



## PITTA-KAPHA | Summer-Week 4

## MENU

**MONDAY | 1**

Vegetable Kebabs with Saffron Almond  
Sauce

**TUESDAY | 2**

Baby Kale Sesame Chicken Salad

**WEDNESDAY | 3**

Mango Quinoa Salad

**THURSDAY | 4**

Summer Pea Soup

**FRIDAY | 5**

Fish Tacos with Cilantro Marinade

## PREP

**MONDAY | 1**

None

**TUESDAY | 2**

Make the chutney

**WEDNESDAY | 3**

Make the pesto

**THURSDAY | 4**

Soup can be made the night before as it needs 6 -  
hours to chill

**FRIDAY | 5**

Chop veggies, grate the lemon

## SHOPPING LIST

### MEAT & SEAFOOD

Chicken Breasts | 1 pound [boneless, skinless]  
Mahi Mahi Fillets | 1 pound

### FRUITS & VEGETABLES

Baby Kale | 1 [5-ounce package]  
Green Onions | 6  
Broccoli Florets | 8  
Cauliflower Florets | 8  
Zucchinis | 2  
Limes | 5  
Red Bell pepper | 2  
English Cucumber | 1  
Fresh Ginger | 2 teaspoons  
Fresh Parsley | 2 bunches  
Fresh Cilantro | 1 bunch  
Sweet Potatoes | 1 ½ pounds  
Apples | 2 [sweet]  
Red Cabbage | 1 cup  
Mint leaves | 1 small bunch  
Lemons | 3  
Mango | 1  
Shallot | 1  
Avocado | 1

### BAKERY & MISCELLANEOUS

Tempeh | 1 pound  
Peas, frozen | 1 pound  
Tortillas, corn | 8  
Basmati Rice | 1 cup  
Quinoa | 2 cups  
Black Beans | 1 [14 ounces can]

### DAIRY

Cream, heavy | 1/4 cup  
Sour Cream | 1/4 cup  
Plain Yogurt | 1 small container

## 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, Curry Powder, Paprika, Saffron Threads, Cardamom, Turmeric, Coriander, Oregano, Fennel, Freshly Ground Nutmeg



## Vegetable Kebabs in Saffron Almond Sauce For Monday

### WHY WE CHOSE THIS MEAL FOR YOU

**Eastern View:** We chose this meal because of the cooling qualities of coconut and the vitality-building qualities of saffron. We added some energizing veggies to make a wonderful evening meal. You can grill rather than bake these kebabs if you choose.

Coconut has the following qualities: sweet, cooling, heavy, and it balances Vata and Pitta.

Coconut is a highly regarded food with a predominantly sweet taste. It has a sweet post-digestive effect that balances and helps little by little nourish and invigorates the body. Coconut promotes contentment and calmness in the brain due to its sweet taste.

Coconut is grounding and - a natural stress-buster, and as Pittas can become intense when reacting to stress, coconut will help ground any intensity!

Saffron is famous for its medicinal, coloring, and flavoring properties. It is valued all over the world, especially by culinary and medical experts.

Its Snigdha (oily) and Laghu (light) properties, with its

bitter taste pacifies all doshas. Saffron also has a unique vipaka (post-digestive process) of helping assimilate nutrition. Saffron is considered a sattvic food which means it calms and grounds the central nervous system too.

Saffron has the properties to improve vision and correct weak eyesight. Saffron is cardiotonic and has anti-atherosclerotic effects, which help in lowering blood cholesterol and triglycerides.

This spice is a powerful liver tonic and carminative. It is used for the improvement of digestion and increases appetite. It helps in ailments like indigestion, vomiting, diarrhea, acidity, and spleen ailments.

The sedative action of saffron helps in curing insomnia. A pinch of saffron taken with warm milk at night can help you sleep like a baby! Saffron is also known for its exhilarant and antidepressant activity, which leads to a sense of well-being.

**Western View:** From a Western perspective, coconut is a gluten-free, alkaline food high in saturated fat and fiber. Many Pittas have digestive problems, so they are sensitive and need fats to combat their natural tendency towards acidity. It also contains protein and some important minerals – calcium, iron, potassium, and magnesium. Due to its high-fat content, it is low GI and will decrease the overall GI of any meal when added.

The American Journal of Clinical Nutrition states that the medium-chain triglycerides (MCTs) in coconut oil can increase how many calories you burn compared to the same amount of other fats. The European Journal of Clinical Nutrition reports on one study that found that 15-30 grams of MCTs per day increased 24-hour energy expenditure by 5%, totaling about 120 calories per day.

The fatty acids and breakdown products in coconut can kill harmful pathogens, potentially helping to prevent infections.

## Vegetable Kebabs in Saffron Almond Sauce For Monday

**PREPARE AHEAD**

Marinade the vegetables for two hours ( I do this the night before).

Cook rice

**INGREDIENTS**

1 pound of tempeh, cut into 1-inch cubes

8 broccoli florets

8 cauliflower florets

1 red bell pepper, stemmed, deseeded, and cut into 1-inch pieces

2 zucchinis, cut into 1-inch pieces

1 cup of basmati rice

**MARINADE**

1 cup of almonds

1/2 cup of water

1/4 cup of coconut milk

2 tablespoons of sunflower oil

2 tablespoons of Braggs amino acids

1 tablespoon of lime juice

2 teaspoons of grated fresh ginger

2 teaspoons of ground coriander

2 teaspoons of ground fennel

1/2 teaspoon of maple syrup

Pinched saffron threads softened in 1 tablespoon water

Mint leaves, chopped for garnish

**Servings Size:** 4-6

**Prep Time:** 10 minutes/ 2 hours marinating

**Cook Time:** 30 minutes

**DIRECTIONS**

Put the tempeh and vegetables in a large mixing bowl.

Put the almonds, water, and coconut milk in a blender and process till thoroughly puréed. Add the oil, amino acids, lime juice, ginger, coriander, fennel, maple syrup, and saffron. Pulse several times to combine. Season to taste.

Pour the marinade over the vegetables to evenly coat.

Preheat the oven to 350° F.

Thread the vegetables and tempeh onto skewers.

Arrange the skewers side by side in a large baking pan. Pour the remaining marinade over the kebabs. Bake until the vegetables are hot, tender, and crisp - about 30 minutes.

Serve the kebabs over rice and garnish with torn mint leaves.

**IF YOU ARE SHARING THIS MEAL WITH A**

**Vata** | Substitute firm tofu for the tempeh.

**Kapha** | Substitute firm tofu for the tempeh and enjoy in moderation.

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

**Vata/Kapha** | Substitute firm tofu for the tempeh.

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



## Baby Kale Sesame Chicken Salad For Tuesday

### WHY WE CHOSE THIS MEAL FOR YOU

**Eastern View:** Kale's bitter and astringent qualities help detox and lighten the body, and while kale is best for Pitta and Kapha individuals when used right, Vatas can benefit from this nutrient-packed plant too.

Kale 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 slice the leaves into small strips. Cook to your liking (or dosha!)

**Western View:** Arguably, the most beneficial property of eating kale is its ability to be a powerful, anti-inflammatory agent. When you consider the ideal omega-3:omega-6 ratio, kale is the "perfect food."

According to a study published in *Biomedicine and Pharmacotherapy*, (1) Being "proinflammatory," 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.

Kale, on the other hand, naturally promotes pro-inflammatory omega-6 and anti-inflammatory omega-3 balance. Nearly at a 1:1 ratio, kale contains slightly more omega-3s, which can help reduce the negative effects people experience when they eat omega-6 rich processed foods loaded with vegetable and canola oil.

One of the top health benefits of kale is that it is a natural detoxifier. It not only helps remove toxins but also helps eliminate them from your body. This is due to a component in kale called isothiocyanates (ITCs) made from glucosinolates. They reported helping to detox your body at the cellular level (2).

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 removed (detoxified) with glucosinolates.

Like all cancer-fighting cruciferous vegetables, kale can stop cancer in its tracks. Studies have shown, for example, that more than 70% of all research conducted on cruciferous vegetables has found that they protect against cancer (3).

According to the National Cancer Institute, for example, the secret behind the cancer-killing ability of cruciferous veggies is their compounds. They are rich in glucosinolates, a large group of sulfur-containing compounds (4).

These powerhouse chemicals are known to break down during the chewing and digestion process into biologically active compounds that prevent cancer cells growth,

## Baby Kale Sesame Chicken Salad For Tuesday

**PREPARE AHEAD**

Chop veggies

**INGREDIENTS**

3 tablespoons of tamari  
2 tablespoons of maple syrup  
1/4 cup plus 2 tablespoons of fresh lemon juice  
1 pound skinless, boneless chicken breasts  
1 1/2 pounds of sweet potatoes (about 2 large)  
2 firm apples (such as Cortland or Pink Lady)  
1 English cucumber  
1 [5-ounce package] of baby kale (about 8 cups)  
1 tablespoon of sunflower seeds  
1 tablespoon of toasted sesame oil  
Kosher salt and freshly ground pepper

**IF YOU ARE SHARING THIS MEAL WITH A**

**Vata** | A great meal for Vatas in the summer, if you remove the raw apples and wilt the kale.

**Kapha** | This works for Kaphas too, just add a teaspoon of red pepper flakes to the chicken.

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

**Vata/Kapha** | Good meal for them with a teaspoon of red pepper flakes.

**Pitta** | Perfect meal - no substitutions needed.

**DIRECTIONS**

Bring the tamari, maple syrup, 1/4 cup of lemon juice, and 1 cup of water to a boil in a wide saucepan. Add the chicken in a single layer; reduce the heat to medium-low. Cover and simmer, turning occasionally until just cooked through; about 10 to 15 minutes.

Move the chicken to a plate (reserve the liquid in the pan). Let cool, then shred.

Peel the sweet potatoes, and cut them into 1/2-inch cubes. Add to the liquid in the saucepan; cook over medium heat, stirring occasionally, until just tender; about 15 minutes. Transfer to a plate with a slotted spoon (reserve the liquid). Let the potatoes and liquid cool.

Cut the apples into matchsticks. Peel the cucumber, cut in half lengthwise, and thinly slice. Combine the apples, cucumber, kale, sunflower seeds, chicken, sweet potatoes, and sesame oil in a large bowl. Toss with the reserved cooking liquid and the remaining 2 tablespoons lemon juice.

Season with salt and pepper, and serve.

**Servings Size:** 2-4

**Prep Time:** 10 minutes

**Cook Time:** 35 minutes



## Mango Quinoa Salad For Wednesday

### WHY WE CHOSE THIS MEAL FOR YOU

**Eastern View:** Parsley is a natural detoxifier, and the sweetness of the mango and the protein of the quinoa make this meal a grounding and healthy meal. Here's why! Trusted as a powerful carminative, the leaves, seeds, and roots of Parsley can treat numerous digestive problems such as diarrhea, ulcer, flatulence, and colic pain.

Parsley is known as a powerful detoxifier and purifies the blood as well as improves circulation. Parsley seed as a natural diuretic increases the frequency of urination without making you tired or dehydrated. This aids in removing harmful toxins like salt, uric acid, fat deposits, and microbes in the body.

Parsley is an effective chemoprotective food that guards the body against harmful free radicals that lead to diseases like cancer, atherosclerosis, asthma, and diabetes. Parsley is a rich source of antioxidants that join with highly reactive oxygen radicals and aid in preventing oxygen-based damage to cells.

Parsley regulates the menstrual cycle - and treats various problems associated with menstruation like abdominal cramps, fatigue, nausea, headache, and back

pain. Parsley also nurtures the health of female reproductive organs. Ripe mango balances Pitta and helps to normalize digestion. Consumption of ripe mango increases hemoglobin in the blood and is very useful in treating anemia - which Pittas can sometimes have problems with. Ripe mango strengthens the body, increases body bulk, and increases glowing skin; who wouldn't want that?

**Western View:** Even when eaten in small amounts, there are numerous health benefits to Parsley as it is packed with beneficial nutrients, essential oils, and antioxidants – to the point that it's often called a superfood.

When adults experienced high quantities of parsley, they showed a significant improvement in lowering oxidative stress levels compared to those who didn't receive parsley, according to a 1999 study done by The Institute of Food Safety and Toxicology (1).

Parsley is sometimes called a "chemoprotective" plant because it helps protect DNA from damage, stops cell mutation, and helps induce apoptosis or the death of harmful cells. One of the parsley's beneficial compounds called apigenin can "inhibit the progesterin-dependent synthesis of human breast cancer cells, significantly delaying the development of, and decreasing the incidence and multiplicity of mammary tumors", according to research done in 2013 by the American Association of Cancer (2).

Research has shown antioxidant compounds in mango fruit can protect against colon, breast, leukemia, and prostate cancers.

The high levels of fiber, pectin, and vitamin C help lower serum cholesterol levels, specifically Low-Density Lipoprotein (that's the bad stuff).

Mangoes can be used both internally and externally for the skin. Mangos help clear clogged pores, eliminate pimples, and improve eye health because of their high levels of Vitamin A.

## Mango Quinoa Salad For Wednesday

**PREPARE AHEAD**

Cook quinoa

**INGREDIENTS**

2 cups of cooked quinoa at room temperature or chilled  
1 [14 oz can] of black beans, drained and rinsed  
1 medium mango, peeled and diced  
1 red bell pepper, diced  
6 green onions, thinly sliced  
1 handful of chopped cilantro (about 1/2 cup)  
1 handful of chopped parsley  
4 tablespoon of red wine vinegar  
3 tablespoons of extra virgin olive oil  
1-2 tablespoons of fresh lime juice  
Kosher salt  
Freshly cracked black pepper

**DIRECTIONS**

Place cooked quinoa in a large bowl.

Add mango, red bell pepper, green onions, beans, cilantro, and parsley.

In a small bowl combine vinegar, olive oil, and lime juice.

Whisk until smooth and pour on top of the salad. Toss to combine and add salt and pepper to taste.

Chill for at least half an hour before serving.

Keep 1 cup of the salad for Friday's meal!

**Servings Size:** 2-4

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**IF YOU ARE SHARING THIS MEAL WITH A**

**Vata** | A great meal for them too although aduki beans would be better.

**Kapha** | Use 1/8 teaspoon cayenne in the dressing.

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

**Vata/Kapha** | You might want to add cayenne to the dressing.

**Pitta** | Their meal is perfect as it is.



## Summer Pea Soup For Thursday

### WHY WE CHOSE THIS MEAL FOR YOU

**Eastern View:** Peas are consumed all around the world as a vegetable. However, botanically, they are considered a fruit.

Peas are low-fat food, taste sweet, and are very important to improve the metabolism of proteins, fats, and carbohydrates. Researchers have proved that peas have omega-3 fats, which play a very important role in the functioning of the brain and improving the health of the heart.

Sweet peas (and string beans) are among the most easily digestible beans and are thus an important source of fiber and protein. They can help you stay regular and feel satisfied after meals. Their naturally cooling properties are soothing to Pitta.

Sweet peas sometimes get a bad rep for being the sweetest, most non-nutritious member of the legume family. But this couldn't be farther from the truth! Not only are sweet peas a good source of fiber and protein, but they are also high in antioxidants and anti-inflammatory nutrients. This means protection from oxidation damage and certain cancers.

Research shows that sweet peas are a good source of

omega-3s and alpha-linolenic acid (ALA), which are both widely popularized right now for their many health benefits.

In addition to their nutritional benefits, sweet peas are normally very kid-friendly, which can be a blessing if you have a household of picky eaters. So, next time you are short on time for dinner, a bag of frozen sweet peas may just be the quick, easy, healthy side dish you've been seeking!

**Western View:** Green Peas are chock-a-block with A, B-1, B-6, C, and a supersized serving of osteoporosis-fighting K, known for maintaining bone health and blood clotting. High in fiber, low in fat, with no cholesterol, green peas are loaded with vegetable protein, making it a versatile food to be part of any wholesome diet.

Peas are low in calories, have zero cholesterol, and rich in nutrients, proteins, and fiber. It contains both soluble and insoluble fiber, making you feel fuller for a long time, increasing satiety, and making it perfect diet food. Fiber also aids quick and efficient toxic waste disposal.

Peas aids digestion by improving your metabolism levels. The abundance of rich dietary fiber cleanses the digestive tract of toxins and carcinogens, improves bowel health and peristalsis, treats constipation, and lowers the risk of gastrointestinal diseases and colon cancer.

Peas contain high amounts of antioxidants and anti-inflammatory agents and a health-protective polyphenol called coumestrol that decreases the risk of stomach cancer.

## Summer Pea Soup For Thursday

**PREPARE AHEAD**

None

**INGREDIENTS**

1 large shallot, minced (about 3 Tbsp)  
1 1/2 tablespoons of unsalted butter  
2 cups of low sodium chicken broth or vegetable broth (for vegetarian option)  
2 sprigs of mint, extra for garnish  
1 pound of frozen petite peas  
1/4 cup of heavy cream  
Salt and freshly ground pepper to taste  
Yogurt for garnish

**DIRECTIONS**

In a medium saucepan, melt the butter on medium heat. Add shallots and cook until softened, but not browned.

Add the broth and mint sprigs to the shallots, increase the heat and bring to a boil. Add the frozen peas, salt, and pepper to taste. Return to a boil, reduce heat and simmer until the peas are just tender, 3-5 minutes.

Discard the mint and purée the soup in a blender until completely smooth. Blend in the cream. Taste and correct seasoning.

Reheat to serve warm, or chill to serve cold. Serve garnished with yogurt and mint strips.

**Servings Size:** 2-4

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

**IF YOU ARE SHARING THIS MEAL WITH A**

**Vata** | Good for Vatas as long as the soup is served warm, add garlic bread.

**Kapha** | Add some red pepper flakes or hot sauce to spice this up a bit for them.

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

**Vata/Kapha** | Serve this warm for them.

**Pitta** | Good summer soup for them.



## Fish Tacos With Cilantro Marinade For Friday

### 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. Its sweet aroma can help lift the spirits and reduce depression.

It is pungent, bitter, sweet, and slightly oily. It reduces excess Pitta. Cilantro is also known as coriander 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-Vata conditions. Both the leaf and the seed are used for digestion to clear gas, griping, and bloating.

It is helpful in the treatment of urinary tract infections such as cystitis, dysuria, and cloudy urine. It's 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 to clear 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 (carotenoids) may help protect against lung and oral cavity cancers.

Cilantro is one of the richest herbal sources for vitamin K, which has a potential role in bone mass building through the promotion of osteotropic 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!

# Fish Tacos With Cilantro Marinade For Friday

**PREPARE AHEAD**

Chop veggies, grate lemon

**INGREDIENTS**

1/4 cup of olive oil  
1 1/2 teaspoons of chile powder  
1 1/2 teaspoons of dried oregano  
1/2 teaspoon of ground cumin  
2 tablespoon of lime juice, divided  
1/4 cup of finely chopped cilantro plus 1/8 cup of cilantro, roughly chopped  
1 pound of Mahi Mahi or other white flakey fish  
1 cup of red cabbage finely sliced  
8 corn tortillas  
1/4 cup of sour cream  
1 avocado, sliced  
1 cup of mango salad from Wednesday  
2 limes, each cut in 6 wedges

**DIRECTIONS**

Make the marinade by combining olive oil, chili powder, oregano, cumin, 1 tablespoon of lime juice, 1/4 cup of finely chopped cilantro.

Cut the fish fillets into 4-5 pieces so that each piece is about 3" square. Put the fish pieces in the bowl of marinade and thoroughly coat each piece. Marinade for 20-30 minutes.

While the fish is marinating, slice the red cabbage and roughly chop 1/8 cup of cilantro. Combine in a bowl with 1 tablespoon of lime juice. Set aside.

Remove fish from the marinade. Cook fish in a non-stick frying pan over medium-high heat for 4 minutes. Flip and cook for another 2 minutes. Remove from heat and flake the fish in the pan, coating the pieces in the marinade remaining in the pan. Taste and season with salt and pepper.

Heat the tortillas in a skillet. Assemble tacos. Serve with cabbage/cilantro mixture, avocado slices, salsa, and lime wedge squeeze. Top with sour cream.

**IF YOU ARE SHARING THIS MEAL WITH A**

**Vata** | Good meal for them. however, it would be better to remove the red cabbage.

**Kapha** | This meal is great for them without the avocado.

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

**Vata/Kapha** | No substitutions.

**Pitta** | Serve as is.

**Servings Size:** 2-4

**Prep Time:** 40 minutes

**Cook Time:** 10 minutes