



Nourished and Rested with Ayurveda

14 DAY KAPHA DIET PLAN FOR OPTIMAL WEIGHT

My Wisdom from working with hundreds of clients!

♡♡
Salila



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7 key points to avoid weight gain

1. When a Kapha person starts to crave sweet, sour, salty, and oily foods and snacks, they can be sure that they are going out of balance.
2. Avoid cold desserts and drinks and water, instead drink hot herbal teas like cinnamon, dry ginger, tulsi, coriander, clove, etc.
3. Popcorn, crackers, and toast are great for Kaphas. This adds the much-needed air element to balance the higher water element of your body.
4. Use light oils like Olive, Sunflower, and Coconut for cooking for easy digestion.
5. Enjoy homemade pickles and spicy salsa and sauces with meals, Kaphas need the stimulation.
6. Kaphas have slow digestion, they must drink buttermilk with Trikatu instead of heavier Milk or yogurt.
7. Do not eat meat and dairy, except buttermilk, for more than 3-4 times a week.





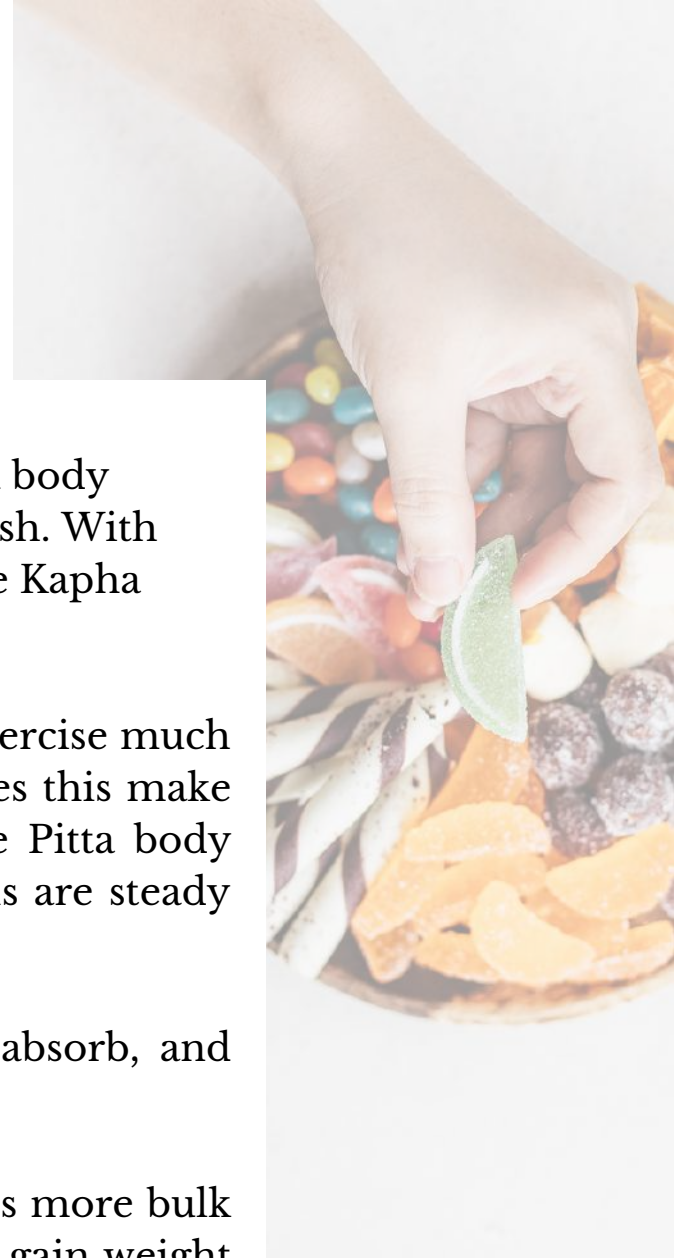
Kapha dosha body type

Kapha body types are persons with typically large solid body frames, smooth rounded joints, and well-developed flesh. With soft oily skin, curly thick hair, and white even teeth, the Kapha dosha type can stop traffic when they want to.

But, Kapha peeps tend to gain weight due to lack of exercise much faster than Vata or Pitta body types. By no means does this make the Kapha body type any less than their Vata or the Pitta body friends. In fact, quite the contrary. Their energy levels are steady and easily excel at endurance sports.

Kaphas have good appetites, take a while to digest, absorb, and keep the most of their food and eliminate regularly.

When Kapha energy is out of balance, the body creates more bulk than it needs, because of this Kapha dosha body types gain weight no matter how little they eat. In this Ebook, I am presenting a 14-day diet plan for Kapha Body Types. Feel free to modify and adjust to your tastes.





Kapha dosha diet, what Is good?

Diet and lifestyle hold the key to come back to balance no matter which dosha is out of whack.

Sweet, salty, and sour tastes tend to help build up the body. The Kapha body is already blessed with higher constructive energies so they must be balanced with the opposite tastes of **bitter, pungent, and astringent**.

This means lots of greens, cabbage family vegetables, bitter vegetables like Kale, fenugreek, and nettle, etc should be part of a Kapha diet.

Kaphas should be generous when using flavorful herbs in their cooking like parsley, coriander, sage, rosemary, oregano, to name a few. Kaphas thrive when they add spices like turmeric, ginger, paprika, carom seeds to their diet.

Read more about Kapha Body Type on my blog
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Kapha dosha diet, what to avoid?

Kaphas should avoid heavy foods as their digestion is slower and thorough, their body is able to draw most of the nutrition from their diet, this makes the Kaphas do well even on a poor man's simple diet.

Red and white meats, fish, eggs, nuts, full cream milk, cheese, avocado, coconut, white rice, sesame, black urad lentils, and wheat are really not required in a Kapha diet.

These foods may throw the Kapha energy out of balance creating more body mass.

Only on rare occasions, like when recovering from an illness or a pregnancy, a Kapha can add these to their diet without weight gain as an undesirable side effect.

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Kapha dosha diet, what to avoid?

Generally speaking, a Kapha who eats a simple basic freshly cooked diet with mung lentils, millets, sorghum, oatmeal, fresh greens, and vegetables is best.

Root vegetables with the earthy quality of bulk building are not preferred, instead, when in doubt Kaphas should eat lighter vegetables that grow above ground.

Well-cooked, soaked, and skimmed legumes and beans work for Kaphas even though gentler lentils like mung, red lentils, dried peas, and black-eyed peas work best.

I advise my Kapha clients to take a teaspoon of ghee with their dinners sprinkled with Trikatu for easy bowel movements.

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Kapha dosha diet, what to avoid?

Since Kaphas do not thrive in cold environments and cold food and drinks cause imbalance very swiftly, Kapha dosha types must avoid cold salads and go for steamed, baked, broiled, stir-fried, sautéed, and grilled over fried in oil and pan-fried.

Lightly fermented foods, kimchi, kombucha, wines, hot toddies, herb, and spice liqueurs are good for Kapha bodies, due to their drying nature.

Remember, Kaphas tend to develop mucus when imbalanced and based on the *samanya vishesha* Ayurveda philosophy of like increases like and opposites balance, these drying foods reduce mucus and help a Kapha thrive.

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Kapha dosha diet, what to avoid?

Kaphas do well with fruit that is not overly sweet. These would be grapes, gooseberry amla, berries, and raisins, and so on. Pomegranates and Grapefruit also work well.

Peaches, less sweet varieties of apples, apricots, pears are all good for Kaphas. Pineapples and Papaya, even though sweet, are still good for Kaphas due to the higher amount of proteolytic enzymes.

Kaphas must eat sugar sparingly, they may use warming raw honey, jaggery, date palm jaggery, treacle, or maple syrup completely avoiding white sugar and any sugary processed, carbonated drinks.

The darker and less crystalline the sugar, the better it is for a Kapha.

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14 Day Diet Plan

Here are my guidance and recipe ideas for any adult seeking a balanced Ayurvedic Kapha diet for good health.

You may increase or decrease the amount of vegetables, fruit, and soups, based on your age, height, energy, and nutritional needs.

These guidelines have been made in keeping with the Kapha specific rules and basic Ayurveda rules to follow like getting a minimum of 5-7 fruit and vegetables a day, eating whole grains, healthy oils under 5 teaspoons, sugar under 3 teaspoons, and choosing more fish, poultry, beans, and pulses, less red meat and opting for lower hydrogenated and animal fat, natural sugar, no dairy except occasionally.

Read on for my Ayurveda diet plan to healthy eating for a Kapha Body type.





Suggested Standard Diet Plan

Upon arising: Warm water flush (could make ginger or fenugreek tea). 1 teaspoon of Ghee with Trikatu or a slice of raw ginger.

Midmorning (before 10 am): 1 cup of seasonal fruit or $\frac{1}{3}$ cup soaked raisins and dates/ plums.

Brunch 11 am:

1 cup Rice and Mung bean Khichdi, 1 cup sauteed or steamed mixed seasonal vegetables with dressing, seasoned with trikatu if you need help with digestion. A cup of thin soup like a consomme, mixed veggies, spiced lentil, or Miso. Apple or pear spice compote for dessert, 1 whole fruit.

Midafternoon: Warm water with a dash of honey, added when water is cool enough to sip.





Suggested Standard Diet Plan contd..

3 pm Snack:

1-2 cups seasonal fruit or any of the snack Ideas

Dinner 6 pm-8 pm at the latest:

1/2 cup braised seasonal greens with garlic, sesame oil, and miso, broiled lean vegetable protein like Tofu or a bowl of lentil soup, 1 cup of sauteed veggies like peas, mushrooms, pumpkins, carrots, sweet potatoes with cumin, turmeric, and Trikatu as a seasoning. 1/2 cup herbed brown or red rice or bulgur. Add a teaspoon of ghee to dinner, wash down with warm herbal tea.

Before Bedtime: Turmeric, ginger, and nutmeg boiled In 2 cups of water, reduced to 1 cup.





Suggested Diet Plan - Traditional Indian

Upon arising: Warm water flush (could make ginger or fenugreek tea). 1 teaspoon of Ghee with Trikatu or a slice of raw ginger.

Midmorning (before 10 am): 1 cup of seasonal fruit or $\frac{1}{3}$ cup soaked raisins and dates/ plums.

Brunch 11 am:

1 cup Rice and Mung bean Khichdi, 1 cup Mixed vegetable sauteed with spices and cilantro, spicy buttermilk, 1 cup steamed green vegetables with yogurt raita dip, Cumin tea. Plain rice and milk kheer for dessert.

Midafternoon: Warm water with a dash of honey and lemon, added when water is cool enough to sip.





Suggested Diet Plan-Traditional Indian Cntd..

3 pm Snack:

1-2 cups seasonal fruit chat or any of the snack Ideas

Dinner 6 pm-8 pm at the latest:

2 Bajra rotis, 1/2 cup red or brown rice cooked with whole spices and ghee, 1/2 cup seasonal mixed vegetables with spices, 1 cup any plain dal lentil curry made with single or a mix of dals, 1 cup greens like Palak Paneer with kasoori methi. Add a teaspoon of ghee to dinner, wash down with warm herbal tea.

*Do not finish dishes with cream. Ghee and Trikatu are good.

Before Bedtime: Turmeric, ginger, and nutmeg boiled In 2 cups of water, reduced to 1 cup.





14 Brunch Ideas to Play With

1. Mung Bean pancake with sprouts and kimchi or salted cabbage
2. Thick red rice dosa stuffed with sweet potato mash
3. Red rice Idlis with grated or finely cut vegetables like cabbage, greens, moringa leaves, chard, etc.
4. Toast with avocado mash and masala omelette of 1 egg
5. Steamed ripe plantains with ghee, dry ginger, pepper, and cardamom
6. Chickpea curry with multi-grain roti
7. Multigrain pita pockets stuffed with spicy falafels made of mashed cauliflower, pumpkin, parsley, and chickpeas.
8. Sprouted mung pancakes with peanut coconut chutney
9. Multigrain, seeds, buckwheat, peanuts, and red rice congee with honey
10. Tomato and veggie brown rice khichdi
11. Sourdough toast with spicy Tofu and mix veggie mash
12. Steamed pea and fava mash on multigrain with a poached egg
13. Homemade multi-grain Pizza with fresh cheese and pan-grilled mushrooms.
14. Soba noodles in warm miso broth





14 Dinner Ideas to Play With

1. Herbed squash soup with steamed vegetable in soy-ginger dressing
2. Garlicky slow-cooked bean salad with green steamed veggies and whole wheat pasta
3. Seaweed, veggie, tofu, and kimchi soup
4. Beet salad with oven-roasted kale and grilled asparagus sticks
5. Grilled mushroom or lean meat with baked onions, sweet and sour Thai dipping sauce
6. Rice noodles tossed with soy, chives, and sauteed veggies.
7. Sushi rolls with mushroom, cucumber, seaweed
8. Moroccan spiced chickpea and vegetable Tajine
9. Whole-grain Pasta with roasted seasonal vegetables
10. Herbed veggie rice with wild salmon and tomato soup
11. Chicken stew with herbs, cumin, quinoa, and beans
12. Curried vegetable casserole with multi grain nan bread bread
13. Stir-fried Chinese style veggies and mixed veggie rice
14. Spicy Tofu mash with steamed cabbage leaves and sticky rice





14 Snack Ideas to Play With

1. Oven-roasted or pan-roasted mixed nuts with chilli and black salt.
2. Steamed veggies with roasted garlic hummus dip
3. Cucumbers and bell peppers with Guacamole
4. Raw mango with boiled peanuts, salt, spices, and cilantro
5. Slices of fruit like apples, pears, pineapple, papaya with key lime juice, salt, and cayenne
6. Celery sticks with low-fat Greek Yogurt dip flavored with parsley garlic.
7. Air fried or oven-roasted Kale chips
8. Sprouted Mung bean pancakes
9. Oven-roasted herb cherry tomato on multigrain toast
10. Tomato salsa with blue corn tortilla
11. Chia pudding In almond or coconut milk with nonacidic fruit
12. Boiled salted Edamame or Peanuts or Chickpeas
13. Steamed sesame miso flavored veggie rolls in rice paper or Lettuce wrap
14. Homemade Paneer tossed with spices, onion, herbs on toast





Thank you for reading!

A great diet plan is an excellent first step.

I would love to help you achieve body-positive, optimal health by working with you 1-on-1

Just DM Me on Instagram to Get Started

Raised in India; live in CA. I help others learn to live a life of peace, juicy purpose, and beauty with Ayurveda. I am a Yoga ambassador to AYUSH, have appeared on London Real TV. See my quotes in Washington Post, Mind Body Green among others.

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