

## prefer\_in\_summer

Apples  
Apricots  
basil  
Berry  
blackberries  
blueberries  
Buttermilk  
cabbage  
cantaloupe  
Celery  
chenopodium  
chiaseeds  
cilantro  
CoconutWater  
colocasia  
Corn  
Cucumbers  
cumin  
Curd  
Eggplant  
Fennel  
fenugreek  
Figs  
flaxseeds  
Gooseberry  
Grapes  
Greenbeans  
Guava  
hempseeds  
honeydew  
kale  
lettuce  
LimeWater  
Mangoes  
Melons  
mint  
moringa  
Muskmelon  
nectarines  
Onions  
Oranges  
Papaya  
peaches  
Pears  
Peppers  
pineapple  
plums  
raspberries  
Salads

## avoid\_in\_summer

Alcohol  
bacon  
bhajjia  
bhujjia  
cheese  
Chilli  
cola  
cream  
dog  
frenchfries  
friedchicken  
ginger  
ice  
masala  
Meat  
mozzarella  
pepper  
samosa  
sausage  
soda  
Tandoori  
vada

sarso  
spinach  
strawberries  
Tomatoes  
turmeric  
turmericleaves  
Watermelon  
Yogurt  
Zucchini

it is recommended that one should limit the spices and al  
Also, processed meats, cream-based sauces and gravies



so serve the food at a near-room temperature. Also, it is preferred that the food shouldn't be oily or fried



ad. Key words in recipe: "fry", "spicy".