

Diet Chart for Vata Dosha

Mint Pasta

Ingredients: cauliflower, wheat, moong dal, oats, carrot

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Salty

Effect: warming

Season: Winter

Garlic Sandwich

Ingredients: spinach, ghee, capsicum, peas, broccoli

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Sour

Effect: light

Season: All

Herbal Salad

Ingredients: moong dal, ginger, tomato, ragi, ghee

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Salty

Effect: grounding

Season: Monsoon

Mixed Veg Sprouts Bowl

Ingredients: peas, masoor dal, pumpkin, paneer, ragi

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Pungent

Effect: light

Season: All

Homestyle Upma

Ingredients: cauliflower, ragi, beans, masoor dal, ginger

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Bitter, Astringent

Effect: stabilizing

Season: All

Spicy Stir Fry

Ingredients: capsicum, garlic, coconut, beans, moong dal

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Pungent

Effect: grounding

Season: Monsoon

Seasonal Kofta

Ingredients: broccoli, paneer, cabbage, wheat, moong dal

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Pungent, Sweet

Effect: grounding

Season: Winter

Homestyle Kofta

Ingredients: garlic, pumpkin, cauliflower, lentils, spinach

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Astringent

Effect: stabilizing

Season: All

Ayurvedic Dosa

Ingredients: beans, garlic, moong dal, ragi, wheat

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Salty, Astringent

Effect: cooling

Season: Monsoon

Protein-Rich Idli

Ingredients: paneer, moong dal, oats, toor dal, onion

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Sour, Salty

Effect: grounding

Season: All

Ginger Idli

Ingredients: rice, carrot, onion, millet, masoor dal

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Salty, Pungent

Effect: light

Season: All

Masala Stew

Ingredients: moong dal, oats, rice, ginger, capsicum

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Astringent, Sweet

Effect: energizing

Season: Summer

Classic Dosa

Ingredients: rice, millet, oats, pumpkin, sweet potato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Astringent

Effect: energizing

Season: Summer

Mild Snack Mix

Ingredients: ghee, cabbage, onion, ragi, sweet potato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sour, Astringent

Effect: warming

Season: Summer

Green Soup

Ingredients: toor dal, pumpkin, sweet potato, ragi, coconut

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Astringent

Effect: light

Season: Monsoon

Warming Paratha

Ingredients: potato, coconut, moong dal, peas, millet

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Salty

Effect: grounding

Season: Monsoon

Lemon Stir Fry

Ingredients: millet, rice, beans, moong dal, paneer

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Pungent, Sour

Effect: stabilizing

Season: Summer

Classic Dal

Ingredients: coconut, rice, millet, tomato, beetroot

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sour, Astringent

Effect: stabilizing

Season: All

Light Thali

Ingredients: capsicum, carrot, peas, tomato, ginger

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Pungent

Effect: light

Season: All

Warming Soup

Ingredients: onion, toor dal, oats, broccoli, beetroot

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Astringent

Effect: stabilizing

Season: All

Traditional Paratha

Ingredients: wheat, potato, onion, ginger, garlic

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Sweet
Effect: stabilizing
Season: All

Fresh Cutlet

Ingredients: cauliflower, onion, moong dal, garlic, capsicum

Suitable For: Kapha, Vata
Avoids For: Pitta

Taste Profile: Salty, Bitter
Effect: stabilizing
Season: Monsoon

Ayurvedic Kadhi

Ingredients: capsicum, coconut, toor dal, sweet potato, rice

Suitable For: Vata
Avoids For: Kapha, Pitta

Taste Profile: Sour, Astringent
Effect: warming
Season: Winter

Traditional Veg Gravy

Ingredients: beetroot, rice, ginger, onion, capsicum

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Sour, Bitter
Effect: energizing
Season: Summer

Traditional Roll

Ingredients: toor dal, spinach, tomato, moong dal, millet

Suitable For: Kapha, Vata
Avoids For: Pitta

Taste Profile: Bitter, Salty
Effect: cooling

Season: Winter

Green Sambar

Ingredients: masoor dal, garlic, oats, paneer, coconut

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sour, Astringent

Effect: light

Season: Monsoon

Green Curry Bowl

Ingredients: wheat, carrot, broccoli, onion, potato

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Bitter, Sweet

Effect: light

Season: All

Coconut Rice Bowl

Ingredients: sweet potato, spinach, moong dal, rice, carrot

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Salty, Bitter

Effect: grounding

Season: Winter

Herbal Khichdi

Ingredients: beans, millet, wheat, potato, onion

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Pungent, Salty

Effect: warming

Season: Summer

Lemon Lentil Soup

Ingredients: onion, capsicum, potato, millet, oats

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Bitter

Effect: stabilizing

Season: Summer

Herbal Vegetable Curry

Ingredients: peas, beans, garlic, potato, ghee

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Sweet

Effect: energizing

Season: Summer

Fresh Paratha

Ingredients: oats, broccoli, sweet potato, paneer, beans

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sour, Sweet

Effect: cooling

Season: Winter

Masala Wrap

Ingredients: peas, garlic, pumpkin, cauliflower, tomato

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Pungent, Bitter

Effect: light

Season: Winter

Protein-Rich Dosa

Ingredients: peas, lentils, capsicum, toor dal, cabbage

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Sweet

Effect: cooling

Season: Winter

Cooling Chutney

Ingredients: onion, pumpkin, sweet potato, lentils, spinach

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Astringent

Effect: warming

Season: All

Cooling Soup

Ingredients: peas, cauliflower, masoor dal, capsicum, onion

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Pungent, Bitter

Effect: light

Season: Summer

Lemon Kadhi

Ingredients: carrot, masoor dal, broccoli, oats, coconut

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Bitter

Effect: cooling

Season: Monsoon

Homestyle Rasam

Ingredients: capsicum, ghee, garlic, pumpkin, beetroot

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Sour

Effect: grounding

Season: All

Light Sambar

Ingredients: broccoli, wheat, capsicum, beetroot, carrot

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Sour, Sweet

Effect: energizing

Season: Monsoon

Mild Wrap

Ingredients: paneer, garlic, capsicum, moong dal, cabbage

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Astringent, Bitter

Effect: light

Season: Summer

Spicy Dal

Ingredients: capsicum, oats, garlic, ghee, peas

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Sour

Effect: light

Season: All

Ginger Sandwich

Ingredients: millet, sweet potato, ginger, onion, oats

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Salty

Effect: cooling

Season: Monsoon

Classic Soup

Ingredients: wheat, ragi, coconut, lentils, potato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Sweet

Effect: light

Season: Monsoon

Mint Cutlet

Ingredients: beetroot, cauliflower, garlic, rice, beans

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Salty, Sweet

Effect: grounding

Season: Monsoon

Spicy Sambar

Ingredients: rice, toor dal, beetroot, wheat, paneer

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Salty, Bitter

Effect: energizing

Season: Monsoon

Homestyle Khichdi

Ingredients: peas, beans, ghee, toor dal, tomato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sour, Pungent
Effect: light
Season: Winter

Mint Wrap

Ingredients: millet, paneer, garlic, ginger, lentils

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Pungent, Sweet
Effect: warming
Season: Winter

Ayurvedic Sprouts Bowl

Ingredients: carrot, oats, lentils, onion, moong dal

Suitable For: Pitta, Vata
Avoids For: Kapha

Taste Profile: Astringent, Bitter
Effect: cooling
Season: All

Spicy Tikki

Ingredients: potato, ragi, beans, carrot, millet

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Sweet, Sour
Effect: warming
Season: Winter

Mixed Veg Pulao

Ingredients: coconut, oats, carrot, spinach, tomato

Suitable For: Kapha, Vata
Avoids For: Pitta

Taste Profile: Sweet, Astringent
Effect: grounding

Season: Winter

Ayurvedic Roll

Ingredients: oats, rice, paneer, sweet potato, masoor dal

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Salty, Sour

Effect: stabilizing

Season: Winter

Traditional Veg Stir Fry

Ingredients: rice, cauliflower, sweet potato, capsicum, moong dal

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Salty

Effect: energizing

Season: Winter

Ayurvedic Upma

Ingredients: beans, oats, ragi, ginger, broccoli

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Astringent, Bitter

Effect: energizing

Season: All

Homestyle Paratha

Ingredients: masoor dal, lentils, paneer, potato, beans

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Pungent, Bitter

Effect: light

Season: All

Fresh Paneer Curry

Ingredients: moong dal, cabbage, sweet potato, millet, spinach

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Salty, Astringent

Effect: grounding

Season: Summer

Homestyle Biryani

Ingredients: paneer, peas, beetroot, ghee, spinach

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sour, Astringent

Effect: cooling

Season: Monsoon

Warming Cutlet

Ingredients: toor dal, oats, peas, ragi, ghee

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Sour, Astringent

Effect: energizing

Season: All

Coconut Sandwich

Ingredients: potato, garlic, oats, peas, spinach

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Astringent, Salty

Effect: cooling

Season: Monsoon

Seasonal Kadhi

Ingredients: ginger, cauliflower, carrot, pumpkin, tomato

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Pungent, Sweet

Effect: warming

Season: All

Lemon Idli

Ingredients: garlic, masoor dal, capsicum, peas, beetroot

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Salty, Pungent

Effect: grounding

Season: Winter

Mixed Veg Snack Mix

Ingredients: sweet potato, paneer, masoor dal, beans, cabbage

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Sweet, Bitter

Effect: energizing

Season: Summer

Ayurvedic Vegetable Curry

Ingredients: moong dal, paneer, ragi, carrot, beetroot

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Salty, Bitter

Effect: light

Season: Summer

Masala Sabzi

Ingredients: ragi, cauliflower, toor dal, tomato, moong dal

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Pungent, Bitter

Effect: stabilizing

Season: Monsoon

Mild Pulao

Ingredients: onion, moong dal, cauliflower, cabbage, masoor dal

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Sour, Sweet

Effect: grounding

Season: All

Traditional Curry Bowl

Ingredients: pumpkin, millet, wheat, cauliflower, coconut

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Astringent, Salty

Effect: stabilizing

Season: All

Mild Stew

Ingredients: moong dal, beans, wheat, cabbage, ginger

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Astringent

Effect: warming

Season: Winter

Fresh Curry Bowl

Ingredients: ginger, wheat, cabbage, cauliflower, ghee

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Sweet

Effect: grounding

Season: Monsoon

Classic Upma

Ingredients: oats, paneer, coconut, moong dal, capsicum

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Pungent

Effect: grounding

Season: Monsoon

Seasonal Idli

Ingredients: pumpkin, toor dal, beetroot, sweet potato, garlic

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Bitter

Effect: warming

Season: Monsoon

Spicy Pasta

Ingredients: wheat, tomato, rice, beetroot, peas

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Sour, Bitter

Effect: grounding

Season: Monsoon

Fresh Stuffed Paratha

Ingredients: pumpkin, millet, toor dal, masoor dal, cabbage

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sweet, Pungent
Effect: warming
Season: Winter

Coconut Roti Sabzi

Ingredients: beans, capsicum, oats, millet, ragi

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Astringent, Sweet
Effect: energizing
Season: Winter

Ayurvedic Sabzi

Ingredients: lentils, tomato, garlic, pumpkin, masoor dal

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Pungent, Bitter
Effect: stabilizing
Season: Monsoon

Ginger Porridge

Ingredients: ghee, masoor dal, pumpkin, capsicum, ragi

Suitable For: Pitta, Vata
Avoids For: Kapha

Taste Profile: Salty, Sour
Effect: light
Season: Monsoon

Ginger Roll

Ingredients: toor dal, cabbage, cauliflower, coconut, oats

Suitable For: Kapha, Vata
Avoids For: Pitta

Taste Profile: Sour, Salty
Effect: cooling

Season: Winter

Coconut Porridge

Ingredients: wheat, cabbage, rice, tomato, garlic

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Astringent

Effect: energizing

Season: Summer

Fresh Dal

Ingredients: cauliflower, sweet potato, beetroot, tomato, ginger

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Salty

Effect: grounding

Season: Monsoon

Light Idli

Ingredients: moong dal, carrot, tomato, lentils, potato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Sweet

Effect: warming

Season: Monsoon

Light Veg Stir Fry

Ingredients: moong dal, masoor dal, beetroot, ragi, pumpkin

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Bitter, Sour

Effect: stabilizing

Season: Summer

Mint Poha

Ingredients: moong dal, beans, cauliflower, paneer, sweet potato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Astringent

Effect: warming

Season: Summer

Mint Dosa

Ingredients: onion, peas, millet, spinach, rice

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Pungent

Effect: cooling

Season: Monsoon

Mixed Veg Idli

Ingredients: garlic, coconut, pumpkin, tomato, moong dal

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Salty, Sour

Effect: warming

Season: All

Warming Stuffed Paratha

Ingredients: millet, oats, toor dal, wheat, capsicum

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Sour

Effect: grounding

Season: Winter

Classic Khichdi

Ingredients: cauliflower, spinach, carrot, paneer, beetroot

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Pungent, Salty

Effect: cooling

Season: Winter

Garlic Khichdi

Ingredients: ghee, coconut, garlic, carrot, millet

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Pungent, Bitter

Effect: light

Season: Monsoon

Light Khichdi

Ingredients: peas, broccoli, pumpkin, capsicum, ginger

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Salty

Effect: energizing

Season: All

Cooling Roll

Ingredients: beans, millet, potato, carrot, ragi

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Pungent, Sour

Effect: grounding

Season: Monsoon

Ayurvedic Paneer Curry

Ingredients: wheat, garlic, lentils, cabbage, moong dal

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Sweet, Sour

Effect: warming

Season: Winter

Light Cutlet

Ingredients: garlic, spinach, capsicum, potato, masoor dal

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Pungent, Sweet

Effect: warming

Season: Monsoon

Coconut Dosa

Ingredients: garlic, lentils, peas, paneer, cabbage

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sour, Pungent

Effect: cooling

Season: All

Traditional Porridge

Ingredients: millet, lentils, ginger, potato, oats

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Pungent

Effect: warming

Season: Winter

Spicy Rice Bowl

Ingredients: cauliflower, beetroot, oats, rice, onion

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Astringent

Effect: light

Season: Winter

Traditional Paneer Curry

Ingredients: beetroot, onion, paneer, potato, moong dal

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Salty

Effect: cooling

Season: All

Garlic Porridge

Ingredients: rice, ghee, onion, capsicum, oats

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Bitter

Effect: energizing

Season: All

Lemon Stew

Ingredients: millet, moong dal, garlic, onion, carrot

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Sweet

Effect: light

Season: Monsoon

Lemon Upma

Ingredients: oats, cauliflower, coconut, toor dal, ginger

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sour, Pungent
Effect: cooling
Season: All

Ginger Soup

Ingredients: masoor dal, oats, peas, toor dal, paneer

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Astringent, Sweet
Effect: light
Season: All

Fresh Sandwich

Ingredients: ginger, moong dal, tomato, sweet potato, beans

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Sweet, Salty
Effect: energizing
Season: Summer

Ginger Rasam

Ingredients: millet, onion, masoor dal, paneer, wheat

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Sour, Astringent
Effect: energizing
Season: Winter

Mint Thali

Ingredients: moong dal, cauliflower, oats, potato, peas

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Astringent, Sweet
Effect: energizing

Season: Winter

Mild Chutney

Ingredients: wheat, potato, toor dal, carrot, peas

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Astringent, Sour

Effect: cooling

Season: Winter

Seasonal Khichdi

Ingredients: lentils, coconut, cauliflower, oats, wheat

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Sweet, Sour

Effect: stabilizing

Season: Summer

Lemon Kofta

Ingredients: moong dal, lentils, potato, masoor dal, onion

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Sweet, Astringent

Effect: cooling

Season: Monsoon

Herbal Soup

Ingredients: ginger, ragi, cabbage, toor dal, carrot

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Pungent, Salty

Effect: warming

Season: All

Ginger Upma

Ingredients: peas, carrot, toor dal, tomato, beetroot

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Pungent

Effect: grounding

Season: All

Spicy Kadhi

Ingredients: ragi, oats, masoor dal, onion, wheat

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Salty

Effect: grounding

Season: Monsoon

Ginger Pulao

Ingredients: garlic, masoor dal, beetroot, sweet potato, ginger

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sour, Salty

Effect: grounding

Season: Winter

Homestyle Sprouts Bowl

Ingredients: peas, capsicum, ghee, millet, garlic

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Pungent

Effect: stabilizing

Season: Summer

Mild Tikki

Ingredients: cauliflower, toor dal, spinach, pumpkin, millet

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Pungent

Effect: cooling

Season: All

Traditional Stuffed Paratha

Ingredients: ginger, broccoli, millet, carrot, spinach

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Astringent, Sweet

Effect: stabilizing

Season: All

Garlic Kadhi

Ingredients: masoor dal, pumpkin, wheat, ginger, beans

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Astringent

Effect: cooling

Season: Summer

Fresh Sprouts Bowl

Ingredients: capsicum, garlic, sweet potato, toor dal, cauliflower

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Sour

Effect: stabilizing

Season: All

Ginger Veg Gravy

Ingredients: beans, ginger, millet, carrot, lentils

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Astringent

Effect: stabilizing

Season: All

Classic Vegetable Curry

Ingredients: beans, sweet potato, moong dal, peas, tomato

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Astringent, Sweet

Effect: cooling

Season: All

Lemon Poha

Ingredients: lentils, garlic, cauliflower, broccoli, coconut

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Salty, Sour

Effect: warming

Season: Monsoon

Warming Pasta

Ingredients: cabbage, wheat, coconut, carrot, millet

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Salty, Pungent

Effect: light

Season: Winter

Warming Curry Bowl

Ingredients: onion, toor dal, garlic, lentils, peas

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Sweet

Effect: grounding

Season: Monsoon

Masala Veg Stir Fry

Ingredients: rice, pumpkin, onion, ragi, cabbage

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Astringent, Sour

Effect: stabilizing

Season: Winter

Homestyle Veg Gravy

Ingredients: oats, wheat, moong dal, garlic, cauliflower

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Sour, Sweet

Effect: light

Season: All

Coconut Stew

Ingredients: paneer, beans, peas, cabbage, carrot

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Sour, Salty

Effect: warming

Season: Monsoon

Spicy Khichdi

Ingredients: moong dal, spinach, toor dal, coconut, garlic

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sweet, Salty

Effect: light

Season: Summer

Protein-Rich Paneer Curry

Ingredients: oats, capsicum, masoor dal, paneer, ginger

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Astringent, Sweet

Effect: grounding

Season: Monsoon

Garlic Rice Bowl

Ingredients: pumpkin, cauliflower, garlic, lentils, carrot

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Sour, Salty

Effect: warming

Season: Summer

Homestyle Dosa

Ingredients: ginger, potato, millet, cauliflower, carrot

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Pungent

Effect: energizing

Season: Monsoon

Garlic Dal

Ingredients: paneer, beans, coconut, toor dal, potato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Salty

Effect: cooling

Season: Winter

Mild Roti Sabzi

Ingredients: wheat, coconut, spinach, broccoli, tomato

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Salty, Sour

Effect: grounding

Season: All

Light Salad

Ingredients: rice, ginger, moong dal, beans, capsicum

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Astringent

Effect: cooling

Season: Winter

Spicy Vegetable Curry

Ingredients: rice, pumpkin, carrot, toor dal, moong dal

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Sweet

Effect: warming

Season: Winter

Mild Porridge

Ingredients: oats, peas, paneer, lentils, broccoli

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Sweet, Salty

Effect: warming

Season: Summer

Coconut Wrap

Ingredients: ghee, garlic, moong dal, peas, sweet potato

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Salty, Bitter

Effect: light

Season: Winter

Protein-Rich Stuffed Paratha

Ingredients: rice, moong dal, carrot, ghee, sweet potato

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Bitter, Salty

Effect: cooling

Season: Summer

Herbal Porridge

Ingredients: cauliflower, onion, ginger, beetroot, toor dal

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Sweet, Salty

Effect: light

Season: Monsoon

Cooling Stew

Ingredients: rice, ragi, cabbage, potato, cauliflower

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Pungent, Astringent

Effect: warming

Season: Monsoon

Warming Tikki

Ingredients: wheat, onion, sweet potato, beans, masoor dal

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Salty

Effect: stabilizing

Season: Monsoon

Lemon Sambar

Ingredients: beans, garlic, moong dal, millet, onion

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Sour

Effect: cooling

Season: Winter

Ginger Paratha

Ingredients: broccoli, toor dal, sweet potato, coconut, beetroot

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Sour

Effect: light

Season: Monsoon

Garlic Soup

Ingredients: potato, moong dal, paneer, cabbage, millet

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Sweet

Effect: energizing

Season: Monsoon

Cooling Kadhi

Ingredients: cabbage, ghee, paneer, carrot, ragi

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sweet, Astringent

Effect: warming

Season: Winter

Mint Stuffed Paratha

Ingredients: cauliflower, rice, garlic, wheat, masoor dal

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sour, Salty

Effect: grounding

Season: Winter

Protein-Rich Sabzi

Ingredients: rice, capsicum, ragi, cauliflower, garlic

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Astringent

Effect: stabilizing

Season: Monsoon

Homestyle Sambar

Ingredients: ghee, moong dal, carrot, tomato, ragi

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Astringent

Effect: grounding

Season: All

Light Roti Sabzi

Ingredients: capsicum, beetroot, toor dal, wheat, sweet potato

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Astringent, Pungent

Effect: warming

Season: Summer

Warming Kadhi

Ingredients: ragi, cabbage, millet, potato, rice

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sour, Pungent

Effect: grounding

Season: Summer

Garlic Curry Bowl

Ingredients: capsicum, ghee, wheat, masoor dal, peas

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Salty, Pungent

Effect: stabilizing

Season: Winter

Mild Veg Stir Fry

Ingredients: carrot, cauliflower, pumpkin, wheat, coconut

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Astringent

Effect: cooling

Season: Monsoon

Green Rice Bowl

Ingredients: paneer, ginger, beetroot, broccoli, tomato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Bitter
Effect: warming
Season: Summer

Classic Stew

Ingredients: broccoli, sweet potato, millet, toor dal, moong dal

Suitable For: Pitta, Vata
Avoids For: Kapha

Taste Profile: Salty, Astringent
Effect: stabilizing
Season: All

Mixed Veg Roll

Ingredients: garlic, sweet potato, cabbage, carrot, toor dal

Suitable For: Kapha, Vata
Avoids For: Pitta

Taste Profile: Sweet, Pungent
Effect: light
Season: All

Homestyle Sandwich

Ingredients: coconut, beetroot, ginger, ragi, ghee

Suitable For: Kapha, Pitta, Vata
Avoids For: none

Taste Profile: Bitter, Astringent
Effect: cooling
Season: All

Ginger Poha

Ingredients: beetroot, lentils, peas, ginger, onion

Suitable For: Kapha, Vata
Avoids For: Pitta

Taste Profile: Salty, Bitter
Effect: light

Season: Monsoon

Spicy Curry Bowl

Ingredients: paneer, masoor dal, capsicum, ragi, beetroot

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Bitter

Effect: grounding

Season: All

Classic Stuffed Paratha

Ingredients: potato, capsicum, beetroot, carrot, pumpkin

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sour, Astringent

Effect: warming

Season: Summer

Light Paratha

Ingredients: cauliflower, pumpkin, oats, spinach, broccoli

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Bitter, Sweet

Effect: cooling

Season: Summer

Warming Salad

Ingredients: ginger, broccoli, onion, paneer, millet

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Bitter

Effect: warming

Season: Summer

Classic Poha

Ingredients: masoor dal, cauliflower, broccoli, beetroot, peas

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Sour, Sweet

Effect: stabilizing

Season: Monsoon

Traditional Dal

Ingredients: cabbage, oats, garlic, ragi, pumpkin

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Sour, Sweet

Effect: cooling

Season: Winter

Cooling Lentil Soup

Ingredients: sweet potato, potato, rice, carrot, masoor dal

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Pungent, Sour

Effect: warming

Season: Monsoon

Protein-Rich Sambar

Ingredients: oats, toor dal, capsicum, ragi, coconut

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Sour, Bitter

Effect: warming

Season: Monsoon

Fresh Vegetable Curry

Ingredients: spinach, millet, wheat, pumpkin, toor dal

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Salty, Astringent

Effect: light

Season: Winter

Ayurvedic Snack Mix

Ingredients: capsicum, onion, beetroot, masoor dal, potato

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Astringent, Salty

Effect: cooling

Season: Monsoon

Cooling Biryani

Ingredients: rice, beans, garlic, toor dal, coconut

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Salty, Sweet

Effect: grounding

Season: Summer

Traditional Idli

Ingredients: lentils, millet, oats, garlic, carrot

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Sweet, Astringent

Effect: stabilizing

Season: Summer

Masala Rice Bowl

Ingredients: onion, coconut, peas, rice, spinach

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Pungent

Effect: cooling

Season: Winter

Ayurvedic Stew

Ingredients: masoor dal, oats, lentils, potato, paneer

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Salty, Pungent

Effect: grounding

Season: Monsoon

Seasonal Paratha

Ingredients: ghee, onion, spinach, rice, ginger

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Bitter

Effect: light

Season: Summer

Coconut Veg Gravy

Ingredients: masoor dal, sweet potato, rice, paneer, cabbage

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Sour, Astringent

Effect: warming

Season: Monsoon

Lemon Chutney

Ingredients: cabbage, beetroot, broccoli, spinach, lentils

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Astringent

Effect: grounding

Season: Summer

Light Vegetable Curry

Ingredients: masoor dal, sweet potato, beetroot, oats, spinach

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Sweet

Effect: grounding

Season: Summer

Seasonal Stew

Ingredients: potato, masoor dal, peas, pumpkin, paneer

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Bitter, Salty

Effect: light

Season: Winter

Lemon Paneer Curry

Ingredients: paneer, garlic, lentils, capsicum, ginger

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sour, Pungent

Effect: energizing

Season: Winter

Masala Dal

Ingredients: peas, cabbage, spinach, capsicum, broccoli

Suitable For: Vata

Avoids For: Kapha, Pitta

Taste Profile: Bitter, Sour

Effect: stabilizing

Season: Summer

Mild Upma

Ingredients: peas, broccoli, masoor dal, millet, paneer

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Sour

Effect: warming

Season: Summer

Green Stew

Ingredients: pumpkin, onion, coconut, sweet potato, masoor dal

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Pungent

Effect: energizing

Season: Monsoon

Spicy Cutlet

Ingredients: lentils, toor dal, carrot, broccoli, cauliflower

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Sweet, Pungent

Effect: stabilizing

Season: Monsoon

Mint Sandwich

Ingredients: ginger, broccoli, onion, capsicum, toor dal

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Astringent

Effect: light

Season: Winter

Ayurvedic Porridge

Ingredients: beetroot, paneer, carrot, onion, millet

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Salty, Sweet

Effect: light

Season: Summer

Seasonal Sprouts Bowl

Ingredients: tomato, ginger, potato, paneer, toor dal

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Salty, Sour

Effect: stabilizing

Season: Summer

Classic Sabzi

Ingredients: toor dal, coconut, cabbage, ragi, tomato

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Salty, Sour

Effect: energizing

Season: Winter

Lemon Stuffed Paratha

Ingredients: beetroot, ginger, capsicum, coconut, cabbage

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Sour, Pungent

Effect: grounding

Season: All

Lemon Porridge

Ingredients: peas, beans, cauliflower, garlic, rice

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Pungent, Astringent

Effect: warming

Season: Winter

Spicy Salad

Ingredients: potato, pumpkin, millet, coconut, paneer

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Sweet, Sour

Effect: grounding

Season: All

Coconut Snack Mix

Ingredients: masoor dal, sweet potato, broccoli, lentils, pumpkin

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Pungent, Bitter

Effect: energizing

Season: Summer

Coconut Stuffed Paratha

Ingredients: rice, onion, sweet potato, oats, tomato

Suitable For: Kapha, Pitta, Vata

Avoids For: none

Taste Profile: Bitter, Pungent

Effect: energizing

Season: Winter

Mixed Veg Biryani

Ingredients: oats, sweet potato, capsicum, wheat, masoor dal

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Salty, Sweet

Effect: stabilizing

Season: All

Fresh Sabzi

Ingredients: tomato, pumpkin, wheat, onion, potato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Bitter

Effect: energizing

Season: Monsoon

Seasonal Pulao

Ingredients: beetroot, paneer, peas, cabbage, pumpkin

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Astringent, Bitter

Effect: energizing

Season: Monsoon

Ayurvedic Veg Stir Fry

Ingredients: capsicum, beetroot, tomato, oats, cauliflower

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Salty

Effect: energizing

Season: Summer

Mixed Veg Rasam

Ingredients: onion, lentils, tomato, toor dal, coconut

Suitable For: Vata
Avoids For: Kapha, Pitta

Taste Profile: Bitter, Salty
Effect: warming
Season: Monsoon

Light Porridge

Ingredients: tomato, cauliflower, broccoli, sweet potato, pumpkin

Suitable For: Vata
Avoids For: Kapha, Pitta

Taste Profile: Bitter, Astringent
Effect: energizing
Season: Winter

Fresh Khichdi

Ingredients: carrot, beetroot, sweet potato, toor dal, pumpkin

Suitable For: Vata
Avoids For: Kapha, Pitta

Taste Profile: Sour, Sweet
Effect: grounding
Season: Winter

Spicy Porridge

Ingredients: millet, broccoli, beetroot, onion, oats

Suitable For: Kapha, Pitta, Vata
Avoids For: none

Taste Profile: Sour, Pungent
Effect: stabilizing
Season: Summer

Green Kofta

Ingredients: millet, capsicum, beetroot, wheat, cauliflower

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Salty, Astringent

Effect: cooling

Season: Winter

Light Wrap

Ingredients: beans, spinach, peas, tomato, oats

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Bitter

Effect: grounding

Season: All

Lemon Sabzi

Ingredients: capsicum, onion, moong dal, ragi, potato

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Bitter

Effect: stabilizing

Season: Monsoon

Fresh Wrap

Ingredients: paneer, cauliflower, spinach, millet, moong dal

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Astringent

Effect: stabilizing

Season: All

Classic Kadhi

Ingredients: capsicum, potato, cabbage, ginger, oats

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Pungent, Sour
Effect: cooling
Season: All

Spicy Stuffed Paratha

Ingredients: beetroot, oats, moong dal, beans, cauliflower

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Salty, Bitter
Effect: grounding
Season: Winter

Protein-Rich Poha

Ingredients: pumpkin, paneer, sweet potato, moong dal, peas

Suitable For: Pitta, Vata
Avoids For: Kapha

Taste Profile: Sour, Salty
Effect: stabilizing
Season: All

Lemon Thali

Ingredients: tomato, pumpkin, wheat, ragi, coconut

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Salty, Pungent
Effect: light
Season: All

Fresh Lentil Soup

Ingredients: cauliflower, sweet potato, spinach, coconut, moong dal

Suitable For: Kapha, Pitta, Vata
Avoids For: nan

Taste Profile: Pungent, Astringent
Effect: stabilizing

Season: All

Light Dal

Ingredients: beetroot, beans, ghee, capsicum, paneer

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Pungent, Sweet

Effect: cooling

Season: Monsoon

Cooling Stuffed Paratha

Ingredients: pumpkin, masoor dal, ghee, rice, lentils

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Astringent, Sweet

Effect: light

Season: Summer

Ginger Sambar

Ingredients: beans, carrot, potato, paneer, lentils

Suitable For: Kapha, Vata

Avoids For: Pitta

Taste Profile: Astringent, Pungent

Effect: stabilizing

Season: All

Mixed Veg Chutney

Ingredients: ghee, pumpkin, oats, garlic, masoor dal

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Sweet, Salty

Effect: energizing

Season: All

Warming Veg Stir Fry

Ingredients: ghee, cabbage, wheat, peas, rice

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Bitter, Pungent

Effect: light

Season: All

Warming Khichdi

Ingredients: coconut, lentils, ginger, tomato, beans

Suitable For: Pitta, Vata

Avoids For: Kapha

Taste Profile: Bitter, Sweet

Effect: cooling

Season: Winter

Green Chutney

Ingredients: toor dal, moong dal, pumpkin, sweet potato, paneer

Suitable For: Kapha, Pitta, Vata

Avoids For: nan

Taste Profile: Astringent, Pungent

Effect: grounding

Season: Monsoon