

Sample Pakistani-Style Menu Ideas

Culturally familiar meal ideas adapted to the client's Ayurvedic assessment

MAIN RULES

3 meals daily + 1 snack. No fruit with meals. Fruit or coconut water only between meals. Add fresh dhanja/cilantro on savory meals. Drink warm saunf/fennel tea with meals.

MILD SPICES ONLY

Saunf, dhanja, small jeera, little haldi, elaichi. No black pepper, ginger, garlic, chili, tomato, hing, or heavy garam masala.

Breakfast - 3 Ideas

1. Anda + Brown Basmati Rice

Soft scrambled egg or mild omelet cooked in ghee with dhanja, small jeera, and a little haldi. Serve with soft brown basmati rice. Top with fresh dhanja. Drink warm saunf tea.

2. Chicken Yakhni + Soft Rice

Warm chicken yakhni with soft brown basmati rice and ghee. Good when appetite is low or weakness is strong. Top with fresh dhanja. Drink warm saunf tea.

3. Savory Rice Porridge

Soft brown basmati rice cooked very moist with ghee, saunf, little elaichi, and a small pinch of haldi. Top with fresh dhanja if savory. Drink warm saunf tea.

Lunch - 3 Ideas

1. Bone Broth + Rice + Lauki

Bone broth with soft brown basmati rice, ghee, and cooked lauki sabzi with dhanja and saunf. Top with fresh dhanja. Drink warm saunf tea.

2. Mild Chicken Salan + Tori

Mild chicken curry with no tomato, garlic, chili, ginger, or pepper. Serve with brown basmati rice and soft tori. Top with fresh dhanja. Drink warm saunf tea.

3. Egg Curry Style + Kaddu

Soft eggs cooked in mild ghee gravy with dhanja, saunf, little jeera, and little haldi. Serve with brown basmati rice and cooked kaddu. Top with fresh dhanja.

Sample Pakistani-Style Menu Ideas

Dinner + snack | no fruit with meals | fennel tea with meals | cilantro on savory meals

Dinner - 3 Ideas

1. Chicken Yakhni + Bhindi

Warm chicken yakhni with soft brown basmati rice and soft bhindi cooked in ghee. Top with fresh dhania. Drink warm saunf tea.

2. White Fish + Rice + Carrot

Mild white fish cooked with ghee, dhania, saunf, and little haldi. Serve with brown basmati rice and soft gajar. Top with fresh dhania. Drink warm saunf tea.

3. Moong Dal Soup + Rice

Soft soupy moong dal, moderate amount only, with ghee and mild spices. Serve with brown basmati rice. Use only if it does not cause gas. Top with fresh dhania.

Snack - 3 Ideas

1. Coconut Water

Small amount between meals. Room temperature, not cold. Best when feeling hot and dry.

2. Sweet Ripe Mango / Aam

Small bowl by itself between meals. Do not take with meals, milk, tea, or nuts.

3. Soft Pear or Papaya

Nashpati or papita by itself between meals. Do not mix with meals or milk.

Simple Daily Pattern

Meal = brown basmati rice + ghee + broth/protein + soft cooked sabzi + fresh dhania on top + warm saunf tea.

Snack = fruit or coconut water only between meals.

This sample shows how personalized Ayurvedic menu guidance can be adapted to familiar Pakistani foods and cooking styles.