

Sample Pitta-Vata Menu Ideas

Warm, soft, moist meals with gentle Pitta-Vata and Mediterranean seasonings

MAIN FOCUS Warm cooked meals, soft texture, enough ghee or healthy oil, mild sweet taste, and simple combinations. Mango and sweet fruit are best taken alone, away from meals.

Seasonings

Pitta-Vata Ayurvedic

- Cumin
- Coriander
- Fennel
- Cardamom
- Turmeric - small amount
- Fresh ginger - small amount only
- Cinnamon - small amount
- Cilantro
- Parsley
- Mineral salt

Mild Mediterranean

- Basil
- Oregano
- Thyme
- Rosemary - small amount
- Sage - small amount
- Dill
- Bay leaf
- Parsley
- Olive oil
- Mineral salt

AVOID Chili, cayenne, paprika, hot sauce, vinegar, lemon, sour marinades, and too much black pepper.

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Breakfast Options

1. Soft Eggs with Rice

Good steady breakfast with protein and softness.

- 1-2 soft eggs
- White basmati rice
- Ghee
- Avocado on the side
- Cilantro or parsley

Seasoning: cumin, coriander, fennel, parsley, or mild basil.

2. Cream of Rice with Eggs

Gentle option when digestion feels weak.

- Cream of rice with ghee
- 1 soft egg on the side
- Warm herbal tea

Seasoning: cinnamon and cardamom in the cereal.

3. Soft Oats with Eggs

Use when more strength is needed in the morning.

- Soft cooked oats
- Ghee
- 1 soft egg on the side

Seasoning: cinnamon and cardamom.

4. Rice Porridge with Egg

Very soft and moist; good for gas and bloating.

- Very soft rice porridge
- Ghee
- 1 soft egg mixed in or on the side
- Parsley or cilantro

Seasoning: small amount cumin and coriander.

FRUIT TIMING

Mango, mango juice, dates, papaya, or sweet ripe fruit should be taken alone - not mixed into breakfast, lunch, or dinner.

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Lunch Options

1. Salmon Rice Plate

Nourishing but still simple and easy.

- Salmon
- White basmati rice
- Soft zucchini or carrots
- Ghee or olive oil
- Avocado on the side

Seasoning: dill, parsley, basil, cumin, coriander, and fennel.

2. Bone Broth Chicken Soup

Moist, warm, and strengthening.

- Bone broth base
- Dark chicken meat
- White basmati rice
- Carrots
- Zucchini
- Green beans
- Ghee

Seasoning: bay leaf, thyme, parsley, cumin, coriander, and fennel.

3. Khichari with Ghee

Best simple Ayurvedic meal for digestion.

- White basmati rice
- Yellow mung dal or red lentils
- Ghee
- Carrots or zucchini

Seasoning: cumin, coriander, fennel, turmeric, and cilantro.

4. Lentil Rice Soup

Keep it soupy and moist, not thick or dry.

- Red lentils or mung dal
- Bone broth or water base
- White basmati rice
- Ghee
- Soft squash or carrots

Seasoning: cumin, coriander, fennel, bay leaf, parsley.

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Dinner Options

1. Bone Broth Fish Soup

Lighter dinner; good earlier in the evening.

- Bone broth base
- Salmon or white fish
- Rice
- Zucchini or carrots
- Ghee
- Parsley or dill

Seasoning: mild Mediterranean herbs plus fennel/coriander.

2. Chicken Rice Soup

Soft, moist, and grounding.

- Bone broth base
- Dark chicken meat
- Rice
- Carrots
- Green beans
- Ghee

Seasoning: thyme, parsley, bay leaf, cumin, coriander, and fennel.

3. Soft Lentil Soup

Simple and easy; keep it thin and moist.

- Red lentils or mung dal
- Rice
- Ghee
- Pumpkin or sweet potato
- Bone broth or water base

Seasoning: cumin, coriander, fennel, turmeric, cilantro.

4. Soft Vegetable Rice Bowl

Good for a lighter dinner without meat.

- White basmati rice
- Ghee
- Cooked zucchini
- Carrots
- Squash
- Avocado on the side

Seasoning: parsley, basil, fennel, coriander, mineral salt.

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Simple Daily Examples

Example Day 1

- Breakfast: soft eggs with rice, ghee, avocado, parsley
- Mid-morning: mango or mango juice by itself
- Lunch: salmon, rice, zucchini, carrots, ghee, avocado
- Dinner: bone broth chicken rice soup with ghee

Example Day 2

- Breakfast: cream of rice with ghee and 1 soft egg
- Mid-afternoon: moist dates or sweet ripe fruit by itself
- Lunch: khichari with ghee and soft carrots
- Dinner: bone broth fish soup with rice and zucchini

Tips & Guidelines

Meal Style

- Warm, cooked meals are best
- Make foods soft, moist, and easy to digest
- Use ghee generously if tolerated
- Favor sweet taste over sour taste
- Keep meals simple - do not mix too many foods

Daily Rhythm

- Eat calm, regular meals
- Avoid long fasting if it weakens digestion
- Keep dinner lighter and earlier
- Avoid heavy, spicy, or sour foods at night
- Drink warm water or mild herbal tea

AVOID FOR NOW

No nightshades: tomatoes, potatoes, eggplant, peppers, paprika, cayenne. No cabbage family: cabbage, kale, broccoli, cauliflower, Brussels sprouts, collards. No wheat for now, no millet, no big beans. No beef or lamb due to cholesterol concern. Avoid sour, spicy, cold, raw, dry foods.

BEST OVERALL

Warm, soft, moist, mildly sweet, nourishing meals with ghee, rice, soft lentils, bone broth soups, salmon, fish, dark chicken, cooked vegetables, avocado, mango, and moist dates.

This sample shows the kind of individualized menu document created from Khabir's assessment and dietary recommendations.