

Breakfast Recommendations for Vata

Dish Name	Ingredients	Score
Garlic Sandwich	spinach, ghee, capsicum, peas, broccoli	18
Traditional Curry Bowl	pumpkin, millet, wheat, cauliflower, coconut	18
Fresh Lentil Soup	cauliflower, sweet potato, spinach, coconut, moong dal	18
Mixed Veg Biryani	oats, sweet potato, capsicum, wheat, masoor dal	18
Mint Sandwich	ginger, broccoli, onion, capsicum, toor dal	18
Lemon Paneer Curry	paneer, garlic, lentils, capsicum, ginger	18
Homestyle Sandwich	coconut, beetroot, ginger, ragi, ghee	18
Garlic Dal	paneer, beans, coconut, toor dal, potato	18
Homestyle Veg Gravy	oats, wheat, moong dal, garlic, cauliflower	18
Ginger Soup	masoor dal, oats, peas, toor dal, paneer	18