

Sample Client Eating Guidelines

Personalized Ayurvedic eating plan based on an individual assessment

ASSESSMENT FOCUS

Depleted Vata, low weight, dry hard stools, osteoporosis, and bladder/gum burning

Main Eating Rules

- No fasting or skipping meals - eat three regular meals daily.
- No coffee or black tea - drink water and mild herbal teas.
- No sweets, foods with added sugar, or snacking between meals.
- No dry, hard, crunchy foods - choose soft, warm, moist, soupy foods.
- No raw vegetables - cook vegetables until soft.
- Use more olive oil, butter, ghee, or avocado oil with meals.
- Include animal protein with each main meal.
- Avoid foods that are very spicy, very sour, or heating.
- Drink water throughout the day to help soften stools.

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Best Foods - Eat Regularly

Animal protein: Dark-meat chicken, turkey, eggs, fish, soft ground meat, slow-cooked beef or lamb, chicken soup, meat broth.

Grains and starches: Soupy rice, rice porridge, oatmeal, soft whole-grain pasta, sweet potatoes, winter squash.

Vegetables: Carrots, zucchini, green beans, asparagus, beets, squash, and other soft well-cooked vegetables.

Fruit: Berries are best, fresh or gently cooked, with no sugar added.

Fats: Olive oil, butter, ghee, and avocado oil. Add enough fat to meals to reduce dryness and support weight.

Nuts: Small amounts of almonds or mild nut butter, especially added to oatmeal.

Dairy: Plain cheese and plain yogurt with meals if tolerated.

Western seasonings: Parsley, basil, oregano, thyme, rosemary, sage, dill, and a little cinnamon.

Moderate Foods

- Slow-cooked beef or lamb.
- Oily fish and eggs.
- Cheese and plain yogurt with meals.
- Almonds and mild nut butters.
- Sourdough bread, preferably with soup, butter, or oil.
- Cooked onions and small amounts of garlic.
- Whole-grain pasta cooked very soft.

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Never Foods - Avoid

- Beans and lentils.
- Quinoa and white rice.
- Celery.
- Bananas, dried fruit, and pomegranate.
- Coconut oil.
- Coffee, black tea, alcohol, and carbonated drinks.
- All nightshades: tomatoes, peppers, eggplant, and white potatoes.
- Hot spices, chili, cayenne, and excessive black pepper.
- Raw vegetables and salads.
- Cabbage-family vegetables: cabbage, broccoli, cauliflower, kale, and Brussels sprouts.
- Dry crackers, chips, toast, popcorn, and dry cereal.
- Fried foods, vinegar, pickles, and very sour foods.
- Hard, dry, or tough meats.
- Candy, cookies, cake, chocolate, desserts, sweetened yogurt, and any food with added sugar.
- Ice-cold foods and drinks.

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Simple Meal Pattern

Breakfast	Oatmeal with almonds and butter or ghee; eggs if desired.
Lunch	Dark-meat chicken or fish with soupy rice and soft cooked vegetables.
Dinner	Soup or stew with animal protein, cooked vegetables, and added olive oil or butter.

Nourish and rebuild without increasing heat.

GOAL

Meals should be warm, soft, moist, oily, mild, and easy to digest.

Sample prepared from an actual client case. Identifying information has been removed for privacy.