



What's Your Dosha?



THE DOSHA DIVA'S AYURVEDA BALANCED ALL-IN-ONE MEAL RECIPE SYSTEM!

OIL (choose 1)	SPICE (choose 1)	PROTEIN (choose 1)	VEGETABLE (1-3 items - fresh)	SWEET (1-2 items)	SOUR (choose 1)	GRAIN (choose 1)
Ghee	Mum's Spice	Mung bean	Zucchini	Gold/green raisins	Lime	Rice
Olive	Vata Churna	Split Mung	Yellow Squash	Cashews	Rice vinegar	Couscous
Sesame	Pitta Churna	Red lentils	Spinach	Almonds	Lemon	Quinoa
Coconut	Kapha Churna	Small green lentils	Asparagus	Chutney	Tamarind	Millet
			Broccoli, Green beans, Bok Choy, Chard, Kale, Cauliflower, etc.			

Items from each column should be represented.

1. Heat oil in pan. Add spices and nuts (optional) until browned.
2. Add beans and cook until heated through and soft. Add water as you go as needed to steam.
3. Add your favorite veggies, stir fry and steam. Add more water and/or oil as needed.
4. Item from the "sour" column should be added after cooking, just before serving, sprinkled on the top.
5. Serve over your favorite grain.

- Notes:**
- Optional extras include [Soma Salt](#), Fresh Ginger.
 - Dry lentils/beans need to be soaked in hot water 24-48 hours before cooking. You may use any already-cooked beans if you want.
 - Always use pure spring water.
 - Always use a pot (wok or large fry pan) with a lid to steam.
 - Vata Season is Fall/Winter (dry, cold). Pitta Season is Summer (hot). Kapha Season is Spring (wet, cool).
 - Use seasonal spice blends in their season to balance – i.e. use Vata Churna in the Fall/Winter to balance Vata.
 - Mum's Spice can be used year-round.
 - The 6 tastes: Sweet, Sour, Salty, Bitter, Pungent, Astringent. Every meal in this system includes all 6 tastes per Ayurveda.
 - **Vata:** Favor Sweet, Sour, Salty. **Kapha:** Favor Bitter, Pungent, Astringent. **Pitta:** Favor Sweet, Bitter, Astringent.
 - According to SV Ayurveda - Avoid: garlic, onion, potato, tomato, eggplant, peppers, peas.

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Lissa Coffey, the "Dosha Diva" is the author of the bestselling "What's Your Dosha, Baby" and several other books and courses.