

HOLISTIC HIGHWAY



VATA | Fall-Week 7

MENU

MONDAY | 1

Roasted Acorn Squash with Mushrooms,
Peppers, & Goat Cheese

TUESDAY | 2

Spiced Buttermilk Curry & Rice

WEDNESDAY | 3

Acorn Squash Bisque

THURSDAY | 4

Turkey & Bean Chili

FRIDAY | 5

Grounding Fall Kitchari

PREP

MONDAY | 1

Slice peppers. Mince garlic. Clean and quarter mushrooms.

TUESDAY | 2

Grate ginger. Crush garlic. Slice chilis and shallots.

WEDNESDAY | 3

Chop onions.

THURSDAY | 4

Chop onion, pepper, and garlic.

FRIDAY | 5

Rinse mung beans three times.

SHOPPING LIST

MEAT & SEAFOOD

Ground Turkey | 1/2 pound

VEGETABLES & FRUIT

Acorn Squashes | 4
Cilantro | 1 handful
Curry Leaves | 10-12
Green Pepper | 1
Green Chili | 2
Italian Parsley | 2 tablespoons
Cremini Mushrooms | 2 cups
Onion | 2
Red Bell Pepper | 1
Red Chilies | 3-4
Shallots | 6-7
Spinach | 1 cup
Sunchokes | 1/2 cup (optional)
Sweet Onion | 1 cup
Thyme | 1/2 teaspoon
Yams | 1/2 cup
Yellow Bell Pepper | 1

DAIRY

Buttermilk | 1/2 liter
Goat Cheese | 4 ounces

BAKERY & MISCELLANEOUS

Chili Powder | 2 teaspoons
Coconut Oil | 2 tablespoons
Diced Tomatoes | 1 [28 ounce] can
Fenugreek Seeds | 1 ½ teaspoon
Hing | 1/8 teaspoon
Tomato Paste | 2 tablespoons

PANTRY STAPLES

(you may have these in your pantry, but if not, this is what you will need each week this season)

Aduki beans (red beans)
All purpose Flour
Almond Butter
Almond Milk
Almonds
Balsamic Vinegar
Basmati Rice
Bay Leaves
Black Pepper
Chicken Broth
Cumin Seeds
Dry White Wine
Fennel Seeds
Garlic
Ghee
Green Cardamom Pods
Kosher Salt
Maple Syrup
Mung Beans
Mustard seeds
Olive Oil
Pine Nuts
Raw Cane Sugar
Rosemary
Sage
Sesame Oil
Spices (Cinnamon, Curry Powder, Paprika, Turmeric powder, Cumin powder, Coriander powder, Nutmeg, Cayenne Pepper, Ginger)
Vegetable Broth



Roasted Acorn Squash with Mushrooms, Peppers, & Goat Cheese For Monday

WHY WE CHOSE THIS MEAL FOR YOU

Eastern View: Acorn Squash is a nourishing, grounding vegetable whose sweetness can be the centerpiece of any hearty meal. As the sweet taste is almost always cold, be sure to warm your acorn squash with mild spices like cinnamon and nutmeg, or more savory options like black pepper.

Many squashes are somewhat difficult to digest, while acorn squash is only a mild digestive challenge. These spices will enhance the digestibility of acorn squash.

The orange color of acorn squash is a sign of high beta-carotene, which is a liver tonic and good for eyes.

Western View: Acorn squash is a small variety of winter squash named for its resemblance to a large acorn. Like its close cousins butternut squash and spaghetti squash, acorn squash is more nutrient-dense than all types of summer squash. Acorn squash is rich in vitamins, minerals, dietary fiber and antioxidant compounds. A

diet with a high intake of the nutrients provided by acorn squash may decrease the risk of a number of serious medical conditions.

Acorn squash contains vitamin A, niacin, folate, thiamine and vitamin B-6, but it is an especially good source of vitamin C. A 1/2-cup serving of cooked, cubed acorn squash provides approximately 20 percent of the recommended daily allowance of vitamin C for healthy adults following a 2,000-calorie diet. Adequate vitamin C intake promotes the health of the immune and skeletal systems and may help prevent hypertension, heart disease, cancer and osteoarthritis.

Each 1/2-cup serving of acorn squash contains 13 percent of the recommended daily allowance of potassium and 11 percent of the RDA of magnesium. As both a mineral and an electrolyte, potassium plays a vital role in muscle contraction and in maintaining the body's water balance. Magnesium regulates potassium levels, strengthens bones and teeth and aids in proper energy metabolism. Regularly eating potassium- and magnesium-rich foods like acorn squash can lessen your chance of stroke, osteoporosis, depression and diabetes. Acorn squash also contains small amounts of iron, calcium, zinc and phosphorus.

The American Dietetic Association lists winter squash as one of the best sources of the antioxidant beta carotene. Antioxidants are compounds that can prevent cellular and DNA damage by inhibiting the activity of unstable free radicals. A high intake of antioxidant-rich foods is linked to a lower risk of cancer, neurological disorders, cardiovascular disease and diabetes. Beta-carotene is a carotenoid that may specifically support eye health and prevent the development of age-related macular degeneration.

Acorn squash provides 5 grams of dietary fiber in every 1/2-cup serving, an amount that fulfills 18 percent of the recommended daily intake of fiber. The majority of acorn squash's fiber is soluble fiber. According to Mayoclinic.com, this type of fiber helps regulate blood levels of both glucose and cholesterol.

PREP

Slice peppers. Mince garlic. Clean and quarter mushrooms.

INGREDIENTS

2 acorn squash
2 tablespoons olive oil
1 ½ teaspoons kosher salt
1 teaspoon freshly cracked black pepper
2 tablespoons ghee
1 cup 1/4-inch-sliced sweet onion
1 red bell pepper, seeded and sliced in 1/4-inch julienne
1 yellow bell pepper, seeded and sliced in 1/4-inch julienne
kosher salt and freshly ground pepper
2 cups cremini mushrooms, cleaned and quartered
2 cloves garlic, minced
4 ounces crumbled goat cheese
2 tablespoons chopped fresh Italian parsley, for garnish, optional

Serving Size: 4

Prep Time: 20 minutes

Cook Time: 50 minutes

DIRECTIONS

Preheat the oven to 375 degrees F. Trim the tops and bottoms off the squash. Cut in half horizontally so the cut-ends will keep the pieces flat. Clean the inside of the squash. Separate the seeds from the membranes and rinse well. Dry the seeds with a paper towel and set aside.

Place the squash cut-side up on a baking sheet, drizzle with the olive oil and sprinkle with 1 teaspoon of the salt and pepper. Place the seeds on a separate baking sheet or foil. Roast the squash 30 minutes. Roast the seeds at the same time, checking and moving them around after 10 minutes and again after 20 minutes. Sprinkle the seeds with the remaining salt, and set aside with the squash.

Set a large saute pan over high heat and add the ghee. When melted, add onions, peppers, sprinkle with salt and pepper and gently toss to combine. Add the mushrooms and cook, 3 to 4 minutes. Add the garlic and toss to combine. Saute 2 to 4 minutes longer, and adjust the seasoning with salt and pepper.

Preheat the broiler to low. Fill the roasted acorn squash halves with the filling. Sprinkle the crumbled goat cheese over the top, then top with the roasted squash seeds. Broil just until the cheese is warm. Garnish with a small amount of Italian parsley, if using, and serve.

IF YOU ARE SHARING WITH A

Pitta | Substitute cilantro for parsley.

Kapha | Use cauliflower instead of acorn squash.

Vata/Pitta | Enjoy as is.

Vata/Kapha | No substitutions needed.

Pitta/Kapha | Switch out the parsley for cilantro.



Spiced Buttermilk Curry & Rice For Tuesday

WHY WE CHOSE THIS MEAL FOR YOU

The warming spices and grounding rice make this a wonderful fall dish for you Vatas.

Eastern View: Curry is a mix of spices with a number of important health benefits, which makes your food both healthy and tasty along with a pleasing aroma.

In Ayurvedic medicine, curries are believed to have several medicinal properties such as anti-diabetic, antioxidant, antimicrobial, anti-inflammatory, anti-carcinogenic and hepato-protective (capability to protect liver from damage) properties.

What's so great about eating curries is that they bring all the six rasas (tastes) into a dish to formulate a balanced diet. Curries work on maintaining your digestive fire and to keep the digestive agni working optimum, it needs the right kind of warmth and heat.

Curries raise the body temperature which in turn results in increased metabolism. When the digestive fire is not at the optimum warmth and is weakened, digestion become sluggish resulting in accumulation of bodily toxins.

Western View: Curry Powder is a popular spice mix that has a number of valuable health benefits, including the prevention of cancer, protection against heart disease, reduce Alzheimer's disease symptoms, ease pain and inflammation, boost bone health, protect the immune system from bacterial infections, and increase the liver's ability to remove toxins from the body.

Turmeric is probably the most valuable spice component of curry powder, and one of the organic components of turmeric is called curcumin. Researchers have connected curcumin to a reduction in the plaque that free radicals deposit in the neural pathways of the brain. It stimulates the immune system to eliminate the amino acids that make up this plaque, thereby reducing cognitive decline and the chances of Alzheimer's disease. Ongoing studies are trying to more firmly connect curry powder consumption with rates of Alzheimer's in India, which is significantly lower than many other countries.

Recent research has suggested that increasing the amount of turmeric (and more importantly, its component of curcumin) can stimulate anti-cancer activity in human saliva! For this to be seen on a measurable scale, curcumin should probably be taken in supplement form, which is a much higher concentration than what is found in curry powder, but every little bit helps, and studies are ongoing to connect consumption of curry powder to a reduction in various cancerous growths and activities in the human body. The most promising signs of consumption of curry powder containing turmeric decreasing cancer is in colon cancer!

Once again, turmeric is an agent of positive health in terms of inflammation, pain, and rheumatoid arthritis! The anti-inflammatory qualities of turmeric actively decrease joint inflammation and deterioration, as well as associated pain of diseases like rheumatoid arthritis. The effects of turmeric have been shown to be comparable to ibuprofen, but organic solutions are always better than artificial of pharmaceutical ones!

PREP

Grate ginger. Crush garlic. Slice chilis and shallots.

INGREDIENTS

1/2 liter buttermilk
2 tablespoons coconut oil
1 teaspoon mustard seeds
1/2 teaspoon fenugreek seeds
1/2 teaspoon cumin seeds
3-4 dry red chilies
10-12 curry leaves
1 teaspoon ginger, grated
5-6 garlic cloves, crushed
2 green chilies, slit into halves
6-7 shallots thinly sliced
1/2 teaspoon turmeric powder
salt to taste

Serving Size: 4

Prep Time: 5 minutes

Cook Time: 5 minutes

DIRECTIONS

Heat oil in a pan. When the oil is hot, add mustard seeds, fenugreek seeds, cumin seeds and dry red chilies. Let them splutter for a few seconds.

Add curry leaves, ginger, garlic and green chilies and fry for a few seconds. Add shallots and fry till slightly browned. Add turmeric powder and switch off the heat.

Add buttermilk and mix well. Switch on the heat and cook the curry on low heat till it just starts to boil. Do not let the curry boil.

Keep stirring continuously. Switch off the heat. Add salt and mix well.

Serve curry over steamed basmati rice.

IF YOU ARE SHARING WITH A

Pitta | Remove the garlic, chilies, mustard and curry. Add a teaspoon cilantro or mint instead.

Kapha | Use sunflower oil instead of coconut oil.

Vata/Pitta | Great meal as is.

Vata/Kapha | They can enjoy this meal as is!

Pitta/Kapha | Remove the garlic, chilies, mustard and curry. Add a teaspoon cilantro or mint instead.



Acorn Squash Bisque For Wednesday

WHY WE CHOSE THIS MEAL FOR YOU

Besides the benefits of winter squash which we have already talked about for Monday's meal. This dish has the added benefits of ghee!

Eastern View: Ghee has been used in the medical science of Ayurveda for thousands of years. Ghee is an important factor in Ayurvedic cleansing therapies, while also being highly beneficial during rejuvenation therapy.

A large component of the health benefits of ghee are derived from the short-chain fatty acid, known as butyrate acid. This vital fatty acid has been clinically proven to increase energy, heal the colon wall, prevent colon cancer and reduce autoimmune conditions, among other benefits.

Possibly the most well-known health property of ghee is the fact that it is an agent for enhancing the digestive fire (Agni). Ghee stimulates the secretion of stomach acids and in turn increases our ability to break down food. Ghee also removes toxins and promotes elimination, both of which will help to increase one's overall digestive capacity.

Ghee increases ojas and ojas is responsible for a healthy luster of the skin as well as a strong, healthy libido. Ghee will enhance all of these qualities when taken consistently in proper proportions.

Ghee is a well-known treatment for relieving dryness in the body, as it is oily and moisturizing by nature. Whether taken internally or applied externally, ghee has the ability to nourish and lubricate the tissues on a cellular level. This reduces dry skin, dry colon (constipation), inflammation and stiff joints while increasing luster, flexibility and promoting healthy elimination.

Ghee is traditionally used to remove deep-rooted physical and mental toxins during an Ayurvedic cleanse. It is a vital step in the preparatory phase (purva karma) of the cleanse, as well as during the cleanse itself. By taking ghee in large doses prior to the cleanse, it "loosens" the deep-rooted toxins from the tissues which allows them to be eliminated through purgation, etc. Without this, the removal of toxins will only be on a superficial level.

Western View: Ghee is used topically to treat burns and rashes as well as to moisturize the skin and scalp. Much like coconut oil, it's a multi-use fat that is healthy in many ways!

Ghee is one of the highest sources of butyrate acid, a short-chain fatty acid. This healthy fatty acid is vital in the health of the intestinal wall, as it nourishes, heals and reduces inflammation of the gut wall making it ideal for disorders such as "leaky gut syndrome", IBS, Crohn's disease and ulcerative colitis.

Butyrate acid is balancing to the gut flora and is beneficial for reducing Candida overgrowth and other unwanted pathogens. If you have gluten sensitivity, leaky gut syndrome, IBS, Crohn's or certain pancreatic disorders, you may have a problem absorbing vitamin A. By using ghee for cooking, and as a replacement for butter, you can increase your intake.

PREP

Chop onions.

INGREDIENTS

2 acorn squashes
1 medium onion, finely chopped
1/2 teaspoon fresh thyme leaves, plus more for garnish
1/2 cup almond milk
1 tablespoon ghee
salt and pepper
1 [14 ½ ounce] can reduced-sodium chicken broth

Serving Size: 4

Prep Time: 35 minutes

Cook Time: 20 minutes

DIRECTIONS

Place squashes on a paper towel and microwave on high just until tender when pierced with the tip of a paring knife, 8 to 10 minutes. Remove from the microwave, and halve each squash lengthwise (to speed cooling). When cool enough to handle, scoop out and discard the seeds. Scrape out flesh into a bowl; discard skin.

In a large saucepan, heat ghee over medium. Add onion; season with salt and pepper. Cook, stirring occasionally, until tender, 3 to 5 minutes. Add squash, thyme, broth, and 2 cups water. Bring to a boil over high heat; reduce to medium, and cook until squash is very tender, 10 to 12 minutes.

Working in batches, puree mixture in a blender until very smooth, about 1 minute. Return to pan; add almond milk, and season generously with salt and pepper. Thin bisque, if needed, by adding more water. Serve garnished with thyme.

IF YOU ARE SHARING WITH A

Pitta | Add 1 teaspoon dried mint instead of thyme.

Kapha | Remove the acorn squash and use parsnips instead.

Vata/Pitta | They can enjoy this meal as it is.

Vata/Kapha | Just right for them with no substitutions.

Pitta/Kapha | Add 1 teaspoon dried mint instead of thyme.



Turkey & Bean Chili For Thursday

WHY WE CHOSE THIS MEAL FOR YOU

Eastern View: These small, red beans are powerhouses of nutrition and bursting with zinc, magnesium, iron and potassium. Their high iron content replenishes the blood for those with iron deficiency anaemia. Their slightly yang nature confers strength and builds energy, supporting efficient function of the kidney and reproductive system. While many beans cool your metabolism, Adzuki is more neutral, leaving a pleasant warm feeling in your gut.

High fiber cleanses the small intestine of toxicity as it leads to bulkier stools and a more satisfying elimination the next morning. The high fiber also reduces cholesterol. Meanwhile, adzuki is slightly diuretic, flushing and cleansing the urinary tract and kidneys of toxic heat. They also assist in clearing blood stagnation and reducing swelling.

Beans contain saponins in order to protect themselves from insects. However, these saponins inhibit protein digestion, resulting in stagnation and production of gas in the bowels - a whole lot of discomfort. The good news is that Adzuki beans are less "musical" as compared to other kinds of beans, so you can consume them safely without fear of public embarrassment! Individuals who

are blessed with a robust digestive system should be able to digest beans without gas formation.

Western View: With their high mix of protein and fiber, adzuki beans are great for helping manage normal blood sugar. Animal research has even shown that the protein found in adzuki beans can even inhibit intestinal α -glucosidases, which are enzymes involved in breaking down complex carbohydrates like starch and glycogen. In other words, adzuki beans act like alpha-glucosidase inhibitors that are taken to control diabetes. (3). This makes the adzuki bean a great addition to any diabetic diet plan to help treat, manage or prevent diabetes.

Not only are adzuki beans tasty, but they're also loaded with disease-fighting and health-promoting antioxidants. Researchers have identified at least 29 different compounds found within an adzuki bean, making them some of the most high-antioxidant foods around. These compounds include bioflavonoids that are valued for their antioxidant and anti-inflammatory health benefits. (4)

Consuming protein foods like adzuki beans can help build muscle mass. Just one cup of adzuki beans contains 17.3 grams of protein, packing a powerful protein punch. Muscles are made up of protein — therefore protein is necessary to build and maintain muscle.

With their high concentration of dietary fiber, folate, potassium, magnesium and B vitamins, adzuki beans really have heart health written all over them. Eating adzuki beans as part of an overall heart healthy diet and lifestyle can help reduce your chances of developing coronary heart disease. Their dietary fiber aids in regulating cholesterol levels while their potassium relaxes blood vessels and increases blood flow, which reduces blood pressure and strain on the heart. (5)

Adding adzuki beans to your diet can help you eat less and keep you feeling full longer. Feeling full longer hopefully means less overeating because you reach satiety without consuming too much food.

PREP

Chop onion, pepper, and garlic.

INGREDIENTS

1 tablespoon olive oil
1 onion, chopped
1 green bell pepper, chopped
2 cloves garlic, chopped
1/2 pound ground turkey (preferably dark meat)
2 tablespoons tomato paste
1 teaspoon ground cumin
2 teaspoons chili powder
1 [28 ounce] can diced tomatoes
2 [15 ounce] cans aduki beans, rinsed
kosher salt and black pepper
1/4 cup almond milk
cilantro sprigs, for serving

Serving Size: 4

Prep Time: 15 minutes

Cook Time: 40 minutes

DIRECTIONS

Heat the oil in a large saucepan over medium-high heat. Add the onion, bell pepper, and garlic. Cook, stirring occasionally, until tender, 4 to 6 minutes.

Add the turkey and cook, breaking up with a spoon, until no longer pink, 3 to 5 minutes.

Stir in the tomato paste, cumin, and chili powder. Cook, stirring, for 1 minute.

Add the tomatoes and their juices, beans, 1/2 cup water, 1 1/4 teaspoons salt, and 1/4 teaspoon pepper. Bring to a boil.

Reduce heat and simmer, stirring occasionally, until slightly thickened, 12 to 15 minutes. Serve the chili with the almond milk and cilantro.

IF YOU ARE SHARING WITH A

Pitta | Use coconut milk instead of almond. Remove the tomatoes and chili powder.

Kapha | Remove the turkey for Kaphas and keep this is a vegetarian meal.

Vata/Pitta | They can enjoy this meal as is.

Vata/Kapha | Great meal for them!

Pitta/Kapha | Use coconut milk instead of almond. Remove the tomatoes and chili powder.



Grounding Fall Kitchari For Friday

WHY WE CHOSE THIS MEAL FOR YOU

Eastern View: Kitchari (pronounced kich-uh-ree) is the traditional cleansing food of Ayurveda. It is a combination of split mung beans and white basmati rice with plenty of spices. While beans are typically not a food recommended for regular consumption for vata-types—or for people experiencing vata imbalances—the split mung are easy to digest for even weak digesters.

Agni or the digestive fire (referred to as metabolism in western terms), is the golden key to all health. Good agni means we are able to digest, assimilate, and absorb nutrients from our food. Weak or imbalanced agni means malabsorption and accumulation of ama, or toxins. Spices like ginger, cumin, coriander, fennel, and even salt encourage healthy agni.

Mung dal has an astringent (dry) quality. This astringency has a natural pulling action that helps to remove toxic build up from the intestinal lining. This pulling action is much gentler than a harsh or abrasive scraping action that happens with raw or cold foods. Kitchari also liquefies *ama* during the second stage of digestion. This makes the ama easier to remove.

Once toxins are loosened and liquefied, it is essential that they get properly eliminated from the body. The

split mung beans provide enough fiber (over 15 grams per 1-cup serving) to move these toxins through the G.I. tract and out of the body.

While kitchari is used for cleansing, it is also incredibly delicious, so don't wait until your cleanse to try it!

Western View: The term *kitchari* is used to describe any dish made with a mixture of rice and beans. For the traditional, cleansing kitchari, split yellow mung beans were used along with a long grain white or basmati rice, and a blend of traditional Indian spices.

The first question you might ask is, why white rice? For kitchari, white rice is used because the husk has been milled off to make the rice easier to digest. While brown rice may be used – and will actually supply more nutrients – the husk makes brown rice much harder to digest. During cleansing, a time of already compromised digestion, this can irritate the intestinal wall and cause digestive gas or abdominal pain.

So the marriage of rice and beans, as found in kitchari, has been providing all the essential amino acids and making complete proteins for cultures around the world for thousands of years. For cultures that have subsisted on a plant-based diet, this marriage is often what allows their diet to be nutritionally sustainable.

In India, kitchari is often the first food for babies, not only because it is so easy to digest, it also *heals and soothes the intestinal wall*.

With 95 percent of the body's serotonin produced in the gut, it is clear we process our stress through the intestinal wall.

Chronic stress will irritate the intestinal wall and compromise digestion, the ability to detoxify through the gut, and cope with stress. During a kitchari cleanse, the digestive system can heal. Eating just kitchari as a "mono diet" allows much of the digestion to be at rest during the cleanse, providing the nutrition needed to heal the gut and nourish the body.

PREP

Rinse mung beans three times.

INGREDIENTS

1-2 tablespoons ghee
1 cup mung beans, rinsed
1/2 cup white basmati rice
1 teaspoon cumin seeds
1 teaspoon fenugreek seeds
1 teaspoon mustard seeds
2 teaspoons coriander
1 teaspoon turmeric
1/8 teaspoon hing
1-3 teaspoons grated ginger
1/2 cup yams
1/2 cup sunchoke (optional)
1 cup spinach

Serving Size: 4

Prep Time: 15 minutes

Cook Time: 60 minutes

DIRECTIONS

Melt 1 tablespoon ghee or other cooking oil in deep pot over low to medium heat. Add 1 teaspoon of cumin, fenugreek, and mustard seeds and the grated ginger. Saute until slightly brown.

Add rice and mung beans and saute for approximately 30 seconds. Turn down heat. Add turmeric, coriander and hing powders; saute for approximately 30 seconds.

Add 6-8 cups of water.

Add root veggies at this time. Cover and cook for 20-30 minutes.

Add leafy greens at this time. Cover and cook for another 20 minutes.

IF YOU ARE SHARING WITH A

Pitta | Use kale instead of spinach and add a teaspoon fennel seeds.

Kapha | Remove the ghee and use sunflower oil. Use kale and green beans as the veggies.

Vata/Pitta | They can enjoy this meal as it is.

Vata/Kapha | No substitutions needed.

Pitta/Kapha | Use kale instead of spinach and add a teaspoon fennel seeds.