

# Kapha-Pacifying Diet Meals

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**Prep: 15   Cook: 30   Rest: 0   Servings: 1**

## Ingredients

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- ½ cup ▸ Beans
- 3 oz ▸ Meat or Egg (optional)
- 1 cup ▸ Kale (optional)
- 2 clove ▸ Garlic (optional)
- ½ cup ▸ Asparagus (optional)
- ½ fruit ▸ Lemon (optional)
- 1 tbs ▸ Honey (optional)
- ½ cup ▸ Grains (e.g., Basmati rice) (optional)
- ½ cup ▸ Red Lentils (optional)
- 1 tbs ▸ Olive Oil (optional)
- ½ cup ▸ Onions (optional)
- ¼ tsp ▸ Saffron (optional)
- 1 cup ▸ Potatoes (optional)
- 1 tbs ▸ Tamari (optional)
- 1 cup ▸ Herbal Tea (optional)
- 1 cup ▸ Steamed Vegetables
- 1 stalk ▸ Lemongrass (optional)
- 1 tbs ▸ Lemon Juice (optional)
- ¼ tsp ▸ Black Pepper (optional)

- ½ cup ▸ Broccoli (optional)
- ½ cup ▸ Celery (optional)
- ½ cup ▸ Green Beans (optional)
- 1 cup ▸ Dandelion Greens (optional)
- 1 slice ▸ Rye Toast (optional)
- 1 cup ▸ Salad Greens (optional)
- 1 tbs ▸ Dried Fruit (optional)
- ½ cup ▸ Carrots (optional)
- ½ cup ▸ Split Peas (optional)
- 1 tsp ▸ Ginger (optional)
- ½ cup ▸ Rice Milk (optional)
- 1 tbs ▸ Mint (optional)
- 1 cup ▸ Fruit (apples, berries, etc.) (optional)
- ½ cup ▸ Leeks (optional)
- 1 fruit ▸ Baked Apple (optional)
- 1 cup ▸ Barley or Rice Porridge (optional)

## Instructions

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### 1. Prepare Dinner (Optional)

Prepare a simple soup or stew using any of the above ingredients in a smaller quantity. A smaller serving of the lunch components could also serve as a light dinner. For example, a simple dal soup with sautéed asparagus and basmati rice would make a light dinner option.

### 2. Prepare Protein (Optional)

Cook meat or egg if desired. Season with spices like black pepper for flavor.

### 3. Cook Vegetables

Steam or sauté vegetables until tender-crisp. Add spices as desired during cooking for additional flavor.

### 4. Prepare Vegetables

Wash and chop all vegetables. If using pre-cut vegetables, this step is faster.

### 5. Assemble Lunch

Combine cooked vegetables, grains/legumes, and protein (if using) in a bowl. For kale side dish, toss with olive oil, lemon juice, and black pepper.

## **6. Prepare Breakfast (Optional)**

If desired, have a light breakfast of fresh fruit (apples, berries, etc.), a fruit salad, a smoothie, freshly juiced fruit, or baked apple. For a more substantial breakfast, try a hot cereal like seasoned barley or rice porridge, adding a little dried fruit or honey if desired. Pair with herbal tea, but avoid overdoing it.

## **7. Prepare Grains/Legumes**

Cook grains (rice, barley) or legumes (lentils, beans) according to package directions. For the lentil soup, sauté the lemongrass with the lentils for added flavor.

*Source:* <https://youtu.be/lZBh2wc8LF4?si=nIabG5etGJrRTAov>