

Sample Client Meal Ideas

Vata-Pitta digestive support with GERD, mild IBS and hemorrhoid tendency

WARM - COOKED - SOFT - MOIST - SIMPLE - NOURISHING

Breakfast

1. Warm Oatmeal

Main: Well-cooked oatmeal with a small amount of almonds or hemp seeds and a little ghee.

Vegetable variations: Keep this breakfast simple; fruit is not mixed into the oatmeal.

Seasoning variations: Cardamom + cinnamon; fennel + cardamom; or mild cinnamon + a little ginger.

2. 2-Egg Omelet + Whole-Grain Bread

Main: Two-egg omelet with a little onion, plus whole-grain bread.

Vegetable variations: Choose zucchini, cooked spinach, asparagus, mushrooms, or cooked bell pepper.

Seasoning variations: Parsley + dill; basil + oregano; or cumin + coriander.

3. 2-Egg Omelet + Brown Basmati

Main: Two-egg omelet with brown basmati rice; whole-grain bread may also be included.

Vegetable variations: Choose carrots, zucchini, cooked spinach, asparagus, or avocado.

Seasoning variations: Cumin + fennel; parsley + basil; or coriander + mild turmeric.

Lunch

1. Salmon + Brown Basmati

Main: Salmon with brown basmati rice and cooked vegetables; avocado may be added.

Vegetable variations: Choose zucchini, squash, carrots, green beans, asparagus, sweet potato, beets, or avocado.

Seasoning variations: Dill + parsley; basil + oregano; coriander + fennel; or thyme + parsley.

2. Beef Vegetable Soup

Main: Beef slowly cooked as a soft, moist vegetable soup or stew.

Vegetable variations: Choose carrots, sweet potato, parsnips, turnips, celery, zucchini, squash, beets, or green beans.

Seasoning variations: Thyme + rosemary + bay leaf; parsley + oregano; or cumin + coriander + fennel.

3. Dark Chicken + Brown Basmati

Main: Dark-meat chicken with brown basmati rice and soft cooked vegetables.

Vegetable variations: Choose squash, carrots, zucchini, asparagus, green beans, beets, sweet potato, or avocado.

Seasoning variations: Oregano + basil; thyme + parsley; cumin + coriander + turmeric; or dill + fennel.

Dinner

1. Salmon + Soft Cooked Vegetables

Main: Salmon with soft cooked vegetables and a smaller portion of brown basmati if desired.

Vegetable variations: Choose zucchini, carrots, squash, asparagus, green beans, sweet potato, spinach, or beets.

Seasoning variations: Dill + fennel; parsley + basil; thyme + coriander; or oregano + parsley.

2. Chicken Vegetable Soup

Main: Dark chicken cooked in a light, soft vegetable soup.

Vegetable variations: Choose carrots, zucchini, celery, squash, sweet potato, parsnips, green beans, or beets.

Seasoning variations: Thyme + bay leaf; parsley + oregano; cumin + fennel; or basil + coriander.

3. 2-Egg Omelet + Whole-Grain Bread

Main: Two-egg omelet with a little onion and whole-grain bread.

Vegetable variations: Choose zucchini, cooked spinach, asparagus, mushrooms, avocado, or cooked bell pepper.

Seasoning variations: Basil + oregano; parsley + dill; cumin + coriander; or fennel + parsley.

Snacks

Fruit only - eaten separately from meals.

Mango, sweet berries, papaya, ripe pear, grapes, melon, peaches, nectarines, plums, or applesauce.

Never mix fruit with a meal. If hungry between meals, fruit is the only snack.

Meal reminder: Eat warm, freshly cooked food at regular times. Keep meals simple, chew thoroughly, do not overeat, and keep dinner lighter and earlier.