredients. Mix it well using your hands.
5. Shape this batter into small ladoos, garnish with dried rose petals, and serve.



Click to watch the video



DESSERT

LEMON CHEESECAKE

BEST FOR

- Morning Detox Drink
- Lunch
- Dinner
- Breakfast
- Mid-Meal
- An Occasional Treat

One bite of this dessert and you'll never look at cheesecake the same way again. This cheesecake has no dairy, cheese, or sugar! However, be mindful that it does contain lots of cashews, so it must be eaten sparingly.

INGREDIENTS

SERVES 5

Cheesecake

- 1 cup cashews, soaked
- 3 tablespoons jaggery powder
- 1/4 cup water
- 3 tablespoons lemon juice

Lime Gel

- 4 medium leaves of spinach
- 1/4 cup cashews, soaked
- 1/4 cup jaggery powder
- 1/2 tablespoon lemon juice
- 1/2 tablespoon lemon zest
(zest is prepared by finely grating the peel of a fresh lemon)

Ginger Crumble

- 1/2 cup almonds, roasted
- 1 1/2 tablespoons jaggery powder
- 1/4 teaspoon grated ginger
- pinch of rock salt

Garnish (optional)

- microgreens
- edible flowers

PRE-PREPURATION

Soak 1 cup and 1/4 cup cashews separately for 6 hrs.

METHOD

1. **For cheesecake**, place all the ingredients into a blender and blend until smooth.
2. Pour the blended mixture into a shallow glass or a steel container and let it freeze for about 6 hours in the freezer.
3. **For lime gel**, blend all ingredients until smooth. Pour into a squeeze bottle and refrigerate.
4. **For ginger crumble**, pulse the roasted almonds in a blender. Add the pulsed almonds into a small mixing bowl. Add all the remaining ginger crumble ingredients to the same bowl and mix.
5. Once frozen, cut into squares, circles, triangles, or any other shape you want. Store in the freezer until ready to serve.
6. To assemble all components together, sprinkle ginger crumble on a plate. Place a piece of cheesecake on top of each pile. Garnish and serve with the lime gel.



SKIN CARE

ROSE CLEANSER FOR FACE & BODY

BEST FOR

 Everyday Use Occasional Use

Most conventional soaps contain heavy fragrances, nasty parabens, dyes, and other chemicals that don't belong on our skin. Our skin, being our largest detox organ, should not be coated or clogged with artificial chemicals. This three ingredient rose face cleanser is made using 100% natural, edible ingredients and takes under 5 minutes to make. It is suitable for all skin types—dry, oily, and sensitive.

INGREDIENTS

- 1 cup oats
- 1 tablespoon besan (gram flour)
- ¼ cup dry rose petals

METHOD

1. Blend all the ingredients together until you have a powder. This is your cleanser. Store it in an airtight container for up to 2 weeks.
2. When applying, take 1 tablespoon of the cleanser in a small cup and combine it with approximately 1½ teaspoons of water to form a paste. Set it aside for 2 minutes.
3. Rinse your skin with running water. Apply a sufficient amount of the paste to your face or body, massaging in a circular motion for 3 to 5 minutes to allow the granules to remove dead skin cells.
4. Finally, rinse off well. This makes your skin look and feel refreshed and healthy

Tip Ensure that the powder in your container does not come in contact with water; otherwise, it may grow mold.

About SATVIC MOVEMENT



Satvic Movement is a community-driven health revolution to empower people to live a life of peak health and joy.

By following the Satvic way of life, one reaches the highest levels of their physical, mental, and spiritual well-being. The lifestyle is rooted in principles of simple food, early waking, yoga, loving relationships, service attitude and living in harmony with nature.

The knowledge shared is based on timeless ancient principles and is communicated in modern, practical and easy-to-understand terms. It is shared through our online workshops (ranging from 3 to 21 days), books and videos.

So far, over 5 lakh people have attended our workshops, 100,000 Satvic books have been sold, and our videos have amassed over 700 million views.

Founded in 2017, today, Satvic Movement has exploded into a thriving community of thousands of people across India, becoming one of the largest health revolutions in the nation.

Satvic Movement's mission is to create a world where people can effortlessly live a healthy and joyful life, in harmony with each other, and with Mother Nature.

Workshops at Satvic Movement

If you enjoyed this book, you'll love our workshops! At Satvic Movement, we offer a variety of online workshops that range from 3 days to 21 days. Here's a list:



Other Books

In addition to this book, we have three other books:



- Satvic Food Book 2:** This book is dedicated to lifestyle and celebration recipes. It features popular dishes like pizzas, nachos, momos, and more.
- Indian Food Book:** This book focuses on traditional Indian cuisine, offering recipes for various sabzis, curries, desserts, and other beloved Indian dishes.
- The Satvic Revolution:** This is our newest release, and it is not a recipe book. Instead, it delves into the philosophy of a Satvic lifestyle, teaching you seven habits to achieve peak health and joy.

You can register for our workshops or order the books through our website.

Social Media Channels

@satvicmovement

@satvicmovement

satvicmovement.org

Fresh Ingredients Index



Have an ingredient at home you want to use?
Find recipes that use that ingredient here!

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Citations

In this section, we have included a detailed list of scientific research studies and references mentioned in the book. With the assistance of a dedicated researcher, we have tried our best to provide as much useful information as possible regarding the sources of the material. We trust that readers, especially those seeking to delve deeper into the research, will find this compilation beneficial.

"Consistent intake of refined oil has been linked with raised cholesterol and the increasing risk of heart attacks and stroke." DiNicolantonio, James J, and James H O'Keefe. 2018. "Omega-6 Vegetable Oils as a Driver of Coronary Heart Disease: The Oxidized Linoleic Acid Hypothesis." *Open Heart* 5 (2): e000898. <https://doi.org/10.1136/openhrt-2018-000898>.

"One such study was published in 2020 by the British Medical Journal, which followed 43,272 men between 1986-2016...The endpoint was either a heart disease-related event, such as a heart attack, or death caused by heart disease." Al-Shaar, Laila, Ambika Satija, Dong D Wang, Eric B Rimm, Stephanie A Smith-Warner, Meir J Stampfer, Frank B Hu, and Walter C Willett. 2020. "Red Meat Intake and Risk of Coronary Heart Disease among US Men: Prospective Cohort Study." *BMJ* 371 (December): m4141. <https://doi.org/10.1136/bmj.m4141>.

"The researchers found that men who consumed about 1 serving per day of either processed or unprocessed red meat had a 28% greater risk of heart disease." Al-Shaar, Laila, Ambika Satija, Dong D Wang, Eric B Rimm, Stephanie A Smith-Warner, Meir J Stampfer, Frank B Hu, and Walter C Willett. 2020. "Red Meat Intake and Risk of Coronary Heart Disease among US Men: Prospective Cohort Study." *BMJ* 371 (December): m4141. <https://doi.org/10.1136/bmj.m4141>.

"They found that people who switched to a plant-based diet had a total cholesterol level that was 13mg/dL lower than their peers who continued eating a meat-based diet." Koch, Caroline A, Emilie W Kjeldsen, and Ruth Frikke-Schmidt. 2023. "Vegetarian or Vegan Diets and Blood Lipids: A Meta-Analysis of Randomized Trials," *Eur Heart J* (May) <https://doi.org/10.1093/eurheartj/ehad211>.

"Perhaps this is why the World Health Organization (WHO) has listed processed meat as a Group 1 carcinogen." World Health Organization. 2015. "Cancer: Carcinogenicity of the Consumption of Red Meat and Processed Meat." October 26, 2015. <https://www.who.int/news-room/questions-and-answers/item/cancer-carcinogenicity-of-the-consumption-of-red-meat-and-processed-meat>.

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ABOUT THE AUTHORS

Subah and Harshvardhan Saraf are renowned health educators, changemakers and authors. They both experienced chronic diseases since a young age, and overcame them through the Satvic lifestyle. Their own healing journeys had such a great influence on them that they decided to dedicate their lives to sharing this timeless wisdom with the world.

Subah enriched her knowledge by learning under the guidance of various Indian masters, as well as international institutes. Harshvardhan, in parallel, set up holistic clinics in Mumbai, bringing together a team of natural health doctors to provide hands-on healing.

In 2019, united by a shared vision, Subah and Harshvardhan came together to lead Satvic Movement. With over millions of people watching their videos and over 10,000 people joining their online workshops each month, Satvic Movement has quickly exploded into a thriving community of thousands of people, becoming one of the largest health revolutions in the nation.



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