

Breakfast Bowl

SPICES	RICE	OTHER GRAINS	OPTIONS
Pick 1 combination or play with your own.	Pick 2 tablespoons of rice.	Pick 2 tablespoons of a grain.	Choose 1 type of nut, with or without dates.
Cinnamon & Carob	Basmati Rice	Pearled Barley	Almonds (2)
Cinnamon, Tumeric, & Cardamom	Arborio Rice	Rolled Oats	Walnuts (2)
Fenugreek & Cinnamon	Sushi Rice	Cream of Oats	Pecans (2)
Cinnamon, Nutmeg, & Cloves		Steel Cut Oats	Dates (1-2)
Cardamom Pod, Tumeric, Coriander, & Fresh Grated Ginger		Cream of Wheat	

- Start with 1/2-1 tablespoon of ghee in a pot. Add an 1/8 teaspoon of salt.
- Follow with spices. Less is more!
- Once an aroma fills the air from the spices, add your grain/s and any optional ingredients. Stir. Cover with water and top the pot with a lid.
- Cook on medium heat until soft and desired consistency.
- Let sit covered for approximately five minutes before enjoying.

Kitchari

SPICES	RICE	LEGUMES	AUGMENTING VEGETABLES	EXTRACTIVE VEGETABLES
Pick 1 combination or play with your own.	Pick 2-4 tablespoons of rice.	Pick 1-2 tablespoons of a legume.	Pick 1/2-2/3 cup of a single vegetable.	Pick 1/4-1/3 cup of a single vegetable.
Fenugreek, Fennel, Cinnamon	Basmati Rice	Split/Whole Mung	*Sweet Potatoes or Parsnips (<i>Lunch only</i>)	Broccoli
Tumeric, Coriander, Fennel	Arborio Rice	Black Eyed Peas	Carrots	Cauliflower
Coriander, Cumin, Fennel	Sushi Rice	Adzuki Beans	Beets	Kale, Chard, or Spinach
Mustard Seeds, Cumin, Coriander		Brown/Green Lentils	Zucchini	Cabbage

- Start with 1/2 tablespoon of ghee in two pots. Add an 1/8 teaspoon of salt to each.
- Rice and Legumes: Simmer spices in ghee until an aroma arises. Add ingredients, stir. Add water and cover with lid. Cook on low-medium heat for ~30 minutes.
- Vegetables: Option to add another spice or two or omit. Cook vegetables in water on low-medium heat until soft. Mix vegetables in with rice and legumes. Stir in a few drops of lemon if you are feeling cool or lime if you are feeling warm.
- Let sit covered for five minutes before enjoying.

Serenity Bowl

SPICES	RICE	LEGUMES	AUGMENTING VEGETABLES	EXTRACTIVE VEGETABLES
Pick 1 combination or play with your own.	Pick 2-4 tablespoons of rice.	Pick 1-2 tablespoons of a single legume.	Pick 1/2-2/3 cup of a single vegetable.	Pick 1/4-1/3 cup of a single vegetable.
Fenugreek, Fennel, Cumin	Basmati Rice	Split/Whole Mung	*Sweet Potatoes or Parsnips <i>(Lunch only)</i>	Broccoli
Tumeric, Coriander, Fennel	Arborio Rice	Black Eyed Peas	Carrots	Cauliflower
Coriander, Cumin, Fennel	Sushi Rice	Cannellini Beans	Beets	Kale, Chard, or Spinach
Mustard Seeds, Cumin, Coriander		Adzuki Beans	Zucchini	Cabbage

- Start with ~1/2 tablespoon of ghee in three pots, one pot for rice, legumes, and vegetables. (A rice cooker and Instant Pot could be used.)
- Add spices. Less is more! Simmer spices in ghee until an aroma arises.
- Add your main ingredient, stir, and then add water. Cover with lid. Cook on low-medium heat until soft and desired consistency.
- Stir in a few drops of lemon if you feel cool or lime if you feel warm.
- Let sit covered for approximately five minutes before enjoying.

Common Questions:

What's the difference between augmenting and extractive foods?

- Augmenting vegetables and other foods like grains nourish our bodies without requiring anything to be given up.
- Extractive foods like certain vegetables, legumes, and nuts provide nourishment through something being eliminated.
- We need both. The recipes included in this program aim to maintain a 60% augmenting and 40% extractive ratio.
- Let yourself be curious as to how these meals affect your digestion. If you are really motivated, apply this lens to life more broadly and see how it affects your inner state of balance.

Why do you recommend spicing moderately?

- The benefit of spices goes well beyond their flavors. Spices are medicine. Some of them help with blood pressure, others with bloating and so forth. They cool or warm the body. Thus, more isn't always better.
- Ayurveda recommends incorporating all six tastes into each meal: pungent, sour, salty, astringent, sweet, and bitter. When all six tastes are included, we feel more satiated and create greater internal harmony. For breakfast, aim for at least five of the six tastes.
- See the spice chart below to help you start to identify the taste of different spices. Notice if you lean heavily towards certain tastes over others.
- One spice shouldn't stand out more than any others.
- When cooking, explore what it's like not to taste your food. The tendency is to spice according to any imbalances of the elements within you. See what happens when you allow your intuition to be the guide, instead of your taste buds. The spice chart is there as a tool when you need it.

What about if I experience resistance to eating Ayurvedically?

- If resistance surfaces when you are preparing a meal or is present already upon reading this, acknowledge it, and ask yourself why without any judgment. Be curious.
- Keep in mind you are here to shake things up because what you were doing before was not bringing you into your unbounded, wild self to the extent that you would like.
- Soulful living is not about forcing yourself to fit any mold or burning through resistance with all might, leaving you utterly depleted later on. Rather, it's about seeing more clearly and taking steps at your pace and in your own way. This is the path of becoming your own healer.
- If you start with eating a bowl of kitchari once a week beginning during week three, fantastic! Start with where you are and love yourself there! The journey is one of exploration; the unfolding is the process and the destination.

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*How We Digest Food Is How We Digest Life.  
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| <b>Astringent</b> | <b>Bitter</b>    | <b>Pungent</b>              | <b>Sweet</b> | <b>Salty</b> | <b>Sour</b> |
|-------------------|------------------|-----------------------------|--------------|--------------|-------------|
|                   |                  | Rosemary (h)                |              |              |             |
|                   | Cumin (b)        | Cumin                       |              |              |             |
|                   | Coriander (b)    | Coriander                   | Coriander    |              |             |
|                   | Fennel (b)       | Fennel                      | Fennel       |              |             |
|                   |                  | Thyme (h)                   |              |              |             |
| Tumeric (b)       | Tumeric          |                             |              |              |             |
|                   |                  | Asfoetida/hing (h)          |              |              |             |
|                   | Mustard Seed (h) | Mustard Seed                |              |              |             |
| Fenugreek (h)     | Fenugreek        | Fenugreek                   | Fenugreek    |              |             |
| Cinnamon (h)      |                  | Cinnamon                    | Cinnamon     |              |             |
|                   |                  | Cardamom (seed-c, powder-h) | Cardamom     |              |             |
|                   |                  |                             | Anise (h)    |              |             |
| Nutmeg (h)        | Nutmeg           | Nutmeg                      |              |              |             |
|                   |                  | Pink Salt (b)               |              | Pink Salt    |             |
|                   |                  | Ginger (b)                  | Ginger       |              |             |
|                   | Black Pepper (h) | Black Pepper                | Black Pepper |              |             |

| Astringent      | Bitter                              | Pungent                | Sweet       | Salty         | Sour |
|-----------------|-------------------------------------|------------------------|-------------|---------------|------|
|                 |                                     | Chili Pepper (h)       |             |               |      |
|                 |                                     | Basil (h)              |             |               |      |
|                 |                                     | Bay Leaf (h)           |             |               |      |
| Celery Seed (c) |                                     |                        | Celery Seed |               |      |
|                 |                                     | Cilantro (c)           | Cilantro    |               |      |
|                 | Cloves (h)                          | Cloves                 |             |               |      |
|                 |                                     | Mint (small amounts-c) |             |               |      |
|                 |                                     | Oregano (h)            |             |               |      |
|                 |                                     | Paprika (h)            |             |               |      |
| Parsley (c)     |                                     | Parsley                |             |               |      |
|                 | Safron (b when cooked in milk/ghee) | Safron                 | Safron      |               |      |
|                 |                                     |                        |             | Sea Vegetable |      |
|                 | Carob (h)                           |                        |             |               |      |
|                 |                                     | Sage (h)               |             |               |      |
|                 | Caraway Seed (h)                    | Caraway Seed (h)       |             |               |      |

b = balancing to all doshas

c = cooling

h = heating