



DIET AND NUTRITION AT CARNOUSTIE



IMPORTANCE OF DIET IN AYURVEDA

“You are what you eat” is a saying that is taken very seriously in Ayurveda. The name ‘Ayurveda’ originates from two Indian words: ‘Ayur’, meaning life, and ‘Veda’ meaning knowledge or science. This oldest known “Science of Life” stresses that our diet or ‘ahara’ impacts both, our physical and emotional wellbeing and hence, is the first and foremost pillar of this science. There is a ‘sloka’ (writings of the ancient texts of ayurveda) that says “food is medicine when consumed properly.” And that improper diet produces toxins or ‘ama’ in the body which is the root cause of disease and ill health. From the curative perspective, while diet alone may not be the cure for all diseases, its proper intake can keep ailments away and under control.





WATER/KAPHA



FIRE/PITA



AIR/VATA

THEORY OF FIVE ELEMENTS (PANCHAMAHABHOOTA)

According to this theory all matter in this universe is composed of five basic elements- the Pancha Mahabhootas, namely Earth (Prithvi), Water (jala), Fire (agni), Air (vayu) and space (akasha). These elements are the building blocks of our world and can be found in everything around us in varying proportions. They combine in unique ways to create different environments, a wide variety of flora and fauna including human beings. These five elements also compose the food that we consume and hence their understanding is significant in making effective diet and nutrition plans.

THEORY OF THREE BIOLOGICAL HUMORS (TRIDOSHAS)

The human body and all flora and fauna around us are composed of the five elements or Panchamahabhootas. Derived from this, Ayurveda identifies three different Doshas or body types that have these five elements in varying proportions: Vata is made up of Vayu (air) and Akasha (space) Mahabhoota, Pitta is made up of Agni (fire) and Jala (water) Mahabhootas and Kapha is made up of Jala (water) and Prithvi (earth) Mahabhoota. Every individual's body composition has a different proportion of vata, pitta and kapha elements and this impacts his/her physical, mental and emotional traits.

SPACE

EARTH



WATER/KAPHA



FIRE/PITA



AIR/VATA

UNDERSTANDING THE DOSHAS

Have you ever wondered why each individual has different characteristic traits? Why some are gregarious, while others are reserved and quiet? Why some people love food and can eat just about everything, while others are poor eaters and dread food? Why are some people always happy and positive, while some are melancholic and pessimistic? While genetics has its own explanation, Ayurveda explains them through the understanding of the three doshas: Vata, Pitta and Kapha. According to the Ayurvedic concept of prakriti (constitution), each one of us is born with a unique combination of vata, pitta, and kapha dosha. This proportion at birth remains the personal reference point for optimal health and determines our physical and mental self. We remain healthy as long as our bodies can maintain the specific ratio of vata, pitta, and kapha that we were born with. However, any imbalance in this natural proportion, leads to physical and mental disease. No particular dosha is superior to the other. Each one has specific physical and emotional influences and are found in varying proportions in every individual. This is the underlying reason behind the fact that no two individuals are identical. However, generally, only one Dosha dominates an individual, but in some cases there might be an interplay of two together in varying proportions. Thus, Ayurveda recommends that we seek expert help to identify our correct Dosha or body type and make subtle lifestyle and dietary changes to suit it so that we can be healthy always.





FIRE/PITA



WATER/KAPHA



AIR/VATA

THE THREE PRIMARY DOSHIC STATES

The Doshas are biological energies that govern all physical and mental processes and provide every living being with an individual blueprint for health and achievement. They are found in the following three states:

- **Balanced:** in this state all the three Doshas are balanced in their natural proportions.
- **Aggravated:** in this state one particular Dosha is in excess and dominates.
- **Depleted:** in this state one particular Dosha is present in less than normal proportion.

Of the three, the aggravated state is the worst and leads to imbalance and disease. An aggravated Dosha state can be the result of an imbalanced diet or a stressful lifestyle. Ayurveda offers an individualized treatment for each type or body condition which is very different from the western model's "one-pill for all" approach. If detected on time, imbalanced Doshas can be cured by making alterations in diet and lifestyle. It is important to note that each Dosha type has its own specific dietary and lifestyle recommendations to keep it balanced and for this apparent reason, Ayurveda does not believe in a universal diet for all. Every individual should consume a diet compatible to his/ her predominant biological humors/doshas, to keep them in state of equilibrium in different seasons. This is both a preventive and curative approach to optimal health.





VATA DOSHA (WIND ENERGY)

Vata is primarily composed of the space (akasha) and air (vayu) elements. Intrinsically, the vata dosha is dry, light, mobile, cold, subtle and clear like the characteristics of air and space. Vata is also called the “King of the Doshas” because it is the energy of movement and governs all biological activity and gives the body its life force. A person with a predominantly Vata constitution will have physical and mental qualities that reflect the essential qualities of space and air and consequently, the Vata type of individuals are quick thinking, thin and fast moving. The balanced Vata individual is energetic, artistic, articulate and communicative. However, when the Vata type is disturbed then, like the hurricane effect it causes imbalance and the person becomes restless and anxious. The bodily disorders related to Vata imbalance are dryness of the skin, digestive disorders and constipation, painful joints, hampered circulation and movement.





PITTA DOSHA (FIRE ENERGY)

Pitta is made up of the Fire (agni) and Water (jal) elements. It has the qualities of being hot, sharp, light, liquid and oily. Physiologically, Pitta provides the body with heat and energy through the breakdown of complex food. It governs all processes related to transformation of energy throughout the mind and body. Thus, it governs nutrition and metabolism and the body temperature. A Pitta type individual will have qualities reflective of Fire and Water, such as a fiery personality and oily skin. Pitta is related to intelligence, understanding, digestion, and transformation and it governs joy, courage, willpower, anger, jealousy, and mental perception and intellect. The balanced Pitta individual is blessed with a joyful disposition, a sharp intellect, and tremendous courage and drive. However, when Pitta is imbalanced it leads to anger, rage, and ego leaving an individual who is bitter with life and haughty towards others. There is a saying that imbalanced Pitta individuals don't go to hell; they simply create it wherever they go! Pitta imbalances leads to bodily disorders like infection, inflammation, ulcers, heartburn, and fever.





KAPHA DOSHA (WATER ENERGY)

Kapha is composed of the earth (prithvi) and water (jala) elements. It has the qualities of being heavy, thick, slow, oily, moist and humid. Kapha lends structure and firmness to the physical body. Physiologically, Kapha moistens the food, gives bulk to our tissues, lubricates joints, stores energy, and makes up the cool bodily fluids such as water, mucous and lymph. A Kapha type individual has a sturdy body structure/frame and a calm temperament, reflecting the underlying elements of Earth and Water. Psychologically, Kapha governs love, patience, tranquility, compassion, greed, attachment and mental inertia. When imbalanced it leads to depression and lethargy and this makes the body prone to obesity, sinus congestion and ailments related to the mucous.





IMPACT OF THE SIX TASTES ON THE THREE DOSHAS

Dosha	Tastes that disturb the Dosha	Tastes that pacify the Dosha
Vata	<ul style="list-style-type: none">● Pungent● Bitter● Astringent	<ul style="list-style-type: none">● Sweet● Sour● Salty
Pita	<ul style="list-style-type: none">● Pungent● Sour● Salty	<ul style="list-style-type: none">● Sweet● Bitter● Astringent
Kapha	<ul style="list-style-type: none">● Sweet● Sour● Salty	<ul style="list-style-type: none">● Pungent● Bitter● Astringent





DIET ADVISORY FOR PITTA MIND-BODY CONSTITUTIONS:

- Should eat cool or warm food and avoid steaming hot dishes.
- Should favour bitter, sweet and astringent tastes.
- Avoid excess of butter and other saturated fats.
- Although the Pitta type have good digestion, they should avoid the temptation to overeat. and consume excess salt and spicy food.
- Pittas should take lots of salads but avoid sour cream or vinegar based salad dressings. They should use more of lime.
- Cold milk and ice creams are good for the Pitta type.
- Avoid pickles and fermented food.
- Avoid alcohol.
- Avoid coffee. Have herbal teas particularly, mint and licorice.
- Prefer cereals with cold milk for breakfast. Avoid white flour at all costs.
- Avoid red meats. Vegetarianism should be favoured.
- Avoid fried, oily, spicy and heavy food.



DOS AND DON'T FOR PITTA

DO'S

DON'T'S

VEGETABLES

Asparagus, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Celery, Cucumber, Green beans, Green (sweet) peppers, Leafy Green Vegetables, Lettuce, Mushrooms, Okra, Parsley, Peas, Potatoes, Sprouts, Squash, Sweet potatoes, Zucchini

Beets, Carrots, Eggplant, Garlic, Hot peppers, Onions, Radishes, Spinach, Tomatoes (sour)

FRUITS

Apples, Avocados, Cherries, Coconut, Figs, Dark grapes, Mangoes, Melons, Oranges, Pears, Pineapples, Plums, Prunes, Raisins

Apricots, Bananas, Berries, Cherries (sour), Cranberries, Grapefruit, Papayas, Peaches, Persimmons, Oranges (sour), Fruits, Green grapes, Oranges, Pineapple & Plum unless they are sweet and Ripe.

GRAINS

Barley, Oats, Wheat, White rice (prefer Basmati rice)

Brown rice, Corn, Millet, Rye

DAIRY

Butter, Egg whites, Ghee (clarified butter) - Moderate portions, Ice cream, Milk

Buttermilk, Cheese, Egg yolks, Sour cream, Yogurt

MEAT

Chicken, Shrimp, Turkey (Small portions)

Red meat and sea food in general



MIND-BODY CONSTITUTIONS:

DO'S

DON'T'S

BEANS/LENTILS

Chickpeas, Mung beans, Tofu and other soybean products

Lentils

OILS

Coconut, Olive, Soy, Sunflower

Almond, Corn, Safflower, Sesame

NUTS AND SEEDS

Coconut, Pumpkin seeds, Sunflower seeds

Oily ones to be avoided completely

SWEETENERS

All are acceptable except honey and molasses

Honey and Molasses

HERBS AND SPICES

Cardamom, Cilantro (green coriander), Cinnamon
Coriander seed, Dill, Fennel, Mint Saffron, Turmeric,
Cumin and black pepper-small proportions

All pungent herbs and spices, Barbecue
sauce, Mustard, Pickles, Salt, Sour salad
dressings, Vinegar





DIET ADVISORY FOR KAPHA MIND-BODY CONSTITUTIONS:

- Warm, light food.
- Eat warm and light food with minimal butter or oil.
- Eat food with pungent, bitter, and astringent tastes.
- Avoid sweets or fatty foods. Excessive salty food may cause water retention in kapha types.
- Follow a routine when it comes to meals and have light breakfast and dinner. Lunch should be the main meal.
- Avoid oily and fried food. Eat steamed, lightly cooked or raw foods. Cold foods should be avoided.
- Consume ginger tea once or twice a day.
- Avoid or restrict the intake of dairy food items.
- Avoid Ghee and oils. Consume in minimal proportions.



DOS AND DON'T FOR KAPHA

DO'S

DON'T'S

VEGETABLES

Beets, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Eggplant, Garlic, Leafy green vegetables, Lettuce, Mushrooms, Okra, Onions, Peas peppers, Potatoes, Radishes, Spinach, Sprouts

Beets, Carrots, Eggplant, Garlic, Hot peppers, Onions, Radishes, Spinach, Tomatoes (sour)

FRUITS

Apples, Apricots, Berries, Cherries, Cranberries, Figs, Mangoes, Peaches, Pears, Prunes, Pomegranates

Apricots, Bananas, Berries, Cherries (sour), Cranberries, Grapefruit, Papayas, Peaches, Persimmons, Oranges (sour), Fruits, Green grapes, Oranges, Pineapple & Plum unless they are Sweet and Ripe.

GRAINS

Barley, Buckwheat, Corn, Millet, Oats, Dry, Rye, Basmati rice

Brown rice, Corn, Millet, Rye

DAIRY

Warm skim milk, Small amounts of whole Milk and Eggs (not fried or Cooked with Butter)

Buttermilk, Cheese, Egg yolks, Sour cream, Yogurt

MEAT

Chicken, Shrimp, Turkey
(All in small portions)

Red meat, Seafood

MIND-BODY CONSTITUTIONS:

DO'S

DON'T'S

BEANS/LENTILS

All legumes are acceptable except kidney beans and tofu

Avoid cheese and fatty dairy items

OILS

Almond, Corn, Safflower, Sunflower
(All in small portions)

All, except the ones in the favoured list.

NUTS AND SEEDS

Sunflower seeds, Pumpkin seeds

All, except sunflower seeds and pumpkin seeds

SWEETENERS

Raw honey

All, except honey

HERBS AND SPICES

All are good. Ginger is especially good for improving digestion

Salt





DIET ADVISORY FOR VATA MIND-BODY CONSTITUTIONS:

- Prefer salt, sour, and sweet tastes. Avoid bitter and pungent foods.
- Since vata is a cold and dry dosha, warm and nourishing foods should be preferred by this type.
- Individuals with this constitution should eat small and frequent meals and never skip breakfast.
- Consume warm milk, cream, butter, warm soups, stews, hot cereals, freshly baked whole wheat bread and any other dish which is warm, milky, and sweet.
- Avoid cold salads with vinegar based dressings and raw vegetables.
- Avoid caffeine and have hot herbal teas. Avoid ice cold drinks.
- Have lots of vegetable soups.
- This type can have oily food. However, avoid excess oil. Preference to be given to clarified butter (ghee), olive and sesame oil.
- All milk products are good. Drinking warm milk with honey is recommended.
- Prefer salted nuts that are heavy and oily as opposed to dry salty snacks.
- Eat lots of sweet and heavy fruits and avoid sour and unripe ones.
- All sweet fruits are good for vata. Avoid unripe fruits.



DOS AND DON'T FOR VATA

DO'S

DON'T'S

VEGETABLES

Asparagus, Beets, carrots, Cucumber, Garlic, Green Beans, Onions, Cooked, Onions, Cooked, Sweet potato, Radishes, Turnips, Leafy greens in Moderation

Broccoli, Brussels sprouts, Cabbage, Cauliflower, Celery, eggplant, Leafy green vegetables, Mushrooms, Peas, Peppers, Potatoes, Sprouts, Tomatoes, Zucchini

FRUITS

Sweet Fruits, Apricots, Avocados, Bananas, Berries Cherries, Coconut, Fresh Figs, Grapefruit, Lemons, Grapes, Mangos, Sweet Melons, Sour Oranges, Papaya, Pineapple, Peaches, Plums, Sour Fruits, Stewed Fruits, Sweet, Well-ripened fruit in general

Apples, Cranberries, Pears, Pomegranates, Avoid dried fruits, in general and unripe fruit (Especially Bananas)

GRAINS

Oats (as cooked oatmeal cereal, not dry), Cooked rice, Wheat

Barley, Buckwheat, Corn, Dry Oats, Millet, Rye

DAIRY

All Dairy is acceptable

MEAT

Chicken, Seafood, Turkey (Small portions) and well cooked

Avoid Red meat

MIND-BODY CONSTITUTIONS:

DO'S

DON'T'S

BEANS/LENTILS

Chickpeas, Mung beans, Pink lentils, Tofu (Small portions)

All, Except as noted.

OILS

All oils are acceptable
Sesame oil and olive oil are especially good.

NUTS AND SEEDS

All are acceptable in small amounts. Almonds are best.

SWEETENERS

All sweeteners are acceptable

HERBS AND SPICES

Almost all, in moderation, with emphasis on sweet and/or heating herbs and spices, such as: Anise, Asafoetida, Basil, Bay Leaf, Black Pepper (use Sparingly), Caraway, Cardamom, Cilantro (Green Coriander), Cinnamon, Clove, Cumin, Fennel Ginger, Juniper Berries, Licorice Root, Mace, Marjoram Mustard, Nutmeg, Oregano, Sage, Tarragon, Thyme

Avoid using spices in large quantities. Minimize or avoid all bitter and astringent herbs and spices such as: Coriander Seed, Fenugreek, Parsley, Saffron, Turmeric



**Signature Ayurveda diet Recipes at Carnoustie
by chef Ashok Pillai**







SOUPS



CARNOUSTIE GARDEN RETREAT SOUP

Serves 04 Portions (Vata Diet)

INGREDIENTS

Pumpkin (Red)	50 gms.
Pumpkin (White)	50 gms.
Long Beans	40 gms.
Ladies Finger	30 gms.
Curry Cucumber	30 gms.
Carom Leaf	15 gms.
Ginger	15 gms.
Turmeric	02 gms.
Black Eyed Beans (Soaked Overnight)	30 gms.
Water as required	
Curry Leaves	03 leaves
Virgin Olive Oil	15 ml.

INSTRUCTIONS

- Sauté all together in virgin olive oil, add water and simmer for 30 minutes.
- Gently mash the solid ingredients.
- Take down from fire, sprinkle lime juice and add seasoning and garnish.
- Serve hot.





ALKALISING GARDEN VEG SOUP

Serves 04 Portions (Vata Diet)

INGREDIENTS

Garlic	15 gms.
Ginger	20 gms.
Coriander Leaves	05 gms.
Courgettes	25 gms.
Broccoli	30 ml.
Spinach	08 gms.
Parsley	05 gms.
Broccoli	30 gms.
Rock Salt	03 gms.
Fresh Turmeric	08 gms.
Sunflower Oil	10 ml.
Lime Zest	02 gms.
Water	03 ltrs.

INSTRUCTIONS

- Pour oil into the heated pan. Add the garlic, ginger, turmeric and salt and sauté on medium heat for 2mins.
- Add the courgettes, making sure you mix well to coat the slices in all the spices, and continue cooking for 3mins.
Add water.
- Add the broccoli, spinach and lime zest. Leave to cook again for another 3-4mins until all the vegetables are soft.
- Take off the heat and add the chopped parsley. Pour everything into a blender and blend on high speed until smooth. Garnish with lime zest and parsley.
- Serve warm.





HOME GRON FENNEL SOUP

Serves 04 Portions (Vata Diet)

INGREDIENTS

Fennel Bulbs	150 gms.
Carrot	75 gms.
Baby Cucumber	75 gms.
Baby Radish	30 gms.
Bay Leaf	01 nos.
Star Anise	01 nos.
Ginger Roots	30 gms.

INSTRUCTIONS

- Prepare a base stock by boiling 2 litres of water with fennel bulbs ,star anise , bay leaf and ginger roots.
- Bring it to boil for 2 minutes , turn down the flame and let it simmer for 20minutes.
- Cut the vegetables into desired shapes and keep aside.
- Strain the above stock bring back to the fire, drop the vegetables in it and allow them to simmer for another 10minutes.
- Serve hot.





CHICKPEA PARSLEY SOUP WITH ROASTED CARAWAY SEEDS

Serves 04 Portions (Vata Diet)

INGREDIENTS

Chickpeas	100 gms.
Parsley	25 gms.
Caraway Seeds	03 gms.
Ginger	20 gms.
Water	02 litres
Cinnamon	03 gms.
Cumin Powder	01 gms.
Lime Juice	06 drops

INSTRUCTIONS

- Pre-soak the chick peas overnight.
- Bring to boil all ingredients together except lime, simmer for 30mts.
- Blend the mixture in mixer till smooth, strain. Bring it to a boil. Add seasoning and add few drops of lime juice. Serve hot.





CHEF ASHOK'S SUPER FOOD BOOSTER

Serves 04 Portions (Pita Diet)

INGREDIENTS

Sprouts	50 gms.
Flax Seeds	05 gms.
Millet Flour	05 gms.
Coconut Oil Virgin	10 ml.
Barley	08 gms.
Oats	40 gms.
Broccoli	30 gms.
Drumstick	40 gms.
Beetroot	½ No
Carom Seeds	15 gms.
Red Spinach	15 gms.
Turmeric	02 gms.
Water	2.5 ltr.

INSTRUCTIONS

- Drop the coconut oil in sauce pan and add the millet floor.
- Stir for a while till golden brown and add the remaining ingredients except shredded spinach.
- Simmer for half an hour.
- Take out from fire add the red spinach season as required.





SPINACH AND DRUMSTICK LEAVES SOUP

Serves 04 Portions (Pita Diet)

INGREDIENTS

Drumstick Leaves Cleaned	30 gms.
Garlic	20 gms.
Ginger	20 gms.
Cumin Crushed	04 gms.
Coriander Leaves With Root	25 gms.
Spinach Green	200 gms.
Dry Mango Powder	04 gms.
Fresh Turmeric	30 gms.
Sunflower Oil	20 ml.
Water	03 ltr.

INSTRUCTIONS

- Heat oil add crushed cumin, ginger garlic, turmeric and coriander. Sauté for a few seconds.
- Add roughly cut spinach leaves and water.
- Simmer for 15minutes and sprinkle the mango powder and leave aside to cool to room temperature.
- Churn in mixer to get a smooth mix.
- Bring back to boil and add cleaned drumstick leaves.
- Cook for another three minutes and serve hot.





FRESH GINGER TURMERIC SOUP

Serves 04 Portions (Pita Diet)

INGREDIENTS

Ginger	15 gms.
Raw Mango	30 gms.
Coconut Oil	05 gms.
Mustard	05 gms.
Cumin	05 ml.
Garlic	10 gms.
Curry Leaf	03 gms.
Fresh Turmeric	30 gms.
Coriander Leaf	03 gms.
Asafoetida	10 ml.
Vegetable Stock	2.5 ltr.

INSTRUCTIONS

- Heat a deep vessel, add 3 ½ cups of vegetable stock, raw mango pieces, salt, crushed turmeric, ginger few curry leaves and bring to a boil.
- Continue to boil for 5 minutes, till the mango pieces are cooked.
- Heat oil in a pan, add mustard seeds and as they splutter, add cumin seeds and curry leaves and stir fry for a few seconds. Add as aphidoidea and stir for half a minute.
- Add to the hot liquid mix and stir. Turn off heat and place lid. Strain and garnish with coriander leaves and fine ginger strips and serve hot.





BARLEY AND SPROUTS SOUP

Serves 04 Portions (Pita Kapha Diet)

INGREDIENTS

Pearl Barley	30 gms.
Barley Powder	35 gms.
Cinnamon	01 stick
Bay Leaf	01 no
Celery	30 gms.
Assorted Sprouts	50 gms.
Stock Water	03 ltr.
Extra Virgin Olive Oil	12 ml.

INSTRUCTIONS

- Soak the barley for an hour.
- Boil the barley in the stock water till cooked.
- Heat olive oil and add bay leaf, cinnamon stick and fine chopped celery and assorted sprouts and sauté for a while.
- Sprinkle the barley powder into it and cook till it gets a sandy texture.
- Pour the stock water into the above mixture and simmer for 25minutes.
- Garnish with sprouts and serve hot.





RED SPINACH AND OKRA SOUP

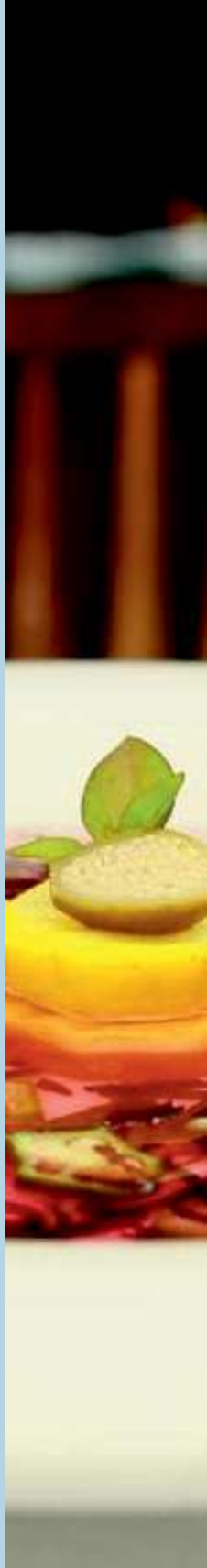
Serves 04 Portions (Kapha Diet)

INGREDIENTS

Garlic	02 gms.
Red Spinach Chopped	20 gms.
Lady Finger Sliced	20 gms.
Shallots	20 gms.
Dry Mango Powder	03 gms.
Vegetable Stock	100 ml.
Salt	to taste

INSTRUCTIONS

- Dry roast the sliced lady finger with garlic till crunchy and brown.
- Add the hot vegetable stock and juliennes of spinach and simmer for 5 minutes.
- Add Seasoning, sprinkle dry mango powder and remove from fire and serve hot.





BANANA STEM AND CURRY LEAF SOUP

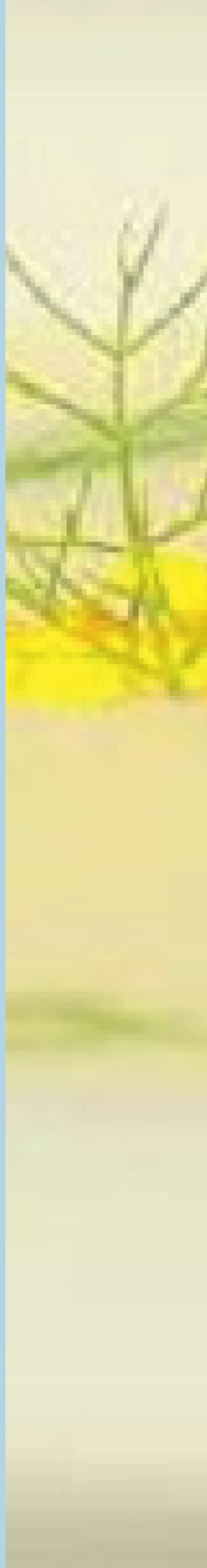
Serves 04 Portions (Kapha Diet)

INGREDIENTS

Banana Stems	200 gms.
Curry Leaves	15 gms.
Ginger	30 gms.
Split Green Grams	40 gms.
Water	03 litres
Tender Coconut Flesh	35 gms.
Fresh Fennel Seeds	18 gms.

INSTRUCTIONS

- Clean and chop the banana stem into circular discs and soak in water for 10 mts.
- Drain; Take a saucepan and dry stir the curry leaves, ginger, split green grams.
- Add the water and bring to boil.
- Add the fennel coconut flesh and fennel seeds.
- Simmer on a slow flame for 30 minutes.
- Blend the soup in mixer, sieve it.
- Serve garnish with dried curry leaf powder.





TOMATO AND HOLY BASIL SOUP

Serves 04 Portions (Kapha Diet)

INGREDIENTS

Tomatoes	500 gms.
Holy Basil	15 gms.
Yellow Ginger	30 gms.
Green Pepper Corns	03 nos.
Caraway Leaf	01 nos.
Water	03 litres.
Mandarin Orange	01 nos.
Celery	35 mgs.

INSTRUCTIONS

- Cut the tomato, yellow ginger and celery roughly.
- Bring them to boil along with 2 ltr. of water, drop 3 green pepper corns and the caraway leaves.
- Cook on a slow flame for 30 minutes. Take it down and mix crushed holy basil and blend in a mixture.
- Bring back to boil, check the consistency and add seasoning.
- Serve hot after garnishing with young mandarin zest.





LEMONGRASS PAPAYA SOUP

Serves 04 Portions (Kapha Diet)

INGREDIENTS

Papaya Ripe	300 gms.
Papaya Raw	300 gms.
Lemon Grass	40 gms.
Chia Seed	08 gms.
Coriander Root	45 gms.
Ginger	25 gms.
Water	2000 ml.

INSTRUCTIONS

- Cut peel and deseed the papaya roughly.
- Bring all ingredients together with water in a sauce pan and simmer for 30minutes.
- Drain and blend well in a mixture and strain with a conical strainer.
- Bring back to heat, season as required and serve hot.





BROCCOLI AVOCADO ALMOND SOUP

INGREDIENTS

Broccoli Flowerets	180 gms.	Lime Wedge	01 nos
Avocado Cubes	120 gm.	Salt	to taste
Chopped Garlic	15 gms.	Parsley Chopped	20 gm.
Chopped Onion	20 gms.	Olive Oil	03 ml.
Chopped Celery	30 gms.	Vegetable Stock	1200 ml.
Almonds Peeled	40 gms.		

HEALTH BENEFITS

- Benefits Include avocado broccoli and almonds known as super foods, they are packed with vitamins, minerals, and antioxidants

METHOD

- Heat oil , add garlic onion celery broccoli, sauté for 2mts till garlic get golden brown colour
- Add the avocado almonds and half stock. Cook for 10mts
- Cool down blend in a mixture till smooth, strain if required,
- Bring back to fire add the remaining stock, cook for another 3mts, season with salt.
- Sprinkle chopped parsley; remove from fire squeeze the lime wedge. Serve hot.





PAPAYA LEMONGRASS SOUP

INGREDIENTS

Olive Oil	04 ml.	Salt	to taste
Chopped Ginger	30 gms.	White Pepper	02 gms.
Semi Ripe Papaya Cubs	150 gms.	Chopped Coriander Leaves	10 gms.
Raw Papaya Cubes	150 gms.	Cumin Powder Roasted	03 gm.
Lemon Grass Stock	1200 ml.	Lime Leaves	01 no.

HEALTH BENEFITS

- Benefits include rich in antioxidants, good for throat, weight loss, helps for digestion

METHOD

- 1. Heat oil in a pan; add ginger, raw papaya cubes. Stir for a while
- Add ripe papaya, stock , lime leaves, salt, cumin powder
- Cook for 06mts. remove the lime leaves.
- Paste the mix, in blender till smooth.
- Bring back to fire add any remaining stock required; add chopped coriander leaves, white pepper powder.
- Simmer for 02mts, serve hot.





MUSHROOM PARSLEY SOUP

INGREDIENTS

Button Mushrooms	250 gm.	Water	03 ltr.
Parsley	20 gms.	White Peppers	02 gms.
Garlic	30 gms.	Vegetable Oil	50 ml.
Bayleaf	01 nos.	To Taste Salt	
Spring Onion	30 gms.		

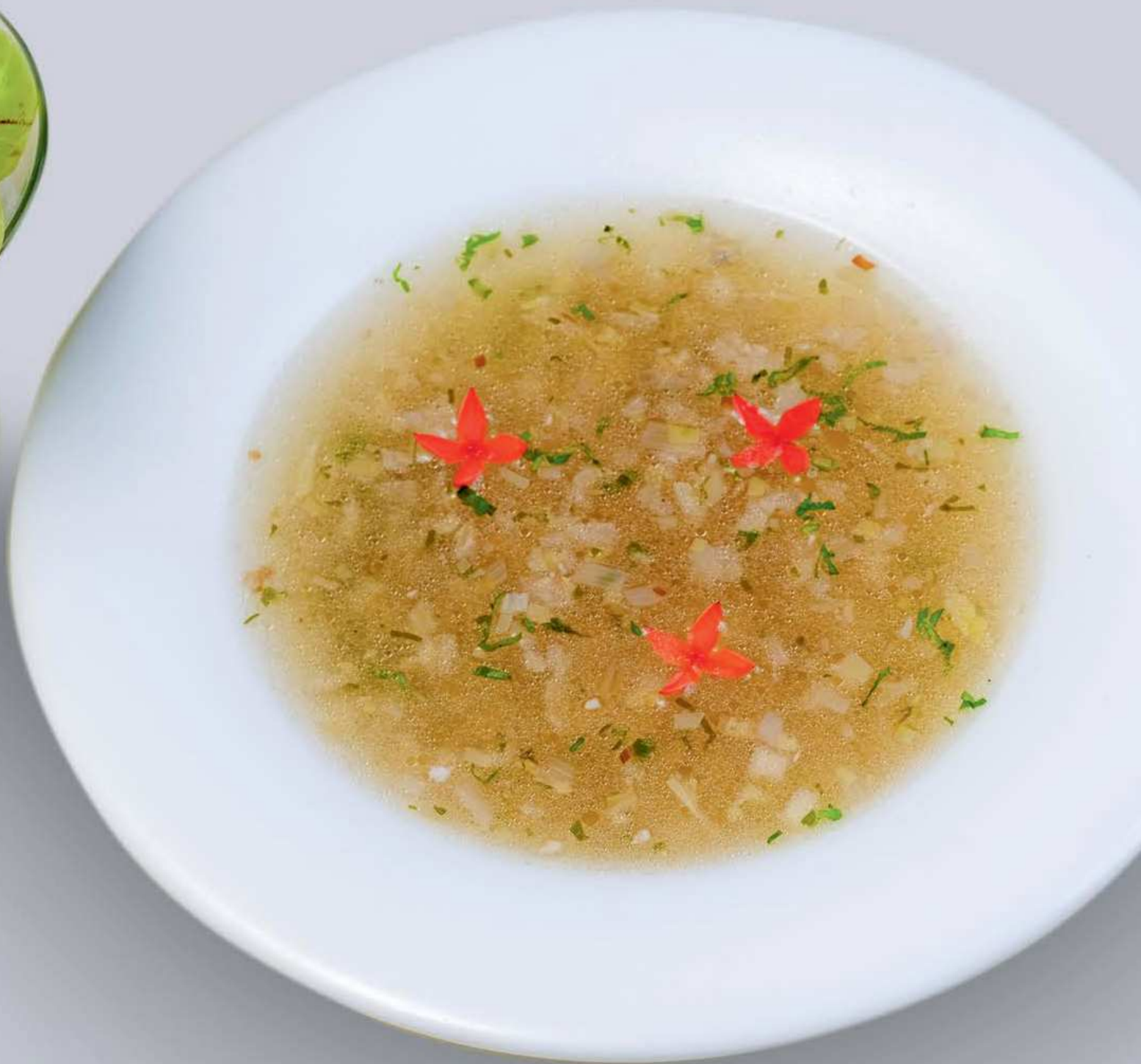
HEALTH BENEFITS

- Antioxidants, Health Boosting Vitamins, Anti-Inflammatory, Weight Loss, Helping Low Blood Pressure

METHOD

- Clean, peel and roughly cut all the vegetables
- Heat oil in a sauce pan, add the roughly cut vegetables
- Sweat for 2minutes, add the water
- Reduce the flame simmer for 10mts
- Cool down, blend in a mixer strain it
- Bring back to boil aminute, add pepper and salt. Serve hot





LEEKS AND GOOSEBERRY SOUP

INGREDIENTS

Leeks Chopped	40 gm.	Vegetable Stock	03 ltr.
Gooseberry Tiny Cubes	40 gm.	Parsley Chopped	5 gms.
Cucumber Small Cubed	25 gm.	Water	03 ltrs.
Sweet Potato Cubed	25 gm.	Olive Oil	30 ml.
Garlic Chopped	10 gm.	To Taste Salt	

HEALTH BENEFITS

- Has anti oxidants, control blood sugar, high in fibre etc

METHOD

- 1. Cut and keep the vegetable as described
- Heat oil in a pan add garlic, leeks sweat for 2mts
- Add the sweet potato stir again
- Add the vegetable stock
- Put the remaining ingredients, simmer for 20mts
- Check seasoning and serve hot





DRUMSTICK GINGER SHORBA

INGREDIENTS

Drumsticks	350 gm.	Bayleaf	01 nos.
Ginger	50 gms.	Coriander Leaves Chopped	25 gms.
Garlic	25 gms.	Water	03 ltrs.
Onion Sliced	40 gms.	White Peppers	02 gms.
Cumin Powder	03 gms.	Vegetable Oil	50 ml.
Boiled Split Moong Beans	60 gms.	To Taste Salt	

HEALTH BENEFITS

- Great For Diabetes, Boloster immunity, Antioxidants Fight Infections, Boost for Heart Heath And Promote For Weight Loss.

INSTRUCTIONS

- Cut the drumstick into 6cm sticks.
- Roughly cut the remaining vegetables.
- Heat oil in a sauce pan, add the cumin powder and remaining vegetables.
- Sweat for 2minutes, add moong stir for a while add the water.
- Reduce the flame simmer for 25mts.
- Add the remaining ingredients.
- Strain it bring back to boil check the seasoning, serve hot garnished with coriander leaves.







SALADS



LETTUCE APPLE WALNUT SALAD

INGREDIENTS

Apple Green	100 gm.	White Wine Vinegar	01/02 tsp.
Walnut Toasted	50 gm.	Olive Oil	01tsp.
Lettuce Any	150 gm.	Spring Onions Finely Chopped	08 gms.
Figs	40 gm.	Salt	To Tast
Cucumber	100 gm.		

INSTRUCTIONS

- Slice the cucumber and apples.
- Toast the walnuts.
- Clean and dry the lettuce.
- Make the dressing with vinegar, oil and salt.
- Toss on the remaining ingredients.





RED PEPPER AND BARLEY SALAD

INGREDIENTS

Bell Pepper Red		Black Grams Boiled	30 gm.
Roasted and Peeled	350 gm.	Lettuce Iceberg	80 gms.
Barley Boiled	40 gm.	Coconut Vinegar	01 tsp.
Basil Chopped	08 gm.	Salad Oil	2 tsp.
Garlic Finely Chopped	10 gm.	Salt	To tast.

INSTRUCTIONS

- Cut the roasted red pepper into cubes.
- Take large bowl drop the vinegar salt and oil mix well.
- Drop the remaining ingredients.
- Toss all together check the seasoning.





STEAMED PAPAYA CABBAGE SALAD WITH CORIANDER LEMON DRESSING

INGREDIENTS

Papaya Raw	140 gm.	Onion	50 gm.
Cabbage Green	100 gm.	Coriander Leaves	35 gm.
Lettuce Iceberg	80 gm.	Lime Juice	5 ml.
Spring Onion Greens	30 gm.	Carrot	60 gm.
Black Sesame Seeds	8 gm.	Salt	To taste.

INSTRUCTIONS

- Clean and shred the papaya cabbage, carrots, ice Bergh, spring onions, slice the onions, chop the spring onions.
- For the dressing: blend together half of the sesame, coriander and lime juice.
- Toss the above ingredients in the dressing, rest for 5mts, top with the remaining sesame and coriander leaves.





GREEK SALAD PITA/KAPHA

INGREDIENTS

- 1 English cucumber, cut lengthwise, seeded, and sliced ¼-inch thick
- 1 green bell pepper, chopped into 1-inch pieces
- 2 cups halved cherry tomatoes
- One and a three cup thinly sliced red onion cup pitted Kalamata olives

Dressing

- ¼ cup Extra Virgin Olive oil
- 3 tablespoons red wine vinegar
- 1 garlic clove, minced
- ½ teaspoon dried oregano, more for sprinkling
- ¼ teaspoon sea salt
- Freshly ground black pepper

METHOD

- Make the dressing: In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt, and several grinds of pepper.
- On a large platter, arrange the cucumber, green pepper, cherry tomatoes, red onions, and olives. Drizzle with the dressing and very gently toss. Sprinkle with a few generous pinches of oregano. Season taste and serve.





TROPICAL VEGETABLE SALAD

VATA/PITA/KAPHA

INGREDIENTS

All vegetables cut into small sticks

Yam	30 gm.	Coconut Oil	1 tsp.
Snake Guard	30 gm.	Grated Coconut	2 tbs.
Drum Stick	30 gm.	Turmeric Powder	2 gm.
Curry Cucumber	30 gm.	Curry Leaves	2 flakes.
White Pumpkin	30 gm.	Carrot	30 gm.
Red Pumpkin	30 gm.	Beans	30 gm.
Taro	30 gm.	Cumin Seeds	5 g.

METHOD

- Crush the coconut with turmeric cumin and keep aside.
- Mix together remaining all ingredients except curd and oil.
- Heat a pan in low flame drop the vegetables, sprinkle some water cover and cook till tender.
- Open and sprinkle the remaining ingredients, cook for another 2 mts, stir well.





BEETROOT WALNUT SALAD VATA/KAPHA

INGREDIENTS

Beetroot Boiled	250 gm.
Walnut Toasted	50 gms.
Lettuce Any	80 gms.
Sesame Seeds Toasted	10 gms.
Apple Cider Vinegar	01 tsp.
Olive Oil	2 tspc.
Parsley Finely Chopped	8 gms.
Salt	To Taste.

METHOD

- Cut the beetroot into small cubes.
- Split the toasted walnuts.
- Take a bowl drop the vinegar put the salt slow by slow add the oil mix well drop the beetroot and mix leaves.
- Arrange in a serving bowl top with walnuts sesame seeds and parsley.





CELERY AND CITRUS FRUIT SALAD WITH CHIA SEEDS VATA/KAPHA

INGREDIENTS

Celery	80 gm.	Orange	100 gm.
Sweet lime	100 gm.	Mandarin	80 gm.
Grape fruit	80 gm.	mango segments	40 gm.
Raisins red	40 gm.	Lettuce romaine or iceberg	10 gm.
Chia seeds	20 gm.	Honey	8 ml.

METHOD

- Cut the citrus fruits into segments.
- Chop the celery into fine pieces. Tear the lettuce into small pieces.
- Soak the raisins and chia seeds separately for 30mts and drain.
- Take a large bowl put the citrus segments, sprinkle the celery, mix together slowly.
- Add the raisins and half the lettuce.
- Drop honey toss together.
- Arrange on top of remaining lettuce top with chia seeds.





BROKEN WHEAT SALAD WITH PIMENTOS PITA/VATA

INGREDIENTS

Broken Wheat	150 gm.
Pimentos	80 gm.
Pine Nuts	15 gm.
Basil	4 gm.
Olive Oil	0 ml.
Olives Green	08 gm.
Mix Lettuce	15 gm.
Raisins	15 gm.

METHOD

- Pre soak the wheat for 3hrs.
- Cook till tender.
- Clean cut the pimentos into small cubes, soak the raisins for 15mts.
- Clean and keep the lettuce, toast slightly the peanuts.
- Dressing: - blend together half of the pine nuts basil olive oil.
- Toss all the ingredients together, check the seasoning.





HORSE GRAM AND PLANTAINS SALAD

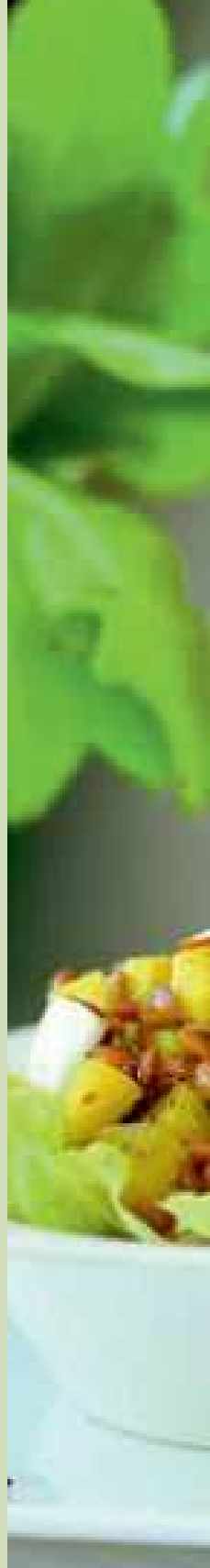
PITA/KAPHA

INGREDIENTS

Boiled Horse Gram	100 gm.
Boiled And Diced Plantain	100 gm.
Red Onion Diced	15 gm.
Fresh Coriander	50 gm.
Diced Bell Pepper	50 gm.
Lemon Juice	1 tsp.
Olive Oil	15 ml.
Salt and Pepper (black)	To taste.

METHOD

- For Dressing Blend the coriander, olive oil, lemon juice, salt and pepper to make a fine paste.
- Toss together all the ingredients with the dressing.





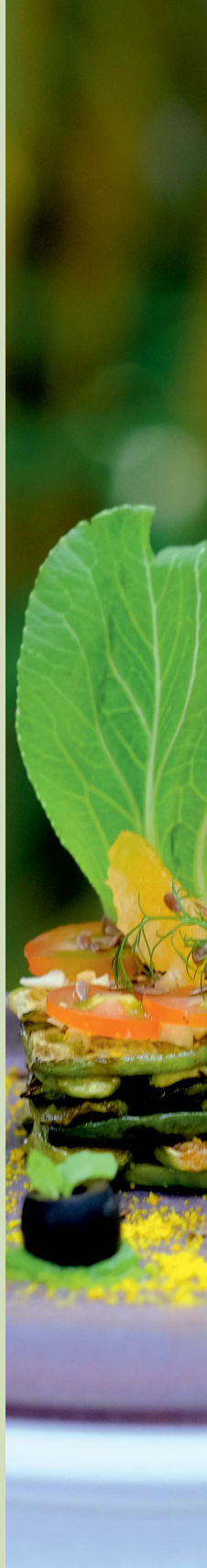
GRILLED IVY GOURD SALAD WITH NUTS AND SEED VATA/KAPHA

INGREDIENTS

Ivy Gourd	150 gm.
Olive Oil	30 ml.
Salt and Pepper	To taste.
Pesto Sauce	1 Tbsp.
Mix Nuts And Seed's	50 gm.

METHOD

- Wash the ivy gourd, slice the top end cap off and then cut each piece diagonally in to 2-3 pieces
- Marinate the Ivy gourd with salt, pepper and olive oil and grill in hot griddle
- Spread the nuts and seed in baking sheet and toast for until fragrant and crisp and remove from the oven and set aside
- In medium bowl pour the pesto sauce and add the ivy gourd and nuts toss well





A close-up, slightly blurred photograph of a white bowl filled with a salad. The salad consists of green leafy vegetables, red tomato slices, and a generous amount of shredded white cheese. The text "MAIN COURSE" is overlaid in the center of the image.

MAIN COURSE



MAIN COURSE VATA

Navara Rice pancake with simmered vegetable in coconut curry

Serves 04 Portions (Vata Diet)

INGREDIENTS

Carrots	100 gms.
Cauliflower	120 gms.
Green Peas	50 gms.
Coconut Milk	100 ml.
Coconut Oil	05 ml.
Onions	25 gms.
Ginger	05 gms.
Curry Leaves	02 gms.
Turmeric	0.5 gms.
Fennel Seeds Powder	03 gms.
Salt	to taste

FOR RICE ROLLS:

Navara Rice Flour	200 gms.
Coconut Milk	80 ml.
Water	as required

For Navara Rice cake:

- Make batter with rice flour, coconut milk, water and salt and allow it to ferment naturally by keeping it aside for at least 4 hours in a warm area.
- The batter should have a pouring consistency
- Take a non-stick pan and pour one ladle of the batter and make the pancakes, cover with a lid. Cook for 2 minutes.
- Serve together.

INSTRUCTIONS

For vegetables in coconut curry follow the steps below:

- Heat the coconut oil, sauté onions for a while and add ginger juliennes in a wide pan till onions are translucent.
- Add turmeric powder and salt
- Add the vegetables to the above and a little water and allow to simmer with lid closed.
- Once half done, add Coconut milk and bring to a boil.
- Once well cooked, add the fennel powder.

*Vata diet





DATES & CARAWAY LEAF PILAF WITH WATER SPINACH DAL

Serves 04 Portions (Vata Diet)

INGREDIENTS

Dates	40 gms.	Split Moong Dal	120 gms.
Caraway Leaf	08 gms.	Garlic	20 gms.
Broken Rice	140 gms.	Onion	35 gms.
Cumin	05 gms.	Tomato	2-3 nos.
Garam Masala	03 gms.	Turmeric	02 gms.
Rice Bran Oil	50 ml.	Water Spinach	80 gms.
Coriander Leaves	30 gms.	Ginger	20 gms.

FOR THE RICE

- Soak the rice & lentil for 2-3 hours separately.
- Cook the rice in boiling water with salt till tender, drain and keep aside.
- Heat oil. Add cumin, onions, dates and caraway leaf and stir-fry for a while.
- Add the boiled rice to the above mix and wrap.
- Garnish the above mixture with chopped coriander, sprinkle Garam masala and serve.

FOR THE DAL

- Heat oil and add cumin seeds and allow them to crackle for a bit before adding one chopped onion. Sauté till translucent and then add two chopped tomatoes and 1 tea spoon ginger paste. Sauté for a while with turmeric till the mixture begins to leave oil.
- Add water and soaked lentil and salt to taste to the above mix and boil on low flame till lentil is well cooked.
- Remove from fire and garnish with julienne of water spinach and finely chopped coriander leaves.
- Serve hot with rice.





MIX GREENS KHORMA

Serves 04 Portions (Vata Diet)

INGREDIENTS

Rice Bran Oil	45 ml.	Water	40 ml.
Fennel Powder	3 gms.	Water Spinach Juliennes	40 gms.
Garam Masala	05 gms.	Spinach Juliennes	40 gms.
Ginger Garlic Paste	30 gms.	Fresh Fenugreek Juliennes	20 gms.
Chopped Onion	40 gms.	Coriander Leaves	40 gms.
Chopped Tomato	40 gms.	Mint Leaves	40 gms.
Turmeric Powder	04 gms.	Grated Coconut	150 gms.

INSTRUCTIONS

For high fibre rice porridge

- Take grated coconut, mint & coriander leaves with required water to make a paste and keep aside.
- Blanch the mix leaves paste and keep aside.
- Heat oil in a pan and add onion and sauté for a while.
- Then add ginger, garlic and sauté for a bit before adding, tomato, turmeric and coconut paste and cook well till the oil begins to separate from the mix.
- Add the mix leaves paste and cook for 2 mts.
- Finally sprinkle the fennel powder & coriander leaves on top.
- Serve with Indian bread.





TEMPERED BEANS AND VEGETABLES WITH HOLY BASIL RICE

Serves 04 Portions (Vata Diet)

INGREDIENTS

Rice Bran Oil	40 ml.	Turmeric	04 gms.
Curry Leaves	04 gms.	Sprouted Beans	80 gms.
Mustard Seeds	05 gms.	French Beans	80 gms.
Cumin Seeds	04 gms.	Runner Beans	80 gms.
Chop Garlic	15 gms.	Cluster Beans	80 gms.
Chopped Ginger	15 gms.	Rice Basmati	160 gms.
Chopped Onion	40 gms.	Holy Basil	05 gms.
		Water	2.5 ltrs.

INSTRUCTIONS

For the rice:

- Soak the rice for 15mts, cook in boiling water along with the required turmeric powder, strain and keep aside once done.
- Heat oil and add mustard, cumin seeds and chopped ginger. Add cooked rice, juliennes of holy basil and seasoning. Mix gently till evenly mixed.

For the tempered beans

- Chop the assorted beans and keep aside.
- Heat oil and add mustard and cumin seeds and allow them to crackle. Add onions, ginger, garlic and curry leaves and sauté for a while.
- Add Turmeric Powder, then add chopped beans, sprinkle water on top of beans, sauté for a while till the beans get tender and add seasoning.
- Serve with the rice.





TROPICAL TEMPERED VEGETABLES WITH CURRY LEAF TAWA BREAD

Serves 04 Portions (Vata Diet)

INGREDIENTS

Coconut Oil	60 ml.	Beans Chopped	100 gms.
Mustard	05 mg.	Cauliflower Chopped	100 gms.
Cumin	05 mg.	Cabbage Chopped	100 gms.
Garlic Chopped	20 gms.	Turmeric Powder	06 gms.
Urud Dal	05 gms.	Water	250 ml.
Onion Chopped	02 nos.	Coconut Grated	80 gms.
Ginger Chopped	15 gms.	Wheat Flour	320 gms.
Curry Leaves	04 gms.	Coconut Milk	50 ml.
Carrot Chopped	100 gms.		

INSTRUCTIONS

For tropical tempered vegetable

- Heat Coconut Oil and add the mustard seeds. Sauté for half a minute and then add the onions, ginger, garlic, curry leaves and sauté till the onions are translucent.
- Add Turmeric Powder and chopped carrots, beans, cabbage and cauliflower. Sprinkle water on top of the vegetables and cover the pot and cook the vegetables on low flame till tender.

For Bread

- Take the wheat flour and mix chopped curry leaves and salt to taste. Knead the dough with sufficient water to make a soft dough and keep aside for about half hour.
- Roll out the dough in a round shape and cook on both sides on a hot girdle.





CHEF SPECIAL NUTRITIONAL PASTA

Serves 04 Portions (Vata Diet)

INGREDIENTS

Gluten Free Pasta Flour	350 gms.
Extra Virgin Olive Oil	10 ml.
Saturated Butter	18 gms.

FOR FILLING

Spinach	100 gms.
Garlic	25 gms.
Pine Nuts	18 gms.

FOR SAUCE

Mushrooms	40 gms.
Skimmed Milk	100 ml.
Vegetable Stock	150 ml.
Parsley Chopped	05 gms.
Shallots	20 gms.

FOR FILLING: For the filling blanch the spinach.

- Chop finely and sauté along with garlic, chopped pine nuts and seasoning
- Make the dough with flour, saturated butter, olive oil, water. Leave it for 15minutes.
- Roll the dough into thin sheets, fill with the above spinach mixture in any desired shape. Blanch in water.
- For the sauce, take a flat pan and sauté shallots and mushrooms together
- Add reduced skimmed milk and chopped parsley. Cool it. To this paste, add 3tbsp of vegetable stock to make sauce consistency.
- Toss the pasta rolls into this sauce. Serve hot.





CARNOUSTIE GARDEN GOURDS WITH PEPPERMINT TOMATO CROSTINI

Serves 04 Portions (Pita Diet)

INGREDIENTS

Ridge Gourd, Snake Gourd,	120 gms. each	Sun Dried Tomato	300 gms.
Bottles Gourd, Ivy Gourd		Wheat Loaf	280 gms.
Low Fat Butter	20 mg.	Rosemary	08 gms.
Skimmed Milk	150 ml.	Pepper Mint	10 gms.
Low sodium	Salt to taste	Garlic	15 gms.
		Millet Flour	20 gms.

INSTRUCTIONS

- Heat sauce pan and add low fat butter. Once it melts, add a spoonful of millet flour and stir for a minute and add the skimmed milk, constantly stirring it to avoid lumps till it is thick and keep aside.
- Cut the vegetable into the cubes/ dices. Warm-up oil in a pan and add garlic, chop rosemary, dices of above vegetables and sauté for a while.
- Add the above sauce. Set in a bowl and bake at 180 Celsius for 15 minutes.
- Cut the loaf into fine slices and remove the edges and cut them into desirable shapes and apply the paste of sun dried tomato & pepper mint and toast.
- Serve together.





BRAISED BLACK CHICKPEAS & SWEET POTATO

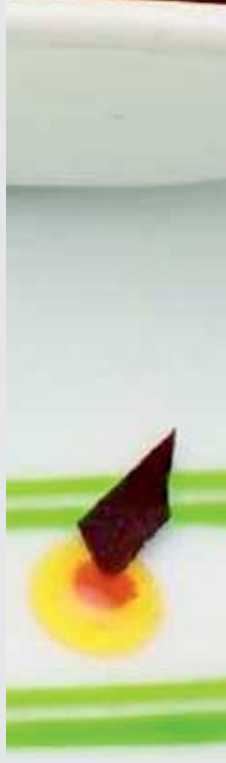
Serves 04 Portions (Pita Diet)

INGREDIENTS

Rice Bran Oil	40 ml.	Garlic	15 gms.
Fennel Seeds	04 gms.	Curry Leaves	10 gms.
Sweet Potato	250 gms.	White Pepper	03 gms.
Chickpeas	150 gms.	Turmeric Powder	05 gms.
Onions	150 gms.	Cumin Powder	05 gms.
Tomato	200 gms.	Coriander Powder	08 gms.
Ginger	25 gms.	Coriander Leaf	40 gms.
		Wheat Flour	400 gms.

INSTRUCTIONS

- Make the chapatti dough with wheat flour and keep aside.
- Soak the chickpeas overnight , cook till nearly done and keep aside.
- Cut the sweet potato into small cubes.
- Slice onions, tomato, ginger and garlic.
- Heat oil in a pan and add fennel, curry leaf and sauté for half a minute and add slices of onions, tomato, ginger and garlic. Cook till translucent.
- Add sweet potato cubes and chickpeas.
- Add the spices and mix well.
- Add 3 cup of water and cook till water evaporates completely.
- Roll the chapatti into thin chapattis and cook on top of the moderately heated hot plate.
- Serve together.





GRILLED CORN MEAL WITH HERBAL SALSA

Serves 04 Portions (Pita Diet)

INGREDIENTS

Red Peppers	80 gms.
Basil	20 gms.
Coriander	20 gms.
Onions	150 gms.
Tomato	200 gms.
Cumin Powder	05 gms.
Corn Meal	130 gms.
Skimmed Milk	500 ml.
Vegetable Stock	750 ml.
Low Fat Butter	20 gms.

INSTRUCTIONS

- Boil skimmed milk and vegetable stock for a while. Then sprinkle salt and add the corn meal to the boiling mix.
- Cook in low temperature covered for 5mts, finish with low fat butter.
- Set in a tray, cool down cut into desired shapes.
- For the salsa roast peel and chop the red peppers, onion, coriander and tomatoes without skin and seeds.
- Mix together along with extra virgin olive oil, add seasoning.
- Grill the cakes, serve accompanied with the salsa.





MAIN COURSE VATA

High fibre rice porridge with seasoned whole lentils

Serves 04 Portions (Pita Diet)

INGREDIENTS

Rice Brain Oil	45 ml.	Mustard	05 gms.
Garlic Chopped	15 gms.	Cumin	05 gms.
Sliced Shallots	50 mgs.	Urud Dal	05 gms.
Curry Leaves	05 gms.	Ginger Chopped	15 gms.
Turmeric Powder	03 gms.	Green Grams (boiled)	320 gms.
Coconut Grated	40 gms.	Unpolished Rice	160 gms.

INSTRUCTIONS

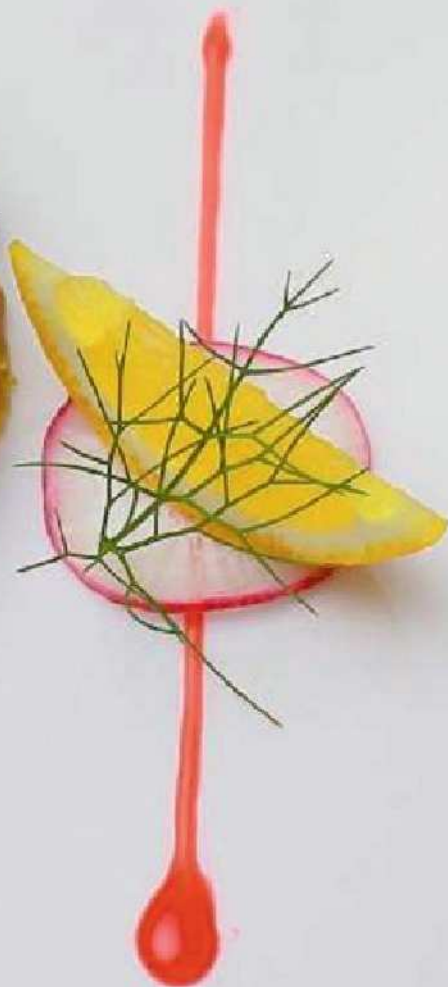
For high fibre rice porridge:

- Soak the unpolished red rice for 2-3 hours. Boil with water till well cooked, strain and keep aside.

For seasoned whole lentils:

- Heat oil and add mustard, urud dal and cumin seeds and wait for them to crackle. Add onions, ginger, garlic and curry leaves and sauté for a while.
- Add turmeric powder and sprinkle water , then add lentil and sauté for a while.
- Finally finish with grated coconut and serve with rice porridge.





VEGETABLE DUMPLINGS WITH SAFFRON FENUGREEK BREAD

Serves 04 Portions (Kapha Diet)

INGREDIENTS

Wheat Flour	300 gms.	Sweet Potato	100 gms.
Fenugreek Leaves	100 gms.	Garlic	30 gms.
Coriander Leaves	80 gms.	Tomato	200 gms.
Carrot	100 gms.	Cashew Broken	50 gms.
Beans	100 gms.	Soya Bean Oil	80 ml.
Cauliflower	100 gms.	Bay Leaves	02 nos.
Green Peas	70 gms.		

INSTRUCTIONS

- Make the dough with flour and required water.
- Roll down the dough and apply finely chopped fenugreek leaves, and garlic. Cook on top of a hot griddle.
- Boil the vegetables till firm and soft, crush the vegetables. Make round balls and steam them.
- Sauté ginger onions, cashews, green cardamom and bay leaf. Add roughly cut tomatoes.
- Cook for 30mts. Blend in a mixer.
- Bring back to boil add the steamed dumpling and garnish with chopped coriander and fenugreek leaves.





BEETROOT PILAF WITH TEMPERED GARDEN PLANTAIN

Serves 04 Portions (Kapha Diet)

INGREDIENTS

For Beetroot rice

Rice Brain Oil	20 ml.
Mustard	05 gms.
Cumin Seed	03 gms.
Ginger Chopped	15 gms.
Curry Leaf	05 gms.
Turmeric Powder	05 gms.
Grated Beetroot	100 gms.
Unpolished Rice	200 gms.

TEMPERED GARDEN PLANTAIN

Raw Bananal	250 gms.
Mustard	05 gms.
Cumin	03 gms.
Garlic	10 gms.
Ginger	10 gms.
Curry Leaf	05 gms.
Onion	150 gms.
Turmeric Powder	10 gms.
Crushed Coconut With Raw Turmeric & Jeera	80 gms.

INSTRUCTIONS

- Wash rice thoroughly and soak for one hour and then boil.
- Take oil in a pan, add mustard and cumin. Let them crackle.
- Add ginger, garlic ,curry leaves, turmeric and sauté till light golden brown. Add water and allow the mix to simmer for 2-3 minutes.
- Add the beetroot and the unpolished boiled rice. Mix together.

FOR THE PLANTAIN

- Peel the raw plantain, cut into small cubes and keep aside.
- Crush the grated coconut with cumin and raw turmeric powder .
- Take oil in a pan, add mustard and cumin and allow them to crackle.
- Add ginger, garlic, curry leaves, onion and turmeric powder and sauté for 2-3 minutes and add raw plantain, sauté for a bit and add little water and leave to cook till well done.
- Add the crushed coconut and mix it well and allow the mix to cook for a 3-4 minutes.
- Add the seasoning.
- Serve together.





BANANA BLOSSOM & BLACK GRAM PORIYAL

INGREDIENTS

Banana Blossom	200 gms.	Chopped Onion	25 gms.
Boiled Black Gram	200 gm.	Curry Leaves	6-8 leaves.
Grated Coconut	50 gms.	Red Chilli Whole	01 nos.
Coconut Oil	10 ml.	Turmeric Powder	02 gms.
Mustard Seeds	1/2 tsp.	Salt	to taste.
White Lentils	01 tsp.	Roasted Cumin Powder	3 gms.

INSTRUCTIONS

- Heat oil in a pan and add mustard seeds when oil is very hot, allow to be crackled.
- Add white lentils and fry for few seconds, add red chilli, curry leaves and chopped onion. Sauté till golden brown colour.
- Add turmeric powder. Add Banana blossom and Black Gram, stir well and cover with a lid. Cook for 5mts.
- Open add grated coconut, cumin powder and salt.
- Stir again and cook for another 2mts. Serve hot.





BEETROOT WITH WHITE LENTILS AND HERBS

INGREDIENTS

Grated Beetroot	350 gms.	Curry Leaves	6-8 leaves.
Caraway Leaf	20 gms.	Red Chilli Whole	01 no.
Coconut Oil	10 ml.	Turmeric Powder	01 pinch.
Mustard Seeds	1/2 tsp.	Chopped Green Chilli	0½ tsp.
White Lentils	01 tsp.	Salt	to taste.
Chopped Onion	25 gms.	Roasted Cumin Powder	a pinch.

INSTRUCTIONS

- Heat oil in a pan and add mustard seeds and allow to be crackled.
- Add white lentils and fry for a minute, add red chilli, curry leaves and chopped onion. Sauté till golden brown colour.
- Add turmeric powder and salt. Add grated beetroot, stir well and cover with a lid. Cook till beetroot become tender.
- Add grated coconut cumin powder and check seasoning.
- Serve hot.





PAN SEARED OKRA

INGREDIENTS

Okra Sliced Thinly	500 gm.	Dry Mango Powder	05 gm.
Onions Chopped	100 gm.	Garlic	15 gm.
Bell Pepper Green Chopped	80 gm.	White Pepper Powder	02 gms.
Curry Leaves	15 gm.	Vegetable Oil	15 ml.
Ginger Juliennes	20 gm.	Salt	To Taste.

INSTRUCTIONS

- Cut the okra into thin slices, chop the onions, chop the bell peppers.
- Heat a flat pan add curry leaves ginger garlic onion stir for 03 mts.
- Add okra cook on a low flame for 05 mts. Till get very dry.
- Add the bell peppers, and remaining ingredients. Cook for another 02mts.





SPINACH AND SWEET POTATO GNOCHI

INGREDIENTS

Sweet Potato	200 gm.	Chopped Tomato	200 gm.
Spinach Puree	100 gm.	Chopped Garlic	5 gm.
Wheat Flour	200 gm.	Olive Oil	15 ml.
Salt And Pepper	to taste.	Chopped Fresh Basil	1 gm.
Water	as needed.	Chopped Parsley	1 gm.
		Salt And Pepper	To Tast.

INSTRUCTIONS

- Clean and boil the sweet potato until soft. Strain and set aside.
- Grate the potato into a bowl. Mix with spinach puree.
- Sprinkle the flour in to the mixture.
- Once the dough is ready, separate it into equal parts. Roll into lengthwise. and and dive into equal small portions. Make any desired gnocchi shapes.
- Bring a pot of water to boil. Carefully drop gnocchi in to it and cook the gnocchi. are soft. Remove the gnocchi from the pot and keep aside.
- Cook garlic in a sauté pan add chopped deseeded tomato and cook until they just begin to soft.
- Add chopped basil, parsley and seasoning.
- Mix gnocchi in to the sauce and cook for 1 mint and serve hot.





WOK TOSSED CHINESE GREENS

INGREDIENTS

Gallic Chopped	20 gm.	Spinach Green Small Leaves	35 gm.
Sliced Red Radish	25 gm.	Celery Green Chopped	25 gm.
Bok Choy Shredded	80 gm.	White Pepper Powder	02 gms.
Chinese Cabbage Shredded	80 gm.	Vegetable Oil	25 ml.
Spring Onion Heads	5 gm.	Light Soya Sauce	03 ml.
Bell Pepper Green	40 gm.	Rice Wine Vinegar	02 ml.
Leeks 30gleeks Chopped	30 gm.	Salt	To taste.

INSTRUCTIONS

- Cut the vegetables into desired shape.
- Heat the wok add oil add garlic cook till brown add the celery leeks and spring onion heads.
- Cook for a while add the remaining vegetables stir fry for a minute.
- Sprinkle light soya, rice wine vinegar and seasoning, toss again.
- Serve hot.





AMERICAN CORN IN SPINACH GRAVY

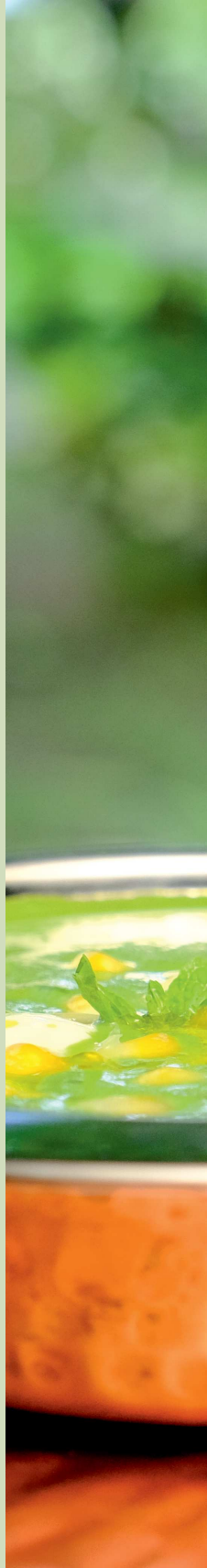
(VATA/PITA/KAPHA)

INGREDIENTS

Refined Oil	15 ml.	Chilli Powder	2 gms.
Cumin Seeds	25 gms.	Cumin Powder	2 gms.
Chopped Garlic	10 gms.	Low Fat Butter	10 gms.
Chopped Onion	30 gms.	Low Fat Cream	20 ml.
Chopped Green Chilli	5 gms.	Chopped Coriander Leaves	10 gms.
Chopped Ginger	08 gms.	American Corn Boiled	350 gm.
Salt	to taste.	Spinach Leaves	200 gms.
Turmeric Powder	2 gms.	Kasthuri Methi	10 gms.

METHOD

- Boil water and add spinach leaves. Blanch and put in ice water to get bright green colour.
- Grind to a fine paste and keep aside.
- Heat oil in a pan and add cumin seeds, when it starts crackling add chopped garlic, onion, ginger and green chilli, sauté till transparent.
- Add turmeric, chilli and cumin powder and American corn.
- Sauté for a while and add little water and simmer for 2 minutes.
- Add spinach paste, cook for a minute add low-fat cream. Finish with low fat butter coriander leaves and Kasthuri Methi.
- Serve hot.





BANANA BLOSSOM AND BLACK GRAM POORIYAL (VATA/PITA/KAPHA)

INGREDIENTS

Banana Blossom	250 gm.	Garlic	30 gm.
Black Gram	150 gm.	Onion	80 gm.
Turmeric	3 gm.	Vegetable Oil	20 ml.
Curry Leaves	08 gm.	Salt	To Taste.
Mustard Seeds	08 gm.	Grated Coconut	80 gm.
Cumin Powder	04 gm.		

METHOD

- Soak the grams for 03 hrs, pressure cook till soft. Cool down and keep aside.
- Chop the banana blossom, chop the onions and garlic.
- Cook the banana stem in boiling water along with turmeric and salt, till tender Drain and keep.
- Heat oil in a pan, when oil get very hot add the mustard seeds, curry leaves.
- Add the onions garlic sauté for 04mts. Add the drained banana stem and green grams.
- Top with grated coconut, cumin powder and salt cook for another 4mys.





BRAISED VEG WITH TOFU PITA/VATA

INGREDIENTS

Tofu	60 gm.	Coriander Chopped	10 gm.
Carrot	25 gm.	Spring Onion Chopped	25 gm.
Chinese Cabbage	35 gm.	Salt	to Taste.
Haricot Beans	25 gm.	Ginger Chopped	05 gm.
Pok Choy	35 gm.	Sesame Oil	01 drop.
Corn Flour	04 gm.	Rice Wine Vinegar	02 drops.
Baby Corn	35 gm.	Garlic Slice	10 gm.
Broccoli	35 gm.		

METHOD

- Cut All Vegetables in any fancy shape.
- Heat Oil in A Pan; Add Chopped Garlic, Onion, Ginger and Sauté Well.
- Add the vegetable boil till done add spring onion chopped coriander leaves.
- Add the vinegar and rice wine, thicken lightly with corn flour water mix. Remove from fire Serve immediately.





MARINATED MINCED VEGETABLE SATAY VATA/KAPHA

INGREDIENTS

Lemon Grass	1 nos.
Galangal	10 gm.
Coriander Root/stem	25 gm.
Garlic Cloves	10 gm.
Kafir Lime Leaves	2 leaves.
Cooking Oil	For Making.
Curry Powder	10 gm.
Turmeric Powder	5 gm.
Jaggery	10 gm.
Lemon Juice	1 nos.
Fresh Minced Vegetable	150 gm.

METHOD

- All ingredients Blend with Minced Vegetables in a veg processe.
- Apply mixture on a satay stick.
- Grill it on the hot griddle.
- Serve with peanut sauce.





VEGETABLE JALFREZI VATA/KAPHA

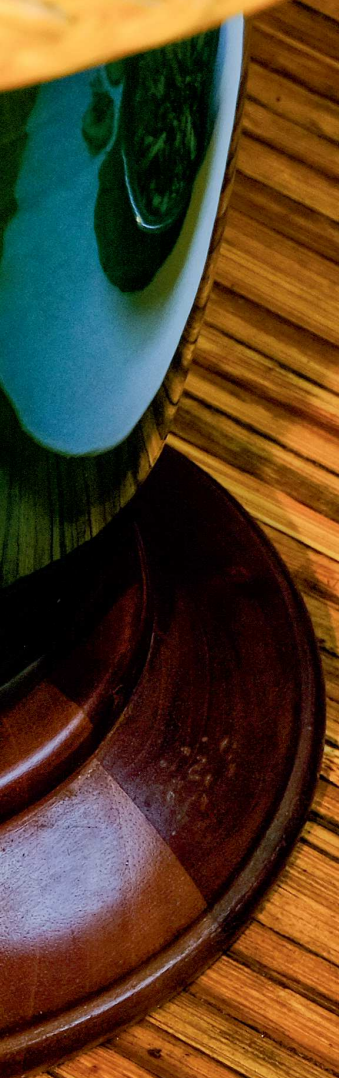
INGREDIENTS

Bell Peppers	50 gm.	Cauliflower	70 gm.
Onion	70 gm.	Beans Green	60 gm.
Coriander Leaves Chopped	30 gm.	Cashew Paste	40 gm.
Tomato Paste Cooked	50 gm.	Cumin Powder	3 gm.
Baby Corn	80 gm.	Coriander Powder	7 gm.
Green Peas Boiled	50 gm.	White Pepper Powder	02 gms.
Ginger Juliennes	30 gm.	Vegetable Oil	30 ml.
Garlic	25 gm.	Salt	To taste

METHOD

- Clean and cut all the vegetable into thin slices lengthwise
- Heat oil add the ginger garlic chopped and onion, cook for 2 mts add coriander powder turmeric cumin powder.
- Add vegetables toss well.
- Add the tomato paste cashew paste, sauté for a while. Cover and keep.
- Add chopped coriander leaves, salt and pepper powder.
- Serve hot.





FRENCH BEANS POORIYAL VATA/PITA/KAPHA

INGREDIENTS

Black Grams Skinned	20 gms.
French Beans	250 gm.
Onion	80 gm.
Turmeric Powder	2 gm.
Curry Leaves	10 gms.
Mustard Seeds	15 gms.
Coconut Grated	50 gm.
Coconut Oil	25 ml.
Salt	To taste

METHOD

- Clean and cut the beans into thin slices.
- Finely chop the onions, grate coconut.
- Heat a pan add oil add mustard seeds, black grams curry leaves wait till it crackle
- Add onion and beans.
- Cover and cook for 05mts in low flame.
- Open the lid add the grated coconut and turmeric, mix together.
- Cook for another 3mts. Season with salt.





BOTTLE GOURD CURRY PITA/VATA

INGREDIENTS

Bottle Gourd	450 gm.	Cashew Nuts	50 gm.
Onions	2 nos.	Ginger	a small piece
Garlic	3 flakes.	Green Chilly	1 no.
Coriander Leaves	few.	Cumin Powder	1 tsp.
Salt	To taste	Oil	1 tsp.

METHOD

- Cut the bottle gourd in to small cubes
- Boil the onions and cashew nuts together for 10 min.
- Let it cool & make a fine paste of it.
- Heat oil in a pan and add the cumin seeds, chopped onions, garlic, ginger, green chilly. Sauté till light brown and Add bottle gourd cook till get tender
- Add the onion cashew paste.
- Add salt and cook for some time.
- Add the cumin powder and coriander leaves.
- Serve hot.





PUMPKIN AND RED SPINACH MASIAL VATA/PITA

INGREDIENTS

Spinach	250 gm.	Red pumpkin	400 gm.
Moong Dal	50gm.	Onion	50gm.
Ghee	15 ml.	Cumin (whole)	5 gms.
Turmeric	3gms.	Garlic Chopped	15gms.
Salt	to taste	Red Chilli (whole)	03pcs.
Mustard Seeds	½ tsp.	Curry Leaves	5 gm.

METHOD

- Wash Moong dal and boil it with salt and turmeric until gets soft. Strain it through a Strainer and leave it to cool.
- Wash boil and chop the spinach.
- Heat up ghee in the pan. Add all the whole spices, mustard seeds, curry leaf, garlic and onion. Sauté until it starts to brown.
- Add pumpkin cubes and pour some water and cook until pumpkin is done.
- Add spinach and lentil to the pan, sauté over high heat. And cook for another 4 minis.
- Adjust the seasoning and serve hot.





TROPICAL VEGETABLES WITH COCONUT AND CUMIN VATA/PITA/KAPHA

INGREDIENTS

All Vegetables Cut Into small Sticks

Yam	30 gm.	Snake Gourd	30 gm.
Drumstick	30 gm.	Curry Cucumber	30 gm.
White Pumpkin	30 gm.	Red Pumpkin	30 gm.
Taro	30 gm.	Coconut Oil	30 gm.
Grated Coconut	2 Tbs.	Turmeric Powder	2 gm.
flakes of Curry Leaves	2	Nos Green Chilli	1
cup Curd	1	Carrot	30 gm.
Beans	30	Cumin Seed	5 gm.

METHOD

- Crush the coconut with turmeric cumin and keep aside
- Mix together remaining all ingredients except curd and oil
- Heat a pan in low flame drop the vegetables, sprinkle some water cover and cook till tender
- Open and sprinkle the remaining ingredients, cook for another 2 mts, stir well.





SPINACH SEMOLINA GNOCCHI WITH BRAISED MUSHROOM VATA/PITA

INGREDIENTS

Spinach Green	400 gm.	Semolina	200 gm.
Nutmeg Grated	2 gm.	Apricot Dry	30 gm.
Peanut Roasted	25 gm.	Low Fat Milk	750 ml.
leeks	50 gm.	Mushroom Button	400 gm.
Garlic	30 gm.	Parsley	30 gm.
water	250 ml.	Salt	To taste

METHOD

- Boil water in a pan add cleaned spinach leaves for 25seconds, drain out drop the leaves in chilled water.
- Cool down quickly. Drain completely.
- Make fine smooth paste of the spinach and keep aside
- For the braised mushrooms: Clean and cut the mushrooms into quarters
- Heat the butter add the garlic, leeks.
- Add the mushrooms, toss well add the 250ml swater
- Add the chopped parsley and seasoning. Keep aside
- Crush coarsely the peanuts, soak and chop finely the apricots.
- Take a pan with 500ml low fat milk, add grated nutmeg, salt, chop parsley, chopped apricot and roasted nuts.
- When it boils add the semolina slowly and keep on stirring completely
- Add the spinach paste, reduce the flame. Cover and leave for 07mts.
- Open the lid, turn off the fire add the butter stir again.
- Set the mixture in flat tray cool down, as required and serve along with the mushroom.







DESSERTS



KIWI MOUSSE

Serves 04 Portions (Vata Diet)

INGREDIENTS

Dairy Free Cream	100 ml.
Fresh Kiwi	02 nos.
Sugar Free (Equal)	25 gms.

INSTRUCTIONS

- Take the fresh kiwi fruit and make paste out of it.
- Mix the remaining ingredients and whisk well.
- Keep it in a refrigerator and allow it to set.
- Use the fresh kiwi for garnish.
- Serve chilled.





LOW FAT SOYA SOUFFLÉ WITH ORGANIC JAGGERY

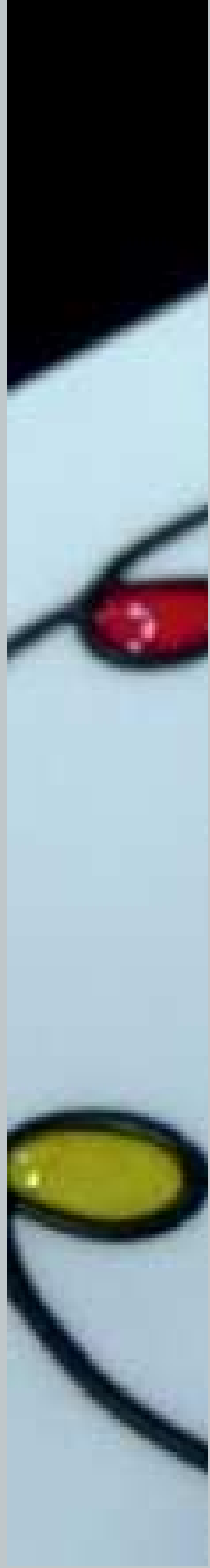
Serves 04 Portions (Vata Diet)

INGREDIENTS

Low Fat Cream	250 ml.
Organic Crushed Jaggery	10 gms.
Organic Jaggery Sauce	50 ml.
Soya Milk	200 ml.
Agar Agar, China Grass	10 gms.

INSTRUCTIONS

- Melt the organic jaggery with required water, strain and keep aside.
- Boil the soya milk till it is reduced to half and set it aside to cool.
- Melt the Agar agar with required water and mix with reduced soya milk.
- Add low fat cream, melted jaggery and reduced soya milk, mix together.
- Make layers of jaggery sauce and cream mixture.
- Keep in the refrigerator for 30 mts.
- Garnish with crushed organic jaggery and serve.
- Serve chilled.





FRESH FRUIT CUSTARD

Serves 04 Portions (Vata Diet)

INGREDIENTS

Custard Powder	30 gms.
Coconut Sugar	80 gms.
Soya Milk	350 ml.
Green Apple	30 gms.
Banana	30 gms.
Papaya	30 gms.
Kiwi	30 gms.
Mango	30 gms.
Water Melon	30 gms.
Honey Dew	30 gms.

INSTRUCTIONS

- Cut all fruit in to diced shape and keep aside.
- Dilute the sugar and custard powder together with required water.
- Boil the milk and add the custard mixture slowly stirring constantly till you get the right consistency. Cool to room temperature and refrigerate for an hour.
- Wrap the fruit mix in the custard or alternately fill three quarter of the serving bowl with the fruit mix and pour the custard on it and serve.





KOZHUKATTAI

Serves 04 Portions (Pita Diet)

INGREDIENTS

Unpolished Rice Powder	200 gms.
Oats Powder	100 gms.
Grated Coconut	50 gms.
Melted Palm Jaggery	40 gms.
Cardamom	02 gms.
Yellow Cow Ghee (clarified Butter) (low Fat)	15 gms.
Hot Water for Steaming	400 ml.

INSTRUCTIONS

- Mix oats powder and rice powder with clarified butter/ghee and make a smooth dough & keep aside.
- Mix the melted palm jaggery & grated coconut with cardamom powder for stuffing.
- Take dough and kneed it well . Roll small portions of it into small circular shape. Add the mixture and bring the edges together and seal to form stuffed balls. Steam these balls in boiling water for 15 minutes and serve hot.





CRUNCHY CHOCO BALLS

Serves 04 Portions (Pita Diet)

INGREDIENTS

Melted Dark Chocolate	30 gms.
Chocó Flakes	100 gms.
Skimmed Milk	100 ml.
Organic Millet Flakes	80 gms.
Mixed Fruit Pulp	80 gms.

INSTRUCTIONS

- Boil the skimmed milk in an open pan till it reduces to half and keep aside.
- Add the melted dark chocolate and the crushed Choco flakes to it and mix gently.
- Set aside the mixture for 10 minutes and then shape it into small balls.
- Coat these chocolate balls with crushed millet flakes, arrange in bowl and top them with fruit pulp.





FRUIT SALAD IN PASSION FRUIT SYRUP

Serves 04 Portions (Pita Diet)

INGREDIENTS

Passion Fruit	150 gms.
Water Melon	180 gms.
Papaya	180 gms.
Grapes	40 gms.
Apple	80 gms.
Banana	30 gms.
Mango	100 gms
Mint Leaves	05 gms.
Kewra Water	05 ml.

INSTRUCTIONS

- Cut the fruits into desired shapes.
- Take out the flesh from the passion fruit mix along with kewara water and mint juliennes.
- Mix both together.
- Keep it for 30 minutes before serving.





BAMBOO RICE PAYASAM

Serves 04 Portions (Pita Diet)

INGREDIENTS

Bamboo Rice	200 gms.
Palm Jaggery	15 gms.
Ginger Powder	30 gms.
Skimmed Milk	40 gms.
Water	03 lts.
Coconut Julienne	35 gms.
Cow Ghee	10 ml.

INSTRUCTIONS

- Soak the rice for an hour and cook in required boiling water & skimmed milk till tender and keep aside.
- Melt palm jaggery with required water and strain it , mix with boiled rice & cook it well.
- Finally finish by adding a tempering of ghee and coconut julienne.





AVOCADO MOUSE

Serves 04 Portions (Pita Diet)

INGREDIENTS

Avocado Ripe	300 gms.
Yellow Banana Ripe	20 gms.
Green Banana Ripe	30 gms.
Dairy Free Cream	30 gms.

INSTRUCTIONS

- Whip the cream and keep aside, blend the remaining ingredients together.
- Fold the cream in the above mixture fill it in the piping bag.
- Fill it in the desired glass or bowl set in the chillier for 15 minutes and serve.





LIQUORICE PANAOCOTTA

Serves 04 Portions (Kapha Diet)

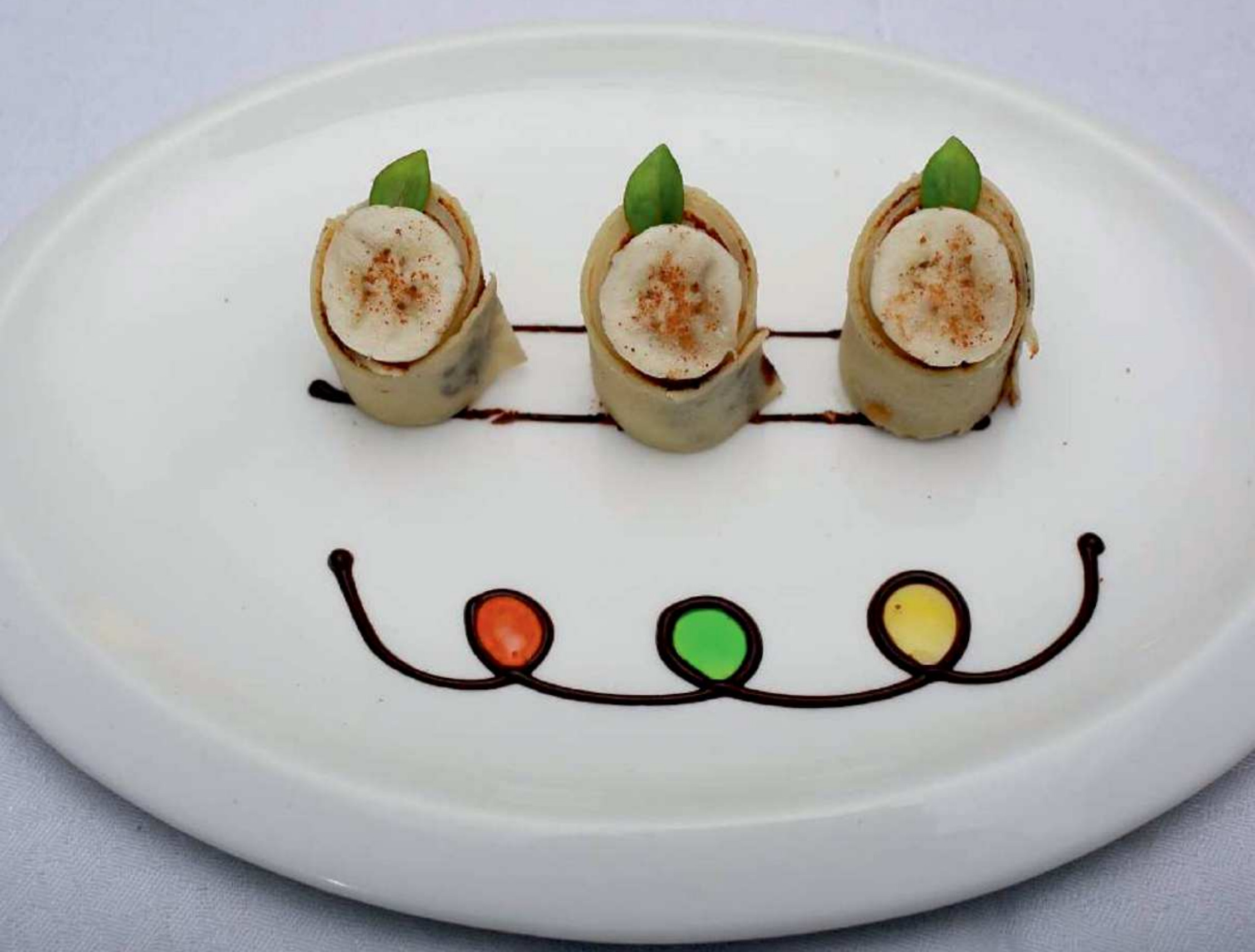
INGREDIENTS

Tender Coconut Flesh	80 gms.
Liquorice (mullethi), Powdered	08 gms.
Soya Milk	100 ml.
Agar Agar, China Grass	20 gms.
Fresh Coconut Milk	100 ml.

INSTRUCTIONS

- Chop the tender coconut flesh and keep aside.
- Warm up the soya milk, coconut milk with liquorice reduce & cool it down.
- Add chopped tender coconut mix along with agar agar.
- Set the mixture in a glass and refrigerate for an hour, serve chilled.





APPLE CINNAMON ROLLS

Serves 04 Portions (Kapha Diet)

INGREDIENTS

Oats Powder	500 gms.
Wheat Flour	15 gms.
Soy Milk	30 gms.
Apple Diced	03 nos.
Cinnamon Stick	01 nos.
Star Anise Seeds	02 nos.
Lime	01 nos.
Walnuts	15 gms.

INSTRUCTIONS

- Make a thin batter with oats powder & wheat flour and soya milk.
- Make thin crepes in a non-stick flat pan and keep aside.
- Boil the water with cinnamon, star anise seeds, one lime slice.
- Drop the cut apple pieces into the liquid and poach for 3 minutes and allow it to cool down quickly.
- Drain the apple from the liquid.
- Mix the apple along with finely chopped walnuts. Fill the mix into the crepes and roll into desired shape.
- Garnish the crepes with sliced banana and cinnamon powder.





FRUIT JELLIES

Serves 04 Portions (Kapha Diet)

INGREDIENTS

Fresh Mix Fruit Puree (papaya, Pineapple, Banana, Pears)	500 gms.
Mint	05 gms.
Sugar Free(Equal)	10 gms.
Agar Agar, China Grass	20 gms.

INSTRUCTIONS

- Peel the fruits and make a puree along with mint, keep aside.
- Take thick bottom pan, add the fruit puree and sugar free. Cook it well and keep aside.
- Take 50 ml of boiled water mix with agar agar.
- Mix all together with agar agar.
- Pour the cooked fruit puree into a mould and keep it cool at room temperature.
- Once the puree cools to room temperature, refrigerate for cooling till it becomes jelly like.
- Once it is settled cut into any shape and serve.





JUICES





CARNOUSTIE ANTIOXIDANT SHOT

Serves 04 Portions

INGREDIENTS

Papaya Ripe	2000 gms.
Lemon Grass Decoction	40 ml.
Mint Leaves	05 gms.
Papaya Seeds Powder	15 gms.

INSTRUCTIONS

- Blend all the ingredients together in a mixture.
- Serve chilled.





CHEF ASHOK'S CLEANSING SMOOTHIE

Serves 04 Portions

INGREDIENTS

Green Apple	800 gms.
Avocado	400 gms.
Pepper Mint leaves	05 gms.
Spinach Green	30 gms.
Lime	01 nos.
Banana	80 gms.
Almond Milk	100 ml.

INSTRUCTIONS

- Peel the apple and avocado and remove the seeds.
- Chop roughly and blend with the remaining ingredients.
- Sprinkle few drop of lime juice and serve.





FLAT BELLY ASH GOURD GULP

Serves 04 Portions

INGREDIENTS

Ash Gourd	2500 gms.
Wild Turmeric	30 gms.
Fennel Bulb	100 gms.
Ginger	20 gms.

INSTRUCTIONS

- Peel and deseed the ash gourd.
- Blend it with the remaining ingredients.
- Strain and serve chilled.





BLOOD REJUVENATOR

Serves 04 Portions (Kapha Diet)

INGREDIENTS

Pomegranate	3000 gms.
Celery	150 gms.
Hibiscus	02 nos.
Holy Basil	05 gms.

INSTRUCTIONS

- Juice the pomegranate.
- Blend it with the remaining ingredients.
- Strain and serve chilled.





MULTI BENEFITING JUICE

INGREDIENTS

Apple	100 gm.	Wheat Grass	10 gm.
Avocado	50 gm.	Lemon Juice	15 ml.
Prunes	15 gm.	Yoghurt	15 ml.
Garlic	05 gm.	Water	80 ml.
Mix Legumes Soaked	20 gm.		

HEALTH BENEFITS

- Anti diabetic, immunity boost up, remove toxins, aids in digestion, has anti oxidants in it.





CUBAN OREGANO JUICE

INGREDIENTS

Carrot	150 gm.	Bottle Gourd	80 gm.
Orange Segment	150 gm.	Caraway Leaf or	
Apple	150 gm.	Cuban Oregano	03 pcs.
Green Lettuce	50 gm.	Water	150 ml.

HEALTH BENEFITS

- Anti diabetic, helps for indigestion, weight loss and relives stress.





METABOLISM BALANCING JUICE

INGREDIENTS

Green Spinach	80 gm.	Beetroot	50 gm.
Sweet Lime	80 gm.	Fresh Ginger	07 gm.
Carrot	100 gm.	Cinnamon Powder	01/2 gm.
Celery Stick	25 gm.	Water	200 ml.

HEALTH BENEFITS

- Include- anti diabetic, ant inflammatory, has anti oxidants in it.





ANTI OXIDENT JUICE

INGREDIENTS

Sweet Lime Wedges	1 no.	Garlic Cloves	01 no.
Lime Juice	02 ml.	Fresh Ginger	05 gm.
Water	100 ml.	Fresh Ginger	05 gm.
Flax Seed	03 gm.	Celery Sticks	10 gm.

HEALTH BENEFITS

- Rich in anti oxidants, good for diabetic etc...





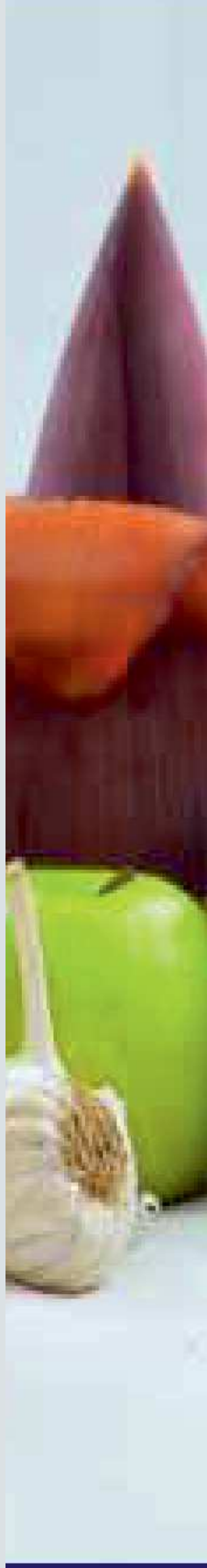
MULTI BENEFITING JUICE VATA/KAPHA

INGREDIENTS

Apple	100 gm.
Avocado	50 gm.
Prunes	15 gm.
Garlic	05 gm.
Mix Legumes Soaked	20 gm.
Wheat Grass	10 gm.
Lemon Juice	15 ml.
Yoghurt	15 ml.
Water	80 ml.

METHOD

- Place the all ingredients in to blender and blend until mixture is smooth in consistency.
- Pas through a sieve and use.





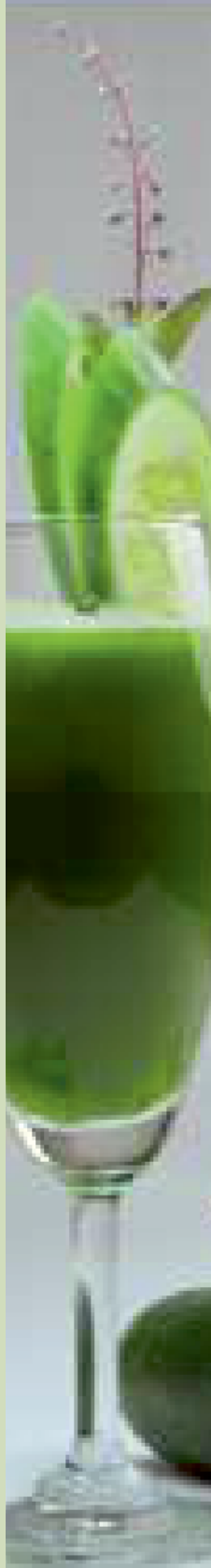
ALKALINE GREEN DRINK VATA/PITA

INGREDIENTS

Celery Stick	50 gm.
Green Cucumber	200 gm.
Mint Leaves	3 gm.
Green Lettuce	100 gm.

INSTRUCTIONS

- Wash all of the ingredients and slice thinly.
- Place the sliced ingredients in to blender and blend until mixture is juice consistency.
- Strain the juice and serve.





GREEN REFRESHER

VATA/PITA

INGREDIENTS

Curry Cucumber	250 gm.
Green Apple	150 gm.
Parsley	15 gm.
Mint	10 gm.
Celery	40 gm.
Lettuce Any	80 gm.
Water	500 ml.

METHOD

- Peel off the cucumber skin and remove the seeds.
- Clean and remove water from lettuce.
- Cut and remove seeds of apple.
- Blend all together, strain well and serve.





A top-down view of a white bowl filled with a vibrant purple smoothie, topped with a generous amount of golden-brown hemp seeds. To the right of the bowl is a clear glass containing a white, powdery substance, likely collagen powder. A bright yellow lemon wedge is positioned above the glass. A silver spoon rests behind the bowl. The entire scene is set against a light grey, textured background.

COLLAGEN SMOOTHIES



ALOVERA AND BANANA SMOOTHIE

VATA/PITA

INGREDIENTS

Aloevera	300 gm.
Banana	150 gm.
Honey	100 gm.

METHOD

- Clean and blend all together, by adding 50ml water.





AVOCADO GREEN APPLE SMOOTHIE

INGREDIENTS

Avocado	300 gm.
Green apple	150 gm.
Lime juice	03ml.
Cinnamon powder	01gm.

METHOD

- Clean and remove the flesh of avocado. Cut apple into smaller pieces
- Blend all together in a mixer and serve.





CHIA SEED AND MANGO SMOOTHIE

VATA/PITA

INGREDIENTS

Chia seed	10 gm.
Mango riped	500gm.
Ginger	25gm.

METHOD

- Soak the chia seeds in little water for 10mts.
- Clean the mangoes and ginger.
- Blend all together and serve.





DATES AND WALNUT SMOOTHIE VATA/PITA

INGREDIENTS

Dates	80 gm.
Walnut	30 gm.
Papaya Seeds	20 gm.
Almond Milk	250 ml.
Seeds Assorted	20 gm.

METHOD

- Blend together all the ingredients, strain through a sieve and serve.





PAPPAYA LEMONGRASS SMOOTHIE(VATA/PITA/KAPHA)

INGREDIENTS

Pappya	500 gm.
Lemon Grass	50 gm.
Ginger	20 gm.

METHOD

- Make decoction with lemon grass
- Clean and cut the papaya roughly
- Clean chop the ginger
- Strain the lemon grass liquid and blend along the other ingredients.





A close-up photograph of several slices of almond bread stacked on the left, and a bundle of dried wheat stalks on the right, all resting on a burlap surface. The text "GLUTTEN FREE" is overlaid in the center.

GLUTTEN FREE



GLUTENFREE MULTI GRAIN MUFFINS

INGREDIENTS

Gluten Free Maida	250 gm.	Multigrain Flour	100 gm.
Icing Sugar	120 gm.	Milk Maid	50 gm.
Milk	350 ml.	Curd	50 gm.
Baking Soda	5 gm.	Baking Powder	10 gm.
Butter	60 gm.	Apple Cider Vinegar	01 tbs.
Vanilla Essence	10 ml.		

METHOD

- In a large bowl add curd, milk, icing sugar, milk maid and milk and mix well using a whisk
- Add the baking soda and the flour
- Mix the ingredients very well then add butter and essence to the mixture.
- Pre heat the oven 180*c
- Pour the mixture in a muffin baking mould
- Bake the muffins 15-to 18 minis.





GLUTENFREE KIWI PASTRY

INGREDIENTS

Gluten Free Maida	250 gm.	Icing Sugar	80 gm.
Milk Maid	50 gm.	Milk	350 ml.
Whipping Cream	150 gm.	Kiwi Crush	100 gm.
Curd	50 gm.	Baking Soda	5 gm.
Baking Powder	10 gm.	Oil	60 ml.
Apple Cider Vinegar	01 tbs.	Vanilla Essence	10 ml.

METHOD

- In a large bowl add curd, milk, icing sugar, milk maid and milk and mix well using a whisk
- Add the baking soda and the flour
- Mix the ingredients very well then add butter and essence to the mixture.
- Pre heat the oven 180*c
- Pour the mixture in a muffin baking mould
- Bake the muffins 15-to 18 minis.
- Apply kiwi crush and cream in between layers and finish it.





DATES PUDDING

No of portions: 08

INGREDIENTS

Gluten Free Maida	200 gm.	Cooked Dates	100 gm.
Icing Sugar	120 gm.	Milk Maid	50 gm.
Milk	350 ml.	Curd	50 gm.
Baking Soda	5 gm.	Baking Powder	10 gm.
Butter	60 gm.	Apple Cider Vinegar	01 tbs.
Vanilla Essence	10 ml.		

METHOD

- In a large bowl add curd, milk, icing sugar, milk maid and milk and mix well using a whisk
- Add the baking soda and the flour
- Mix the ingredients very well then add butter and essence to the mixture.
- Pre heat the oven 180*c
- Pour the mixture in a muffin baking mould
- Bake the muffins 15-to 18 minis.





PASSION FRUIT GLUTEN FREE PASTRY

No of portions: 08

INGREDIENTS

Gluten Free Maida	250 gm.	Icing Sugar	80 gm.
Milk Maid	50 gm.	Milk	350 ml.
Whipping Cream	150gm.	Passionfruit Crush	100 gm.
Curd	50 gm.	Baking Soda	5 gm.
Baking Powder	10 gm.	Oil	60 ml.
Apple Cider Vinegar	01 tbs.	Vanilla Essence	10 ml.

METHOD

- In a large bowl add curd, milk, icing sugar, milk maid and milk and mix well using a whisk
- Add the baking soda and the flour
- Mix the ingredients very well then add butter and essence to the mixture.
- Pre heat the oven 180*c
- Pour the mixture in a muffin baking mould
- Bake the muffins 15-to 18 minis.
- Apply passion fruit crush and cream in between layers and finish it.





CARROT GLUTEN FREE CAKE

No of portions: 10

INGREDIENTS

Gluten Free Maida	250 gm.	Cooked Carrot	100 gm.
Icing Sugar	120 gm.	Milk Maid	50 gm.
Milk	350 ml.	Curd	50 gm.
Baking Soda	5 gm.	Baking Powder	10 gm.
Butter	60 gm.	Apple Cider Vinegar	01 tbs.
Vanilla Essence	10 ml.		
Cardamom, Cinnamon Powder	1 gm. each		

METHOD

- In a large bowl add curd, milk, icing sugar, milk maid and milk and mix well using a whisk
- Add the baking soda and the flour
- Mix the ingredients very well then add butter and essence to the mixture.
- Pre heat the oven 180*c
- Pour the mixture in a baking mould
- Bake for 15-to 18 minis.





GLUTEN FREE BLACK FOREST GATEAUX

No of portions: 08

INGREDIENTS

Gluten Free Maida	250 gm.	Icing Sugar	80 gm.
Milk Maid	50 gm.	Milk	350 ml.
Whipping Cream	150 gm.	Chopped Cherry	50 gm.
Grated Chocolate	100 gm.	Curd	50 gm.
Baking Soda	5 gm.	Baking Powder	10 gm.
Oil	60 ml.	Apple Cider Vinegar	01 tbs.
Vanilla Essence	10 ml.		

METHOD

- In a large bowl add curd, milk, icing sugar, milk maid and milk and mix well using a whisk
- Add the baking soda and the flour
- Mix the ingredients very well then add butter and essence to the mixture.
- Pre heat the oven 180*c
- Pour the mixture in a tray
- Bake it for 15-to 18 minis.
- Apply cream in between layers along with chopped cherry, drop chocolate and finish it.







HERBAL DRINKS



HERBAL WATER - PATHIMUGAM

INGREDIENTS

Pathimugam Tree Barks 2 pieces

Water 2 litre

HEALTH BENEFITS

- Used to reduce pain and swellings caused by external injuries., treat certain conditions of the lood, namely dysmenorrhea and amenorrhea and to reduce abdominal pain in women, following child-birth.





HERBAL WATER - NILAVAGA

INGREDIENTS

Nilavaga Leaves Dried	2 tbs.
Water	2 litre

HEALTH BENEFITS

- The medicinal plant used for treating anaemia, bronchitis, fevers, haemorrhoids, constipation, jaundice, dermatitis, weight-loss, wounds and ringworms, and as laxative and blood cleansing agent.





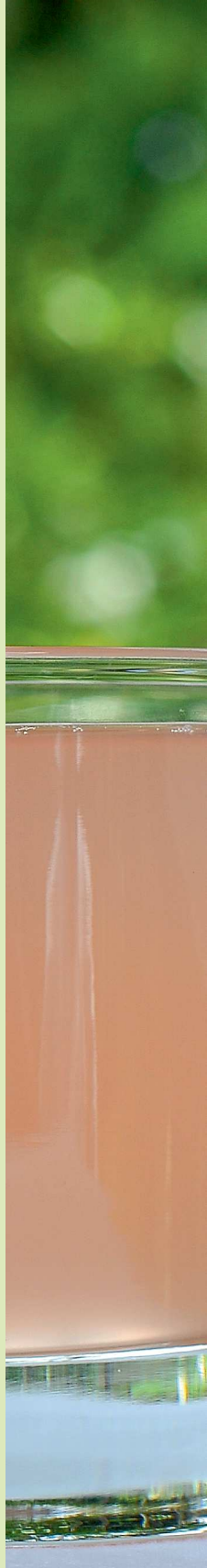
HERBAL WATER - BARLEY

INGREDIENTS

Barley	01 tsp.
Water	01.5 litre

HEALTH BENEFITS

- Barley water is best medicine when you have a Urinary Tract Infection, It brings down the heat content in the body, reduce burning sensation in the stomach, It cleanses your kidney and keeps it free of toxins, Barley water reduces the risk of developing diabetes.





CUMIN WATER

INGREDIENTS

Cumin	02 tsp.
Water	01.5 ltr

NOTE:- BENEFITS INCLUDE

- Improves Digestion and Metabolism.
- Cures Digestive Disorders.
- Contains good antiseptic properties that fight common cold and fevers.
- It is rich in Vitamin-E. Prevents any microbial and fungal infection from affecting the skin.





GUAVA LEAF

INGREDIENTS

Gouva Leaf	15 gm.
Water	01.5 ltr

NOTE:- BENEFITS INCLUDE

- Treatment for of Boost Heart Health.
- Guava leaf extract has been linked to lower blood pressure, a decrease in “bad” LDL cholesterol, and a rise in “good” HDL cholesterol.
- Guava leaf extract may reduce the pain intensity of menstrual cramps.
- Guava leaf extract may benefit digestive health, it may reduce the intensity and duration of diarrhea.





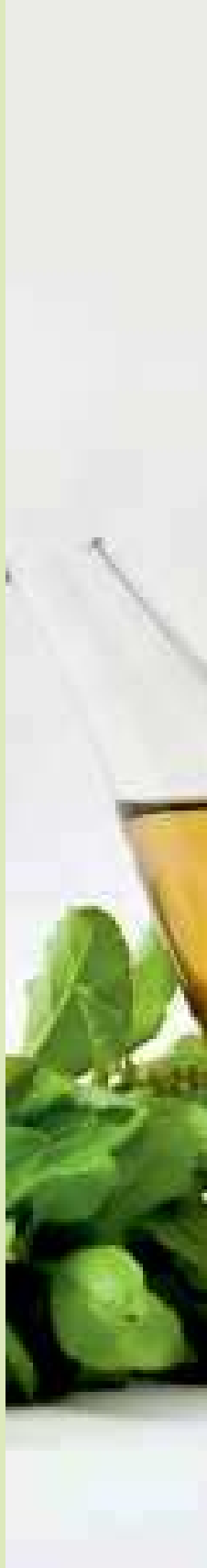
THULASI LEAVES - HOLY BASIL WATER

INGREDIENTS

Holy Basil Leaves	15 gm.
Water	01.5 ltr

NOTE:- BENEFITS INCLUDE

- Treatment for cold and sore throat.
- Thulasi leaves are a storehouse of anti - inflammatory and antioxidant properties.
- It brings about a balance in the acid level in the body and maintains the pH level in the body.
- It increase or decrease the immune system's activity to the optimal level.





DETOX TEA

HEALTH BENEFITS:

Helpful in arthritis, swelling of body parts and in reducing the extra body fat, cures weakness of stomach, stomach ache, diseases of the abdomen, constipation, urinary diseases and diabetes. It also cleanses the blood, good for heart and helps in strengthening the body energy.

INGREDIENTS

- Black Cumin/ Anihelmintica Veronica
- Kutki/ Picrorhiza Kurrooa Royle
- Indian Beech / Pongamia Glabra
- Indian bdellium-tree / Commiphora Mukul
- Chirata / Chirata / Swertia Chirata
- Fenugreek / Trigonella Foenum-Graecum Linn
- Dronapushpi / Leucas caphalotus
- Giloy / Tinospora cordifolia
- Babool / Acacia Arabica





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