

# HOLISTIC HIGHWAY



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## VATA-KAPHA | Summer-Week 1

### MENU

#### MONDAY | 1

Grilled Honey Mustard Chicken Salad

#### TUESDAY | 2

Shishito and Shrimp Skewers with  
Chimichurri

#### WEDNESDAY | 3

Chicken Fried Cauliflower Rice

#### THURSDAY | 4

Summer Corn and White Bean Soup

#### FRIDAY | 5

Summer Farro Salad with Chickpeas

### PREP

#### MONDAY | 1

Cook corn, prepare the dressing

#### TUESDAY | 2

Process herbal mixture

#### WEDNESDAY | 3

None

#### THURSDAY | 4

None

#### FRIDAY | 5

Cook farro

## SHOPPING LIST

### MEAT & SEAFOOD

Chicken Breasts | 4 [boneless, skinless - 2 for Monday & 2 for Wednesday]

Shrimp | 1 1/2 pounds [24, peeled and deveined]

### FRUITS & VEGETABLES

Ginger | 1-inch piece  
Red Onion | 2  
White Onion | 1  
Salad Greens | 5 cups  
Corn | 7 Ears  
Escarole | 2 cups  
Shishito Peppers | 16  
Green Beans | 1/4 pound  
Lemons | 4  
Green Onions | 3 bunches  
Fresh basil leaves | 2 cups  
Fresh cilantro leaves | 1 cup  
Fresh parsley leaves | 1 cup  
Cauliflower | 1 large head  
Avocados | 2

### BAKERY & MISCELLANEOUS

Frozen Peas & Carrots | [6-ounces]  
Navy Beans | 2 cans [15-ounces]  
Low Sodium Chicken Broth | 2 [14-ounces] cans  
Green chopped chilies | 2 [4-ounces] cans  
Farro | 4 cups

### DAIRY

Yogurt | 1/2 cup  
Eggs | 4

## PANTRY STAPLES

*(You may have these in your pantry, but if not, this is what you will need)*

Canola Oil  
Corn Oil  
Coconut Oil  
Sesame Oil  
Extra Virgin Olive Oil  
Ghee  
Ginger  
Yellow Mustard  
Himalayan Mineral Salt  
Chickpeas  
Adzuki beans (red beans)  
Cooking Spray, Corn  
Quinoa  
Basmati rice  
Rice Noodles  
Kosher Salt  
Almonds  
Pine nuts  
Sunflower, Sesame & Pumpkin Seeds  
Garlic  
Honey, raw and unprocessed  
Mint  
Vegetable Stock  
Vinegar  
Balsamic Vinegar  
Red Wine Vinegar  
Light Soy Sauce or Tamari  
Raw Cane Sugar  
Chili Paste  
Mango Chutney  
Almond Butter

**Spices:** Red Pepper Flakes, Freshly Ground Black Pepper, Cumin, Cayenne, Chili powder, Paprika, Cardamom, Turmeric, Coriander, Oregano



## Grilled Honey Mustard Chicken Salad For Monday

### WHY WE CHOSE THIS MEAL FOR YOU

**Eastern View:** The health benefits of corn are well known to many ancient cultures that people all over the world continue to use this grain widely in their daily cooking.

Corn has a diuretic effect and is useful in urinary tract problems and kidney dysfunction. As corn is so full of fiber, it is also good for the digestive system. The fiber means fewer occurrences of constipation, hemorrhoids, and has also been shown to be useful in colon cancer.

The seeds of corn contain lots of magnesium, iron, copper, and phosphorus, which is essential for making bones strong. There are fewer chances of fracture in old age with these nutrients. Corn also contains antioxidants that keep the skin younger looking for a longer period of time. Corn oil containing linoleic acid is also great for skin rashes and itching.

Corn is helpful in heart disease as it contains vitamin C,

carotenoids, and bioflavonoids which help prevent increased cholesterol levels.

**Western View:** Corn is rich in phytonutrients that have strong antioxidant properties.

Research on the health benefits of corn in people with cardiovascular problems, such as coronary artery disease and hypertension, points to the effectiveness of its antioxidant properties. However, certain studies have also suggested that there may be other constituents in corn that act by some other mechanism to protect the heart. Excess activity of an enzyme called the angiotensin-I converting enzyme (ACE) causes the secretion of certain substances that tend to raise blood pressure. Corn is believed to reduce hypertension as a result of its ability to inhibit the action of ACE.

Other research on the health benefits of corn has led scientists to believe that corn may be useful in the management of diabetes. Laboratory tests have found that maize contains some phenolic compounds that showed the property of inhibiting ACE as well as other enzymes involved in the breakdown of glucose. Therefore, it is suggested that eating corn provides protection against both hypertension and diabetes.

It is rich in insoluble fiber and this, along with its protein content, helps to slow down the rise of blood sugar following a meal. This means that consuming corn-based foods such as whole-grain cornbread makes it easier for diabetics to avoid the spikes and dips in blood glucose levels.

One of the other health benefits of corn that is under investigation is its ability to protect against cancer. Corn's high content of dietary fiber ensures that it passes largely unchanged to the end of the large intestine. The bacteria in this region are believed to be capable of converting this corn fiber into short-chain fatty acids, which have a protective role against cancer of the intestine.

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## Grilled Honey Mustard Chicken Salad For Monday

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### PREPARE AHEAD

Cook corn and onion, prepare the dressing and boil 2 eggs.

### INGREDIENTS

1/2 cup of yogurt  
3 tablespoons of yellow mustard  
2 tablespoons of honey  
1 tablespoon of vinegar  
1 1/2 teaspoons of freshly ground black pepper, divided  
4 chicken breasts  
1/4 teaspoon of kosher salt  
5 cups of salad greens  
1/2 cup of corn  
1/4 cup of red onion, slivered  
2 boiled eggs, sliced  
1 avocado

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### IF YOU ARE SHARING THIS MEAL WITH A

**Pitta** | Remove the eggs.

**Kapha** | No substitutions needed.

**Vata** | Add an avocado to the salad to combat the dryness of the corn.

**Vata/Pitta** | Remove the eggs!

**Pitta/Kapha** | They can enjoy this meal as is!

### DIRECTIONS

In a small bowl, add yogurt, mustard, honey, vinegar, and 1 teaspoon of pepper and whisk until smooth and combined.

Boil 2 eggs (approx. 12 minutes) and cook the 1/4 cup of red onion in a pan - put to the side.

Sprinkle both sides of the chicken breasts with salt and the remaining 1/2 teaspoon of pepper.

Place 2 chicken breasts plus the extra 2 that you bought (for Wednesday) on a preheated grill over medium heat. Top 2 chicken breasts with 1 tablespoon of dressing. Cook plain with no dressing the other 2 chicken breasts for Wednesday's meal.

Cook for 7 minutes, then flip and brush on another tablespoon of sauce per breast. Continue cooking until chicken is cooked through, approx. 7 minutes.

Put aside the other plain 2 chicken breasts for Wednesday's meal.

Divide salad greens between two large bowls and top each with cooked corn, onion, and eggs. Slice chicken into strips and place over salad. Serve with extra honey mustard dressing and sliced avocado.

**Servings Size:** 2-4

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes



## Shishito and Shrimp Skewers with Chimichurri For Tuesday

### WHY WE CHOSE THIS MEAL FOR YOU

**Eastern View:** Escarole is bitter and has a bitter taste. It is said to overpower or correct all the other tastes. This makes the bitter taste one of our best sources of medicine. For example, if you have been overindulging in sweets you may be feeling a bit heavy, dull, and slow. You can take some bitter herbs instead to clean you out.

**Escarole** is strongly anti-bacterial, anti-viral, and anti-parasitical due to its strong drying effect. Bitter greens have the quality of reducing environmental toxins as well. Adding the sweeter tastes of shrimp will provide some heat and moisture. The bitter taste “increases intelligence,” and due to its clearing qualities, can help reduce brain fog.

**Shrimp.** What if there was a special substance in the body that governed aging, immunity, radiant skin, vigor, mood, sleep, digestion, spirituality, and physical strength? According to Ayurveda, there is. This substance is called Ojas. In Sanskrit, Ojas means health, vitality, i.e. “vigor” and “immunity”. Vatas especially are prone to low Ojas so vitality-building foods are important for health and vitality. Shrimp is one of the

better Ojas-producing foods.

**Western View:** Escarole is a powerhouse of nutrition. Each 1-cup serving is rich in dietary fiber, vitamins, minerals, and antioxidant compounds. To get the maximum health benefits, the Centers for Disease Control and Prevention advises eating dark, leafy green vegetables, such as escarole, regularly.

A 2009 review of nutrition research published in “**Nutrition Reviews**” suggests that high inulin and fiber content in escarole help reduce glucose and LDL-cholesterol levels in diabetes and obese patients.

According to The American Institute for Cancer Research, dark green, leafy vegetables such as escarole contain a high concentration of a variety of carotenoid compounds. These act as antioxidants by inhibiting the ability of free radicals to damage DNA. These carotenoids help prevent the development of cancers like stomach, lung, colon, skin, and breast cancer.

**Shrimp:** At only 7 calories per shrimp, we can eat a relatively large amount of this shellfish without using up too many of our daily calories. This very-low-calorie cost would not be so remarkable if it were not for the fact that shrimp provides us with significant amounts of so many nutrients.

We usually have to eat foods with a far greater calorie content to get the nutrient richness provided by shrimp. For example, 20 shrimp provide us with about 140 calories and 25 grams of protein or 50% of the Daily Value (DV). They also provide nearly 2 micrograms of vitamin B12—over 80% of the Dietary Reference Intake (DRI) level for adults.

When this nutrient-rich list for shrimp is combined with other vitamins and minerals provided by this fish, it becomes striking how much nourishment can be provided by shrimp for less than 10% of a total day's calories.



## Shishito and Shrimp Skewers with Chimichurri For Tuesday

### PREPARE AHEAD

Process herbal mixture.

### INGREDIENTS

1 cup of firmly packed fresh flat-leaf parsley leaves  
1 cup of firmly packed fresh cilantro leaves  
1/4 cup of firmly packed fresh basil leaves  
2 garlic cloves  
1/2 teaspoon of grated lemon rind  
2 tablespoons of fresh lemon juice  
1/4 teaspoon of crushed red pepper  
4 tablespoons of corn oil, divided  
3/4 teaspoon of kosher salt, divided  
1 1/2 pounds of large shrimp (about 24), peeled and deveined (tails on)  
16 shishito peppers (about 3 oz.)  
2 cups of escarole  
1/4 teaspoon of black pepper  
Cooking spray, corn

### IF YOU ARE SHARING THIS MEAL WITH A

**Vata** | Omit the corn and make sure the escarole is well cooked.

**Pitta** | Omit the crushed red pepper flakes and black pepper.

**Kapha** | No substitutions needed.

**Vata/Pitta** | No red pepper or black pepper for them. The shishito peppers may need some cooling yogurt dip.

**Pitta/Kapha** | Perfect meal after removing the heating peppers.

### DIRECTIONS

Preheat the grill to medium-high (about 450°F).

Process parsley, cilantro, basil, and garlic in a food processor until finely chopped. Add lemon rind, lemon juice, crushed red pepper, 3 tablespoons of corn oil, and 1/4 teaspoon of salt; process until finely chopped and well combined.

Toss together shrimp and 1/4 cup of herb mixture. Thread 4 shrimp onto each of 6 (8-inch) skewers; thread 8 peppers onto each of 2 (8-inch) skewers.

Drizzle skewers with the remaining 1 tablespoon of oil; sprinkle with black pepper and remaining 1/2 teaspoon of salt.

Place skewers on grill grates coated with cooking spray; grill just until shrimp are done and peppers are charred, 2 to 3 minutes per side.

Brush skewers with the remaining herb mixture before serving.

Serve on a bed of well-cooked escarole!

**Servings Size:** 2-4

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes



## Chicken Fried Cauliflower Rice For Wednesday

### WHY WE CHOSE THIS MEAL FOR YOU

**Eastern View:** Cauliflower has bitter and astringent qualities. These qualities help to detox and lighten the body no matter what season we are in.

Adding spices such as cumin, black pepper, and ginger improves the digestion process.

Cauliflower crops are often sprayed with pesticides so it's best to buy organic. In all cases wash the veggies to remove any surface chemicals.

To keep things on the softer side cut out the center stem and then cut into florets. Cook to your liking (or dosha!).

**Western View:** Cauliflower contains sulforaphane, a sulfur compound that has also been shown to kill cancer stem cells, thereby slowing tumor growth. Some researchers believe eliminating cancer stem cells may be the key to controlling cancer. For instance, research has shown that combining cauliflower with curcumin

(the active compound in the spice turmeric) may help prevent and treat prostate cancer.

Other compounds in cauliflower also show anti-cancer effects. According to the **National Cancer Institute:** Sulforaphane in cauliflower and other cruciferous vegetables can significantly improve blood pressure and kidney function. Scientists believe sulforaphane's benefits are related to improved DNA methylation, which is crucial for normal cellular function and proper gene expression, especially in the easily damaged inner lining of the arteries known as the endothelium.

Cauliflower has anti-inflammatory properties and contains a wealth of anti-inflammatory nutrients to help keep inflammation in check, including indole-3-carbinol or I3C, an anti-inflammatory compound that may operate at the genetic level to help prevent the inflammatory responses at its foundational level.

Most Americans are seriously lacking in nutrients their body needs to function. Eating cauliflower regularly is a simple way to get these much-needed nutrients into your body.

For instance, one serving of cauliflower contains 77 percent of the recommended daily value of vitamin C. It's also a good source of vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese.



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## Chicken Fried Cauliflower Rice For Wednesday

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### PREPARE AHEAD

None

### INGREDIENTS

1 large head of cauliflower, cut into florets  
2 tablespoons of corn oil  
1 medium white onion, diced  
1 clove of garlic, minced  
1-inch of fresh ginger, minced  
6 ounces of frozen peas and carrots  
1 cup of cooked, shredded chicken  
1 tablespoon of chili paste  
2 large eggs  
5 teaspoon of soy sauce, divided  
1 teaspoon of sesame oil  
2 bunches of green onions, chopped

### DIRECTIONS

Working in batches, place cauliflower into the bowl of a food processor fitted with the blade attachment. Process into small crumbles that resemble rice then set aside.

In a large skillet over medium heat, heat 1 tablespoon of oil. Add onion and cook, for 2 minutes, then add garlic, ginger, peas, and carrots and cook, 5 minutes more, stirring often. When vegetables have softened, add chicken and chili paste and cook, 2 minutes. Add riced cauliflower and cook for 2 minutes, stirring often.

Push rice mixture to one side of the pan and crack eggs into the open area of the skillet. Add one teaspoon soy sauce to eggs and scramble. Once cooked through, stir eggs into rice mixture. Add remaining 4 teaspoons soy sauce and stir.

Continue cooking until everything is heated through and soft, 5 minutes. Remove from heat and drizzle with sesame oil. Sprinkle with green onions and serve.

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### IF YOU ARE SHARING THIS MEAL WITH A

**Vata** | Add some ghee to their cauliflower to aid in digestion.

**Pitta** | A pretty good meal for Pittas but remove the chili paste.

**Kapha** | No substitutions needed.

**Vata/Pitta** | Remove the chili paste.

**Pitta/Kapha** | Remove the chili paste.

**Servings Size:** 2-4

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes



## Summer Corn And White Bean Soup For Thursday

### WHY WE CHOSE THIS MEAL FOR YOU

**Eastern View:** White navy beans satisfy the appetite and reduce cravings, they are an appetite-suppressant. The high fiber satiates your appetite and they are considered a kidney tonic.

Beans are the 'musical fruit' because they contain saponins to protect themselves against insects. Saponins form the sudsy foam on the surface of a cooking pot of beans. They prevent protein digestion resulting in stagnation and gas of the bowels. Navy beans are less easy to digest than chickpeas and easier to digest than pinto or kidney beans.

These white beans earned their name because of their widespread use by the navy, who considered the navy bean to be very nutritious. It is also a hardy variety easy to grow. Cannellini, Butter Beans, and Great Northern Bean are two other kinds of white beans.

**Western View:** White beans, also known as white navy beans, offer extraordinary health benefits. They are loaded with antioxidants and provide a good supply of detoxifying molybdenum. They are also a good source of fiber and protein and rank low on the glycemic index.

They produce alpha-amylase inhibitors which help regulate fat storage in the body. What's more, white beans deliver a good supply of magnesium, a mineral with multiple health benefits.

White beans are one of the most concentrated food sources of molybdenum. Molybdenum is required to make and activate a number of detoxifying enzymes, including aldehyde oxidase and sulfite oxidase.

*Aldehyde oxidase* neutralizes acetaldehyde, a toxic metabolic byproduct of yeast, fungi, and alcohol. Acetaldehyde is also a significant constituent of tobacco and marijuana smoke as well as automotive exhaust. It is an irritant, a probable human carcinogen, and it has been shown to have a synergistic effect with nicotine, increasing the likelihood of addiction to cigarette smoking.

The mitochondrial enzyme *sulfite oxidase* (SO) catalyzes the sulfoxidation process which is responsible for converting sulfites, which may cause adverse health reactions in some people, into safer sulfates that are excreted in the urine. Adverse reactions associated with the ingestion of sulfites include cluster, tension, and migraine headaches as well as asthma symptoms.

Rich in slow-digesting carbohydrates, protein, and fiber, beans — including white beans — are considered a *low GI food*. The glycemic index, or GI, is a numerical index that ranks foods based upon their predicted impact on blood sugar levels.

Foods that score high on the glycemic index (e.g. white bread and potatoes) break down quickly during digestion and cause an immediate spike in blood sugar and insulin levels. This rapid rise is followed by a significant drop in blood sugar levels. These fluctuations have been linked to conditions like heart disease, type 2 diabetes, increased cravings for sugary foods, and tiredness.

By contrast, foods with a low GI value — such as white beans — do not trigger spikes in blood sugar levels. This in turn helps keep cravings and mood swings away. But the health benefits of low GI foods do not end there: low GI foods are also thought to help lower your risk of developing heart disease and adult-onset diabetes.

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## Summer Corn And White Bean Soup For Thursday

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### PREPARE AHEAD

None

### INGREDIENTS

1 tablespoon canola oil  
1 cup sliced green onions  
3 cups fresh corn kernels [about 5 ears]  
1/2 teaspoon salt  
2 [15-ounces] cans navy beans, rinsed and drained  
2 [14-ounces] cans fat-free, less-sodium chicken broth  
2 [4.5-ounces] cans chopped green chiles, undrained

### DIRECTIONS

Heat canola oil in a Dutch oven over medium heat.

Add green onions and cook for 3 minutes, stirring frequently.

Stir in corn and remaining ingredients (salt, navy beans, chicken broth, and green chiles). Bring to a boil; reduce heat, and simmer for 5 minutes or until thoroughly heated.

Serve with crackers.

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### IF YOU ARE SHARING THIS MEAL WITH A

**Vata** | Substitute adzuki beans for navy beans

**Pitta** | Add a teaspoon of cilantro and remove the chilies.

**Kapha** | No substitutions needed.

**Vata/Pitta** | Add a teaspoon of cilantro.

**Pitta/Kapha** | Good summer meal for them.

**Servings Size:** 2-4

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes



## Summer Farro Salad With Green Beans And Chickpeas For Friday

### WHY WE CHOSE THIS MEAL FOR YOU

**Eastern View:** Basil is used in both its fresh and dried forms. It is balancing for Vata and Kapha, as well as for Pitta when used in lesser quantities.

It is a warming herb and contributes to the sweet, bitter, and pungent tastes.

Basil is used for maintaining and promoting the long-term health of the respiratory tract. It can help clear congestion from the lungs and is also used to settle stomach disorders and to enhance digestion.

Basil is also a mild natural sleep aid. It enhances the quality of sleep, which is so important for anyone as we transition to summer.

The researchers, led by Dr. Vaibhav Shinde from Poona College of Pharmacy, Maharashtra, India, studied the herb for [antioxidant](#) and [anti-aging properties](#). Dr. Shinde said: "The study validates the traditional use of the herb as a youth-promoting substance in the Ayurvedic system of medicine."

A basil plant grown in your home is said to keep it free from environmental toxins. Dried basil is potent, so use small quantities for a more subtle flavor.

**Western View:** Research indicates that there may be several health benefits associated with basil.

A study by researchers at [Purdue University](#) revealed that basil "contains a wide range of essential oils, rich in phenolic compounds and a wide array of other natural products including polyphenols such as flavonoids and anthocyanins."

Basil contains high quantities of (E)-beta-caryophyllene (BCP), which can be useful in [treating arthritis](#) and inflammatory bowel diseases, according to research conducted at the Swiss Federal Institute of Technology. A study published in the Journal of Bone Reports & Recommendations agreed that BCP [might be useful](#) in the treatment of certain diseases with an inflammatory component. One study, presented at the Royal Pharmaceutical Society's annual event, revealed that "extracts of basil were shown to reduce swelling by up to [73 percent](#), 24 hours after treatment".

These effects on swelling were similar in extent to those seen with the drug diclofenac, an anti-inflammatory medication that is widely used in the treatment of [arthritis](#). According to research presented at the British Pharmaceutical Conference (BPC) in Manchester, basil has properties that can help prevent the harmful effects of aging, by preventing damage caused by free radicals in the liver, brain, and heart.

Rich in antioxidants, a study published in the Journal of Advanced Pharmacy Education & Research showed that ethanol extract [Ocimum basilicum](#) had more antioxidant activity than standard antioxidants.

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## Summer Farro Salad With Green Beans And Chickpeas For Friday

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### PREPARE AHEAD

Cook farro

### INGREDIENTS

1/4 lb. green beans, halved  
1 1/2 cups fresh basil leaves, plus more for garnish  
Juice of 2 lemons  
1/4 cup plus 2 tablespoons coconut oil.  
Kosher salt  
Freshly ground black pepper  
4 cups cooked farro, cooled  
2 cups chickpeas  
1 avocado

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### IF YOU ARE SHARING THIS MEAL WITH A

**Vata** | Good meal for them, especially if you add avocado.

**Pitta** | Substitute sunflower oil for coconut oil.

**Kapha** | A good meal for them, add some tomatoes.

**Vata/Pitta** | No substitutions needed.

**Pitta/Kapha** | Serve as is.

### DIRECTIONS

Bring a pot of salted water to a boil and prepare a bowl of ice water.

Cook the green beans until bright green; transfer with a slotted spoon to ice water. Drain and set aside.

In a mini food processor, combine basil and lemon juice, pulse to combine. With the motor running, add coconut oil in a steady stream until smooth, then season generously with salt and pepper.

In a large bowl, combine farro, chickpeas, and green beans, then pour over the basil vinaigrette and toss gently to combine. Add sliced avocado.

Season with salt and pepper.

**Servings Size:** 2-4

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes