

HOLISTIC HIGHWAY



VATA-PITTA | Summer-Week 1

MENU

MONDAY | 1

Asian Chicken Salad

TUESDAY | 2

Balsamic Grilled Chicken and Zucchini

WEDNESDAY | 3

Strawberry Salad with Poppyseed Dressing

THURSDAY | 4

Salmon with Zucchini and Fennel Noodles

FRIDAY | 5

Summer Farro Salad with Green beans and Chickpeas

PREP

MONDAY | 1

Marinate chicken.

TUESDAY | 2

None

WEDNESDAY | 3

Make dressing

THURSDAY | 4

None

FRIDAY | 5

Cook farro

SHOPPING LIST

MEAT & SEAFOOD

Chicken Breast | 3 pounds [boneless, skinless]
Salmon (freshwater if possible) | 4 [6-ounces filets]

FRUITS & VEGETABLES

Ginger | 1-inch piece
Carrots | 1 cup
Scallions | 3
Seedless Cucumber | 1
Zucchini | 3 green, 2 yellow
Yellow Bell pepper | 1
Romaine lettuce | 3 heads
Orange | 1
Strawberries | 1 cup
Fresh Oregano | 1 teaspoon
Fennel bulb | 1
Lemons | 3
Green Beans | 1/4 pound
Fresh basil leaves | 1 1/2 cups
Cilantro | 1 bunch

BAKERY & MISCELLANEOUS

Light mayonnaise | 3 tablespoons
Poppy seeds | 1 tablespoon
Orange juice | 1/4 cup
Farro | 4 cups
Slivered Almonds | 2 tablespoons

PANTRY STAPLES

(You may have these in your pantry, but if not, this is what you will need if you don't see it on the other list)

Canola Oil
Corn Oil & Cooking Spray, Corn
Coconut Oil & Coconut Oil Spray
Sesame Oil
Extra Virgin Olive Oil
Vegetable Oil
Sunflower Oil
Coconut Milk
Ghee
Ginger
Yellow & Dijon Mustard
Himalayan Mineral Salt & Kosher Salt
Chickpeas
White Beans
Black Beans
Quinoa
Basmati rice
Almonds
Sunflower, Sesame & Pumpkin Seeds
Garlic
Honey, raw and unprocessed
Organic Raw Cane Sugar
Maple Syrup
Fresh Mint
Fresh Cilantro
Vegetable Stock/ Broth
Chicken Stock/ Broth
Rice Vinegar
Red Wine Vinegar
Low Sodium Soy Sauce and Soy Sauce
Almond Butter
Unsalted Butter

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



Asian Chicken Salad For Monday

WHY WE CHOSE THIS MEAL FOR YOU

Eastern View: Cilantro is a popular Indian spice used in curry - and it's also an invaluable medicine. It soothes an irritated digestive system and cools any burning sensations in the body. Great news for the Pitta in you as we head into the heating summer (Pitta) season.

Its sweet aroma can help lift the spirits and reduce depression. It is pungent, bitter and sweet, and slightly oily and it reduces excess Pitta.

Cilantro is also known as coriander, which is an excellent remedy for promoting digestion. It is especially good at building your metabolism without aggravating any acidity. It can be used safely when there is any inflammation in the digestive system and when the digestive fire needs strengthening.

It is a useful carminative herb prescribed for IBS and colic - both Pitta conditions. Both the leaf and the seed are used for digestion to clear gas, griping, and bloating.

It is also useful in the treatment of urinary tract infections such as cystitis, dysuria, and cloudy urine. It is also a good remedy for diabetes, and it helps reduce hot flashes.

It's a great anti-allergenic remedy and helps with allergic rhinitis, and is especially good at clearing toxins from the skin. It has an antispasmodic effect in the lungs and acts as an expectorant clearing mucus from the lungs.

Western View: Cilantro is very low in calories and contains no cholesterol. However, its deep-green leaves possess good amounts of antioxidants, essential oils, vitamins, and dietary fiber, which may help reduce LDL or "bad cholesterol" levels in the blood.

The leaves and stem tips are also rich in numerous antioxidant polyphenolic flavonoids. Cilantro is also a good source of minerals like potassium, calcium, manganese, iron, and magnesium. Potassium is an important component of cell and body fluids that help regulate heart rate and blood pressure. Iron is essential for red blood cell production. Manganese is a cofactor for the antioxidant enzyme, superoxide dismutase.

It is also rich in many vital vitamins, including folic acid, riboflavin, niacin, vitamin A, beta carotene, vitamin C, which are essential for optimum health. Vitamin C is a powerful natural antioxidant. It provides about 225% of recommended daily intake. Vitamin-A, an important fat-soluble vitamin, and antioxidant, is also required for maintaining healthy mucosa and skin and is also essential for vision. Consumption of natural foods rich in vitamin-A and flavonoids (carotenes) may help protect from lung and oral cavity cancers.

Cilantro is one of the richest herbal sources for vitamin K, which has a potential role in the bone mass building through the promotion of osteotrophic activity in the bones. It also has an established role in the treatment of Alzheimer's disease patients by limiting neuronal damage in their brain.

Cilantro leaves provide only 23 calories/100 g, but their phyto-nutrients profile is no less than any superfoods around us!

Asian Chicken Salad For Monday

PREPARE AHEAD

Marinate the chicken.

INGREDIENTS

1/3 cup of rice vinegar
1/3 cup of vegetable oil
Kosher salt
1 ginger, peeled and cut into slices against the grain
2 scallions, chopped, plus more for garnish
1 1/2 lb. boneless skinless chicken breast, cut into 1/2" cubes
1 cup of matchstick carrots
1 seedless cucumber, cut into ribbons with a peeler
1 yellow bell pepper, cut into matchsticks
2 romaine heads, shredded
1 tablespoon of cilantro, fresh

DIRECTIONS

Add rice vinegar, vegetable oil, 1 teaspoon of salt, and ginger in a blender. Start on low and increase speed until well blended. Add scallions and stir with a spoon. Pour half of the dressing into a medium mixing bowl and the rest into a small jar. Set aside.

Add chicken to the mixing bowl and marinate in dressing for 2 minutes. In a large skillet over medium heat, add chicken and marinade. Stir occasionally until chicken is cooked through, 5 to 7 minutes.

Toss carrots, cucumbers, bell pepper, and romaine in a large serving bowl. Top with warm chicken and sauce, garnish with scallions and serve with additional dressing.

IF YOU ARE SHARING THIS MEAL WITH A

Vata | They will need their vegetables cooked.

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Kapha | Add some extra ginger.

Pitta | No substitutions needed!

Vata/Kapha | Add some extra ginger

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

Servings Size: 2-4

Prep Time: 10 minutes

Cook Time: 20 minutes



Balsamic Grilled Chicken and Zucchini For Tuesday

WHY WE CHOSE THIS MEAL FOR YOU

Eastern View: Turmeric and its strong yellow color signify its use as a liver herb good at drying damp and moving stagnation in the blood. It is a pungent, bitter, and astringent herb that has a heating effect. It reduces excess Pitta and works specifically on the digestive, circulatory, respiratory, and female reproductive systems.

Turmeric helps to promote healthy intestines by reducing pathogenic bacteria and destroying digestive toxins (ama). It has recently proved to have an affinity for the large intestine and play a preventative role in bowel cancer. Other clinical trials have proven their efficiency at treating stomach acidity and ulcers. Its bitter and pungent flavors act on the digestive fire to nourish the blood.

It has a stimulant effect on the liver and increases blood flow through the hepatic system. It increases bile output. This helps dissolve and prevent gallstones. It is traditionally considered a blood purifier and often used for beautifying the skin and clearing systemic toxemia: eczema, urticaria (itching), psoriasis, and acne, all Pitta problems.

It treats inflammation of the joints, alleviates pain, and strengthens the joints and tendons. It helps treat arthritis, especially the inflammatory arthritis of Pitta.

Western View: Recently, science has started to back up what the Indians have known for a long time. Turmeric really does contain compounds with medicinal properties. Turmeric contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties.

Inflammation is incredibly important. It helps the body fight foreign invaders and also has a role in repairing the damage. Although acute (short-term) inflammation is beneficial, it can become a major problem when chronic (long-term) and inappropriately deployed against the body's tissues.

Recently believed that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's, and various degenerative conditions. It turns out that curcumin is strongly anti-inflammatory. It is so powerful that studies show it matches the effectiveness of some anti-inflammatory drugs.

Oxidative damage is one of the mechanisms behind aging and many diseases. Curcumin happens to be a potent antioxidant that can neutralize free radicals due to its chemical structure.

Curcumin boosts levels of the brain hormone BDNF, which increases the growth of new neurons and fights various degenerative processes in the brain such as Alzheimer's and depression.

Balsamic Grilled Chicken and Zucchini For Tuesday

PREPARE AHEAD

None

INGREDIENTS

1/2 cup of maple syrup
1/2 cup of balsamic vinegar
1 tablespoon of orange zest
1 teaspoon of chopped fresh oregano
1 teaspoon of turmeric
2 medium yellow zucchini
2 medium green zucchini
1 1/2 lb. boneless skinless chicken breast, pounded to 1/2" thickness
Coconut oil
Freshly ground black pepper
Himalayan mineral salt

DIRECTIONS

In a small saucepan over medium heat add maple syrup and balsamic vinegar. Bring to a boil and simmer until slightly thickened, 10 minutes. Turn off heat; stir in orange zest, and oregano. Reserve 1/4 cup for serving.

Meanwhile, trim off both ends of each zucchini. Using a mandoline or vegetable peeler, create long flat noodles by running the blade against the length of each zucchini. Season with salt and set aside.

Preheat the grill on medium-high heat. Drizzle chicken with coconut oil and season with salt and pepper. Place chicken on the grill and cook for 4 minutes on each side. Brush glaze on chicken and cook until lightly charred all over and internal temperature reaches 165° F, 2 to 3 minutes. Transfer to a clean plate and cover loosely with foil.

IF YOU ARE SHARING THIS MEAL WITH A

Vata | A great meal for Vatas in the summer. Add some bread and garlic butter.

Kapha | Omit the coconut oil and cook with corn oil. Add a sprinkle of cayenne pepper to their glaze.

Pitta | No substitutions needed.

Vata/Kapha | Use olive oil instead.

Pitta/Kapha | Perfect meal as is.

Bring an 8-quart stockpot of water to a boil and generously season with salt and turmeric. Cook zucchini until al dente, 2 to 3 minutes, and drain. Slice chicken against the grain and serve over zucchini noodles with a drizzle of balsamic-maple glaze and a sprinkle of salt. Serve immediately.

Servings Size: 2-4

Prep Time: 10 minutes

Cook Time: 35 minutes



Strawberry Salad With Poppyseed Dressing For Wednesday

WHY WE CHOSE THIS MEAL FOR YOU

Eastern View: Romaine has bitter and astringent qualities. These qualities help to detox and lighten the body. And what better time to do that than Summer.

While Pitta types can digest romaine lettuce well, it's often good to add some cooling coconut flakes. We have added coconut milk for the dressing for cooling but nutrient-packed lunch or dinner. If you would like to make this heartier meal, you can add some quinoa - another protein-packed food.

However, if you want a lighter meal, we have added some protein-packed almonds for you too. Knowing how much protein you need, even in the summer.

Lettuce crops are often sprayed with pesticides, so it is best to buy organic. In all cases, wash the veggies to remove any surface chemicals. To keep things on the softer side, cut the center stem and tear the leaves into small strips.

Western View: Arguably, the most beneficial property of eating romaine lettuce is its ability to be a powerful

anti-inflammatory agent. When you consider the ideal omega-3:omega-6 ratio, romaine is the "perfect food."

According to a study published in *Biomedicine and Pharmacotherapy*, (4) Being "pro-inflammatory," the omega-6 rich processed foods that many people live off of today cause a chronic inflammatory state on a widespread scale. This inflammatory state links to nearly every disease known to men, such as rheumatoid arthritis, Crohn's, and cancer.

Romaine, on the other hand, naturally promotes the pro-inflammatory omega-6 and anti-inflammatory omega-3 balance. One of the top health benefits of romaine lettuce is that it is a natural detoxifier. It not only helps remove toxins but also helps eliminate them from your body.

This is a component in romaine called isothiocyanates (ITCs) made from glucosinolates. They can help detox your body at the cellular level (7).

These ITC's are a powerful "one-two punch" against toxins and free radicals. Toxins in our environment, such as processed foods, pollutants, pesticides, and pharmaceuticals increase the toxic level of the body and increase the chance of disease. So removing the toxins from your body is an important job. Toxins are destroyed first by antioxidants and then removed (detoxified) with glucosinolates.

Another one of the amazing health benefits of romaine is it can improve your eyesight! Two nutrients that give romaine its darker hue, lutein, and zeaxanthin, have been shown to help prevent macular degeneration and cataracts, which are later Pitta problems in life.

Strawberry Salad With Poppyseed Dressing For Wednesday

PREPARE AHEAD

Make dressing

INGREDIENTS

3 tablespoons of raw cane sugar
3 tablespoons of light mayonnaise
2 tablespoons of coconut milk
1 tablespoon of poppy seeds
1 tablespoon of rice vinegar
1 head romaine lettuce
1 cup of sliced strawberries
2 tablespoons of slivered almonds, toasted

DIRECTIONS

Combine the first 5 ingredients (sugar, mayonnaise, coconut milk, poppy seeds, and rice vinegar) in a small bowl, stirring with a whisk.

Place lettuce in a large bowl; add strawberries and almonds, tossing to combine.

Divide salad evenly among 4 plates.

Drizzle 1 tablespoon of dressing over each serving.

Servings Size: 2-4

Prep Time: 5 minutes

Cook Time: 0 minutes

IF YOU ARE SHARING THIS MEAL WITH A

Vata | Salads are a little drying for them, add an avocado to their salad and offer bread and ghee.

Kapha | A pretty good meal for Kaphas, you might like to add 1/2 teaspoon of ginger root to the dressing.

Pitta | No substitutions needed.

Vata/Kapha | You might want to add some garlic or ginger to their dressing.

Pitta/Kapha | Their meal is perfect as it is.



Salmon With Zucchini and Fennel Noodles For Thursday

WHY WE CHOSE THIS MEAL FOR YOU

Eastern View: Fennel may be used to decrease all three doshas: Vata, Pitta, and Kapha. It has a sweet, slightly astringent, and bitter taste, or rasa. It is cooling and its after-taste is sweet, which is perfect for Pittas. Fennel is used as a digestive tonic, a mild laxative, and a diuretic. It also helps remove toxins from the body.

As a diuretic and a urinary alkaline, fennel helps remove toxic substances from the body and reduces rheumatism and swelling. Certain constituents of the essential oils in fennel are stimulants and promote the secretion of digestive and gastric juices, reduce inflammation of the stomach and intestines, and aid in the proper absorption of nutrients from food.

This spice has anti-acidic and antispasmodic properties. It relieves intestinal spasms or cramps - all Pitta problems, especially in the summer.

Western View: The iron, phosphorus, calcium, magnesium, manganese, zinc, and vitamin K content present in the fennel all contribute to building and maintaining bone structure and strength.

Dietary nitrates present in fennel and other foods have vasodilatory and vasoprotective properties. Because of this, they help to lower blood pressure and protect the heart.

Fennel's fiber, potassium, folate, vitamin C, vitamin B-6, and phytonutrient content, coupled with its lack of cholesterol, all support heart health. Fennel contains significant amounts of fiber. As fiber helps lower the total amount of cholesterol in the blood, it decreases the risk of heart disease.

Selenium is a mineral that occurs in the fennel but not in most fruits and vegetables. It contributes to liver enzyme function and helps detoxify some cancer-causing compounds in the body. Selenium can also prevent inflammation and decrease tumor growth rates.

Fennel contains folate, which plays a role in DNA synthesis and repair. This may help prevent cancer cells from forming because of mutations in the DNA. The selenium found in the fennel appears to stimulate the production of killer T-cells. This suggests that it can improve the immune response to infection.

Choline is a very important and versatile nutrient in the fennel that helps with sleep, muscle movement, learning, and memory. Choline also helps to maintain the structure of cellular membranes, aids in the transmission of nerve impulses, assists in the absorption of fat and reduces chronic inflammation.

Salmon With Zucchini and Fennel Noodles For Thursday

PREPARE AHEAD

None

INGREDIENTS

Coconut oil spray
4 (6-ounce) salmon fillets
3/4 teaspoon of Himalayan salt, divided
5/8 teaspoon of freshly ground black pepper, divided
3 tablespoons of raw cane sugar
1 large zucchini, peeled
1 small fennel bulb, cored and very thinly sliced
1 tablespoon of chopped fresh cilantro
2 teaspoons of grated orange rind
1/4 cup of fresh orange juice
2 teaspoons of fresh lemon juice

DIRECTIONS

Preheat the grill to medium-high heat.

Coat grill rack with cooking spray. Sprinkle fillets with 1/4 teaspoon of salt and 1/4 teaspoon of pepper; rub fillets evenly with sugar. Let it stand for 5 minutes.

Arrange fillets, skin side up, on the grill; grill for 3 minutes on each side.

Shave zucchini into ribbons using a vegetable peeler.

Combine remaining 1/2 teaspoon of salt, remaining 3/8 teaspoon of pepper, zucchini, fennel, cilantro, orange rind, and juices; toss. Place about 1 cup of zucchini mixture in each of 4 bowls; top each serving with 1 fillet.

IF YOU ARE SHARING THIS MEAL WITH A

Vata | They need their veggies cooked. Go ahead and lightly steam the zucchini noodles and fennel.

Kapha | Salmon is heavy for your Kapha guests. Serve a lighter fish like a freshwater trout or shrimp.

Pitta | No substitutions needed.

Vata/Kapha | Serve this with shrimp rather than salmon if Kapha is aggravated right now.

Pitta/Kapha | Good summer meal for them.

Servings Size: 2-4

Prep Time: 10 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 sweet, bitter, and pungent tastes.

Basil maintains and promotes 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 a mild natural sleep aid. Basil 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 of 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 may 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 widely used in the treatment of [arthritis](#).

According to research presented at the British Pharmaceutical Conference (BPC) in Manchester, basil also 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.

Summer Farro Salad With Green Beans And Chickpeas For Friday

PREPARE AHEAD

Cook farro

INGREDIENTS

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

IF YOU ARE SHARING THIS MEAL WITH A

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

Kapha | Substitute sunflower oil for coconut oil.

Pitta | No substitutions needed.

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

Pitta/Kapha | Serve as is.

DIRECTIONS

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

Cook 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 and 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.

Season with salt and pepper.

Servings Size: 2-4

Prep Time: 10 minutes

Cook Time: 30 minutes