



AYURVEDIC WISDOM

# SUMMER VEGETARIAN FOOD GUIDE

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# INTRODUCTION

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Six months ago, if someone had told me I would write a food guide, I would have laughed out loud. I am one of those people who loves to eat but dislikes cooking. My husband, who is a wonderful cook, did the lion's share of the cooking. We also enjoyed eating out as a family and would average a restaurant meal about once a week. That was before Covid 19 changed everything.

With shelter in place orders came the necessity to cook everyday, two meals a day. We could have been efficient and cooked in bulk to minimize the daily cooking, but I am spoiled and dislike old food. Of course, my husband was not about to put in the labor to cook two meals a day, which meant I had to cook much more than I normally used to.

Much as I thought I disliked cooking, when I broke it down, I realized that the actual pain point was deciding what to cook. It also didn't help that the kids always wanted pasta or Maggi - the Indian version of instant noodles that I do not consider to be food. My husband and I were raised in India and so we made a lot of Indian food, mainly South Indian. My kids tolerated Indian food but made it painful enough to the eyes when they ate. It was clear that I had to up the ante on variety or not eat with my kids. But the problem was always "what to cook?"

A couple weeks into working from home, I embarked upon a study of Ayurveda. The ancient texts on Ayurveda, written in terse verse form, opened up a whole new world on how to live. Through this study, I became familiar with the six different tastes, properties of foods, and the impact of these foods on the body. I realized that Ayurveda provided a neat little system for me to enable cooking decisions. For the first time, I actually thought consciously about what I was cooking with. This mindfulness, opened up the gateway to cooking with a much better attitude than before.

I decided to put together this guide to document my learning. We are vegetarian and therefore this guide focuses on vegetarian food. I hope it provides an interesting perspective to cooking and helps you as much as it helps me.

## AYURVEDIC PERSPECTIVE ON FOOD

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According to Ayurveda, there are three ways to eat:

- 1) Eat per your digestive fire (or Agni)
- 2) Eat per the season
- 3) Eat per your dosha

It turns out that there is a very close link between seasons and Agni - Agni is strong in winter, low in summer. I focused on eating per the season as a framework for a reasonably healthy person without any underlying health issues. For those with specific health issues, eating per your dosha is recommended. This is more specialized and best done under the supervision of a trained Ayurvedic physician.

A diet adapted to the season defines grocery choices from an understanding of what foods to eat and what to avoid or reduce. The guiding principle is that in the summer, Pitta and Vata Doshas are aggravated by heat which can cause a litany of problems such as burning sensations, acne, heat boils, nosebleeds etc. when not balanced. So cooking for summer is focused on choosing vegetables, fruit, grains, spices, nuts, fats, etc. that have properties that keep Pitta and Vata in balance.

This guide begins by introducing the properties of food as defined by Ayurveda, followed by the main categories of food. Every category has a specific function. Spices do not just add flavor, they also have nutrition benefits. Lentils are the main source of protein for vegetarians. Fats and

oils are hugely respected in Ayurveda. Plant oils and ghee are used commonly in cooking and have their unique benefits especially in managing issues such as constipation, pain in joints and muscles and other issues related to aging. Grains such as rice, oats etc. are an important part of the diet and provide energy and essential vitamins.

This is followed by a suitable grocery list for summer for each category. The ingredients are primarily a mainstay of Indian cuisine, but since we live in California, they have been expanded to include those that are locally available.

The grocery list will be followed by a series of recipes. These are dishes that I cooked, many of them for the first time. They are mainly main courses, but include some drinks and desserts that we love. The dishes are not limited to Indian - there's Thai, Mexican, Italian etc. cooked using Ayurvedic seasonal principles of choosing ingredients. You can customize these recipes to your own unique taste.

# PROPERTIES AND CATEGORIES OF FOOD

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Ayurveda classifies all substances based on the following properties:

Taste (Rasa), Potency (Veerya), Taste after initial phase of digestion (Vipaka), and Quality (Guna). In the summer season, dryness and heat build up in the body (increase in Vata and Pitta dosha) and the digestive fire is reduced. In order to keep the Doshas balanced, we need to eat foods which have the opposite quality - **favor sweet, light (easy to digest), cold, unctuous\* and liquid foods**. Note that sweet does not necessarily mean sugar but also encompasses carbohydrates, and even other foods like ghee. Conversely, foods that increase Vata and Pitta Dosha should be eaten much less often - i.e. **reduce sour, salty, and pungent foods**.

The following are the main categories of food:

- Grains
- Lentils
- Fats - Oils and ghee
- Vegetables
- Fruit
- Dairy
- Nuts and seeds
- Medicinal substances and herbs - includes spices, salt etc.
- Meats

Meats are excluded since this is a vegetarian guide.

Based on the Taste (sweet), Potency (cold), and Quality (light), we can curate a grocery list for summer. For each food group, there are three

sub-categories: Best, Small Quantities, and Minimize. Best indicates that you can eat these foods daily, Small Quantities implies eat once or twice a week, and Minimize implies eat once a month.

I have taken advantage of several sources to build this list. The primary source is the English translation of Ashtanga Hridayam, a renowned text by Acharya Vagabhata. Since Ayurveda is around 5000 years old, some modern day ingredients are not addressed in the Ashtanga Hridayam. The properties of such ingredients were obtained from academic peer reviewed papers that are listed at the end of this guide.

\*Unctuous is a quality that is the opposite of dry. Unctuous foods have oily properties. However, non-oily foods can also be unctuous, like white rice for example.



# GRAINS

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In general, grains are suitable for the summer season because they are sweet, unctuous, and cold. They tend to be heavy in quality, some heavier than others.

Best	Small Quantities	Minimize
White rice	Brown rice	Millets
Basmati rice	Wheat	
Oats	Semolina	
	Barley	

Brown rice and wheat derived grains are advised to be eaten in smaller quantities because they tend to be heavier to digest.

## A NOTE ON GLUTEN

Wheat and semolina (derived from durum wheat) contain gluten, a substance that is hard to digest. Many people are allergic to wheat products as a result, some extremely so (Celiac disease). However, wheat is revered in Ayurveda and the Ashtanga Hridayam says that wheat can be eaten everyday even though it has the quality of Guru or heaviness.

The Ayurvedic perspective on food intolerances is linked to an imbalance in Vata Dosha which results in a sub-optimum Agni or digestive power. Accordingly, the approach is to look for the root cause

of the food intolerance and try to correct the underlying digestion issues rather than completely avoiding the food. It is also important to note that in modern times, grains are subjected to a lot of processing which can alter the original benefits of the whole grain. Therefore, it is important to look for whole grains which have undergone minimal processing.



## LENTILS

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Lentils are a key source of protein in the vegetarian diet. However, lentils are heavy to digest and the recommended lentils for summer are the ones that are easiest on the stomach.

Best	Small Quantities	Minimize
Chick peas	Adzuki beans	Black gram (Urad dal)
Split yellow mung beans	Kidney beans	Pigeon pea (Toor dal)
Red (Masur) lentils	Pinto beans	Split chick pea (Chana dal)
Green (mung) beans		Black lentils (Kaala chana)

## FATS - OILS AND GHEE

Ghee, also referred to as clarified butter, is revered in Ayurveda: "Of all the fatty materials, ghee is the best". The best oils for summer are lighter to digest and have cooling potency. Since oils are generally heavy, it is recommended that they be used in moderation particularly in summer.

Best	Small Quantities	Minimize
Coconut oil	Olive oil	Sesame oil
Sunflower oil	Corn oil	Mustard oil
Ghee		Peanut oil



## VEGETABLES

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Ayurveda encourages eating minimally modified, seasonal vegetables. So the first step is to identify what vegetables are in season and then apply the Ayurvedic principles to curate your grocery list. In the summer, favor green leafy vegetables as they are light and cool. Sour vegetables such as tomato and bitter and pungent vegetables such as radish, carrots etc. need to be reduced.

### A NOTE ON SALADS

Ayurveda recommends eating hot food. The Ashtanga Hridayam says that raw foods can cause indigestion. Raw foods are considered to be cold in potency and harder to digest than cooked vegetables. Therefore, one can infer that salads could be OK to eat in summer in small

amounts. A person with strong digestion power or Agni can tolerate salads better than a person with poor Agni. Also, it is advised that salads be eaten for lunch when Agni is the strongest and not for dinner.

Best	Small Quantities	Minimize
Asparagus	Beets	Chillies
Artichoke	Carrots	Hot peppers
Avocado	Corn	Mustard greens
Bitter melon	Eggplant	Raw Onion
Brussels sprouts	Garlic	Radish
Bell pepper	Parsley	Tomato
Cabbage	Potato	
Cauliflower	Spinach	
Celery	Sweet potato	
Cilantro		
Cucumber		
Green beans		
Kale		
Leafy greens		
Lettuce		
Mushrooms		
Onions - cooked		
Peas		
Pumpkin		
Squash		
Zucchini		



## FRUIT

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The recommendation for fruit is to eat what is in season and only eat fully ripe fruit in the summer. Unripe fruit can be sour and needs to be minimized in summer. Lemons are sour but are better than tamarind. Bananas have sweet taste (rasa) but convert to sour after digestion (sour Vipaka). Therefore it is recommended to reduce consumption of bananas in the summer. A notable exception to this rule is pomegranate, which is considered a superfood in Ayurveda and can be eaten even if slightly sour (as long as it is ripe).

Best	Small Quantities	Minimize
Apples	Banana	All sour fruit
Blackberry	Apricot	
Blue berry	Cherries	
Coconut	Oranges	
Dates	Peaches	
Dried fruits	Pineapple	
Figs	Plum	
Grapes		
Mango		
Melons		
Nectarine		
Pears		
Pomegranate		
Prunes		
Raisins		
Raspberries		
Strawberry		

## DAIRY

Dairy is an integral part of the Ayurvedic diet. Milk products are generally heavy to digest and thus should be consumed mindfully in the summer. Organic milk and ghee (which was covered in the fats section) are the best. Hard cheeses are heavy to digest and are considered inferior food as compared to soft cheeses and cottage cheese (paneer).

Buttermilk is much better than yogurt or curds. It is recommended to avoid dairy for dinner.

Best	Small Quantities	Minimize
Unsalted butter	Hard unsalted cheese	Sour cream
Cottage Cheese	Buttermilk	Yogurt
Cream cheese	Lassi	
Organic milk		

## A NOTE ON YOGURT

Growing up in South India where blazing hot summers had to be endured year after year, cold yogurt was a staple every day food. My mother would make it fresh from milk, spooning off the cream to make fresh butter which would then be made into ghee. We would eat the fresh yogurt with gusto. A lust for yogurt is a true sign of a South Indian and I believe it is genetically coded in our DNA. Yogurt is falsely considered to be cooling to the body. It blew my mind when I read that yogurt is in fact heating and the Ashtanga Hridayam classifies it as a food that must NOT be consumed every day. It is much better to consume buttermilk than yogurt. In the summer, thin buttermilk can be consumed as a drink (lassi).

# NUTS AND SEEDS

Nuts are heavy and oily and need to be eaten fresh. Seeds are light and dry. Since heaviness and dryness are not favorable in summer, it is recommended that nuts and seeds be eaten only in small amounts.

Best	Small Quantities	Minimize
Coconut	Almonds	Sesame seeds
Sunflower seeds	Walnuts	Peanuts
Pumpkin seeds	Cashewnuts	
	Pistachio	



# SPICES AND HERBS

Spices are an important category of food. They increase Agni and thereby help in digestion of food. There are numerous spices available; proper knowledge of the properties of these spices is essential for the right taste and optimal health. In summer, the guiding principle is to use spices that have the coolest potency and do not increase Pitta and Vata dosha. In general, the more "spicy" or hot a spice, the more mindful you need to be of consuming it.

Best	Small Quantities	Minimize
Cardamom	Basil	Anise
Chamomile	Bay leaf	Asafoetida
Cilantro	Black pepper	Calamus
Cinnamon	Caraway	Cayenne pepper
Coconut	Fenugreek	Cloves
Coriander	Garlic	Raw garlic
Cumin	Ginger fresh	Dry ginger
Dill	Rosemary	Horseradish
Fennel		Mustard seeds
Lemon Verbena		Marjoram
Peppermint		Nutmeg
Mints		Oregano
Turmeric		Poppy seeds
Saffron		Sage
		Star anise
		Thyme

## A NOTE ON BALANCING FOODS

Mustard seeds are a staple in Indian cooking. Mustard is heating to the body which is why it is on the “Minimize” list for summer. However, here minimization need not necessarily translate to how frequently you use mustard seeds, but how much you use and how you balance its properties out. For example, use half the amount you would normally use in the garnish. And use ghee or coconut oil to season the mustard seeds in. The key is balance.

This also holds for other foods you tend to consume commonly. For example, if you tend to use a lot of tomato or tamarind (think pastas with tomato sauce, sambhar etc.), or any other foods that are in the “Minimize” category, balance those out using the following strategies if you find it hard to reduce the frequency of consumption:

- A. Reduce the amount you use
- B. Balance these out with more foods from the “Best” category

Let us take idli as an example, a very common south Indian dish which is usually eaten with Sambhar, a soup like dish packed with lentils, tamarind, and spices. This combination is really not optimal for frequent consumption in summer because idly contains urad dal which is also not optimal for summer. But you can make this more summer friendly by:

- A. Eating it with coconut chutney (coconut is cooling and good to eat in summer)
- B. Season the sambhar with coconut oil
- C. Use lemon and tomato instead of tamarind
- D. Use a lighter dal like masur dal instead of the commonly used toor dal in the sambhar
- E. Add summer appropriate veggies in the sambhar

## A NOTE ON EGGS

Eggs (from hens) are considered tridoshic - which means they are appropriate for all seasons. Egg whites in particular are more cooling than the yolk and thus best for summer.

## DRINKS AND CONDIMENTS

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### LIQUIDS

Liquids are perfect for summer. Soups, fruit juices, lassi, and suitable herbal teas are all good. Use the same guidelines in the fruit section for fruit juices - drink fresh juices of ripe fruit.

### CAFFEINE

In general, caffeine is heating and therefore needs to be consumed mindfully in the summer. Chai, black tea with milk and spices like fresh ginger and cardamom, is more appropriate than coffee.

### ALCOHOL

Alcohol has hot potency and thus needs to be consumed more mindfully in the summer. Wines are less heating than hard liquor. Beer is also less heating but hard on digestion.

### SWEETENERS

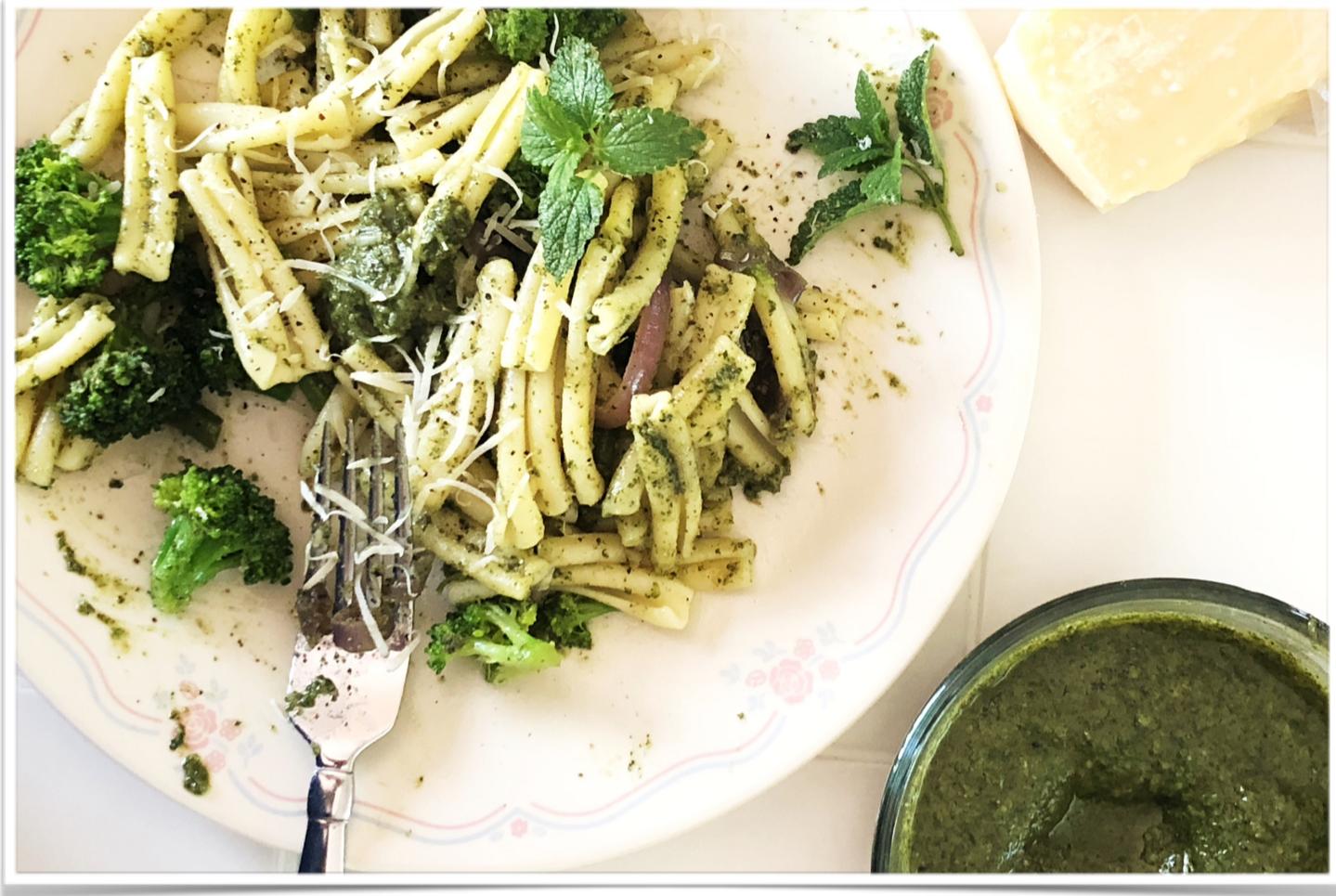
Maple syrup is the best sweet condiment for summer. Processed sugar needs to be minimized. Jaggery and raw honey are heating and drying and thus need to be consumed mindfully.

### CONDIMENTS

Pickles, vinegars, mustard, tomato ketchup and fermented foods need to be minimized in the summer.

# SUMMER RECIPES

## LEMON BALM PESTO



This pesto sauce features lemon balm which is a member of the mint family. It grows profusely in California. Note that although this recipe contains garlic and cheese, it is balanced by the cooling herbs, lemon balm and cilantro.

### INGREDIENTS

3/4 cup pine nuts	1/3 cup extra virgin olive oil
2 cloves garlic, peeled	1/4 cup parmesan cheese, grated
2 cups fresh lemon balm leaves, packed	Salt and black pepper to taste

1 cup fresh sweet basil leaves, loosely packed	1 tbsp lemon juice
1/2 cup fresh cilantro leaves, packed	

## INSTRUCTIONS

1. Add pine nuts and garlic in a blender or food processor and chop
2. Add the remaining ingredients and blend until well mixed, being careful not to over process
3. Toss organic, cooked pasta with the pesto sauce. Make sure you add some summer appropriate veggies like broccoli, bell peppers, and zucchini

Servings: 8

## THAI GREEN CURRY



### INGREDIENTS

1 cup melon or squash - use winter melon, butternut squash, or any other variety that you choose

Salt to taste

1 cup broccoli

1" piece fresh ginger root, peeled and grated

1 cup bell pepper - use a non-green variety for added color

1 clove garlic, peeled

1/2 cup green peas, packed - or use tofu for protein

3/4 cup fresh cilantro leaves, packed

1 cup green beans

1 tablespoon lemon grass or 1/2 cup fresh lemon balm

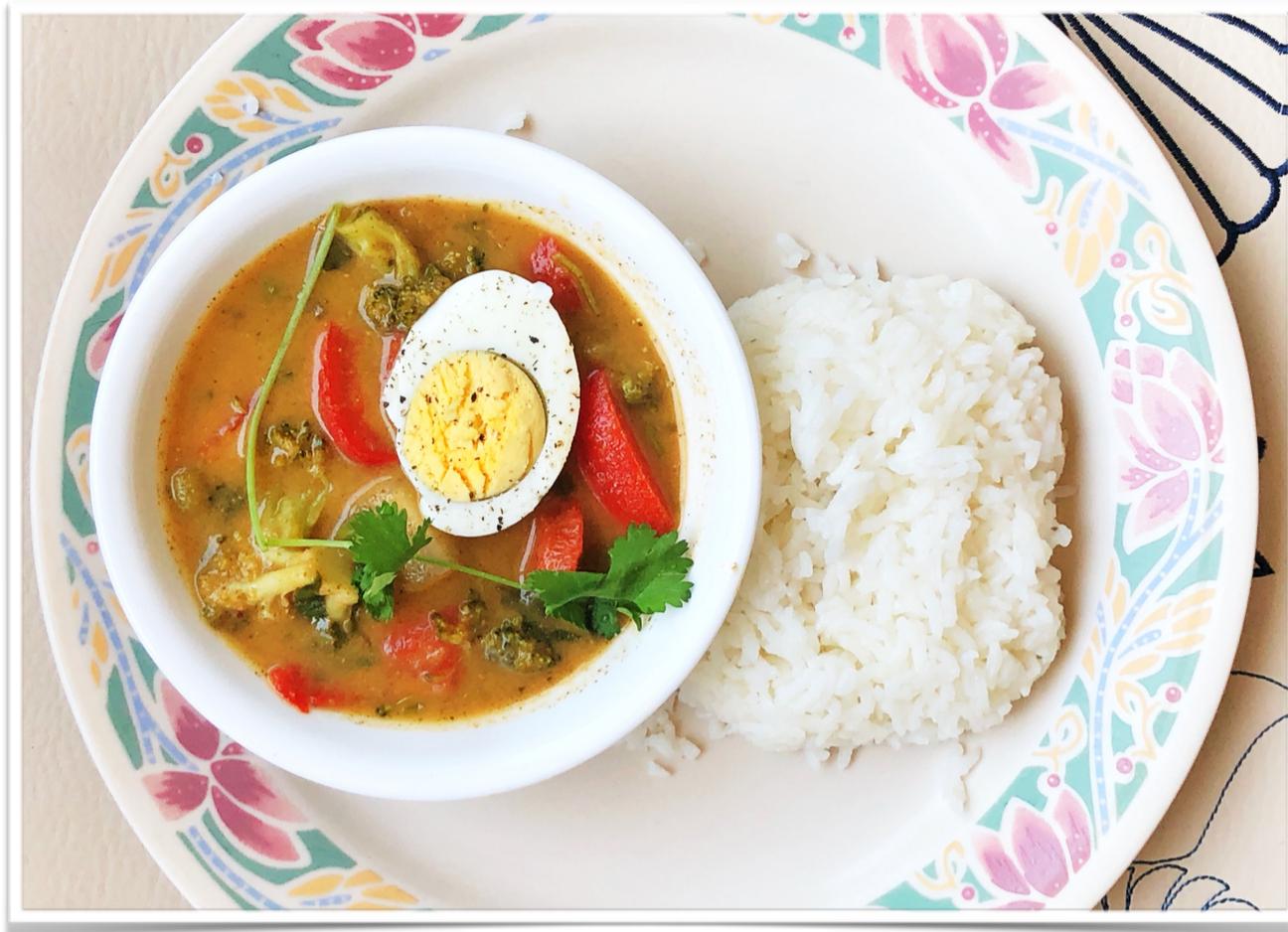
1 small onion or 1/2 large onion	1 can (14 ounces) unsweetened coconut milk
1/4 cup fresh sweet basil leaves	2-3 tbsp Coconut oil for sautéing vegetables
Green chillies to taste	

## DIRECTIONS

1. Peel the skin of the melon or squash and cut into 1" pieces
2. Chop the bell pepper, broccoli, and green beans into 1" pieces
3. Chop the onion coarsely for blending into green curry
4. In a blender, combine the onion, ginger, garlic, cilantro, lemon balm or lemon grass, and green chili with a little amount of water to make a green paste
5. In a saucepan, heat 2 tablespoons of coconut oil and heat for a minute. Add the vegetables and saute on medium high heat until the vegetables are tender but not soggy. Do not add any water. Add salt to taste and keep aside
6. Shake the coconut milk can well and pour 1/2 cup of coconut milk in a saucepan and bring it to a slow boil over medium heat. Stir frequently to prevent it from burning
7. Add the green curry paste and cook for 2-3 minutes, continually stirring
8. Add the remaining coconut milk and the sautéed vegetables and let it come to a gentle boil. Add salt to taste
9. Turn off the heat and garnish with the fresh basil, chopped coarsely, and a few leaves and stems of fresh cilantro. Serve hot with rice.

Servings 5

## THAI RED CURRY



Thai red curry is also a coconut milk dish and is prepared much like the green curry. The red color comes from red chillies which are soaked in water to tone down the heat. You can use similar vegetables as the green curry.

### INGREDIENTS

2 medium red chillies soaked in boiling water for 20 minutes	Salt to taste
1 clove garlic	Vegetables - red peppers, broccoli, squash, etc. - 2 cups
1" piece fresh ginger, peeled and sliced	1 Avocado
1/2 onion, roughly sliced	1 can (14 oz) unsweetened coconut milk
2 tsp coconut oil	1/2 cup fresh basil

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1 stalk lemongrass

Fresh cilantro for garnish

## DIRECTIONS

1. Soak the red chillies in boiling water to soften. Once soft, deseed the chillies
2. Add the chillies and the remaining ingredients into a blender or food processor and chop
3. Add some of the chili soaked water or cayenne powder to bring the spice level to your taste and make a paste; if you prefer a milder taste, just add plain water
4. Add vegetables of your choice and saute on medium high heat until the vegetables are tender but not soggy. Do not add any water. Add salt to taste and keep aside
5. Shake the coconut milk can well and pour 1/2 cup of coconut milk in a saucepan and bring it into a slow boil over medium heat. Stir frequently to prevent it from burning
6. Add the red curry paste and cook for 2-3 minutes, continually stirring
7. Add the remaining coconut milk and the sautéed vegetables and let it come to a gentle boil. Add salt to taste
8. Turn off the heat and garnish with the fresh basil, chopped coarsely, and a few leaves and stems of fresh cilantro
9. If you are using avocado, slice it in chunks and add to the hot red curry to cook a bit before serving
10. Serve hot with white rice
11. I used egg for protein here. If using egg, boil an egg, slice in half and drop it into the curry

Servings 4

## POHA



### INGREDIENTS

2 cups flattened rice (poha), thin variety (available in Indian grocery stores)

2 medium potatoes, peeled

1 small onion, finely chopped

1 teaspoon black mustard seeds

A pinch hing or asafetida

1 tbsp urad dal

2 tbsp coconut oil

A few curry leaves

1 small green chili

A pinch turmeric

Salt to taste

A few fresh cilantro leaves with stems

1 tbsp freshly squeezed lemon juice

## DIRECTIONS

1. Chop the onion finely and the potatoes into 1/2" cubes and set aside
2. Measure the flattened rice into a fine mesh colander and rinse it well with water. Set the colander on a bowl or plate.
3. Heat the coconut oil in a pan big enough to make the poha for 1 minute
4. Add the mustard seeds and wait until they pop
5. Add the urad dal and sauté until it turns a medium brown
6. Next add the hing, green chili, curry leaves, and turmeric and fry for a minute
7. Add the onions and sauté till golden brown
8. Next add the potato and sprinkle salt and about half a cup of water and let it cook covered until the potatoes are soft
9. Once the potatoes are soft, but not mushy, add the flattened rice and toss well
10. Turn off the heat, add the lemon juice and garnish with chopped fresh cilantro. Eat hot.

Servings 3

## HERBAL WATER FOR SUMMER



### INGREDIENTS

6 cups water brought to a boil

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1/2 tsp coriander seeds

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1/2 teaspoon cumin seeds

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1/2 teaspoon fennel seeds

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1 tsp dried chamomile flowers (optional)

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1 empty teabag to fill with the above herbs

### DIRECTIONS

1. Bring the water to a boil
2. In the meantime, fill the empty teabag with all the herbs
3. Alternately, you can put the herbs directly into the water and then filter them out using a fine meshed colander

4. Let the herbs steep for 5 minutes and then toss the teabag
5. Let the tea cool and enjoy throughout the day

## EGGLESS ZUCCHINI BREAD



### INGREDIENTS

2 small zucchini or two cups  
zucchini, grated

1 and 3/4 cup brown sugar

2 cups whole wheat flour

3/4 cup vegetable oil or  
safflower oil

1 cup plain yogurt

2 and 1/4 tsp vanilla extract

1 and 1/2 tsp baking powder

1 tsp baking soda

2 and 1/4 cinnamon powder

3/4 tsp nutmeg

## DIRECTIONS

1. Preheat oven to 350 degrees and grease the bottom of a baking pan 8" long and at least 6" wide
2. Measure yogurt into a medium sized bowl
3. Add sugar and whisk until creamy
4. Add oil and blend through
5. Add zucchini and vanilla and blend
6. Add the flour and whisk thoroughly
7. Add the remaining powders until everything is nicely combined
8. Pour batter into the pan and bake for about an hour, checking intermittently to see if the bread is done (knife poked in the center should come through clean)

Servings: 2 loaves

## HOW TO MAKE GHEE



### INGREDIENTS

16 oz. organic, unsalted butter

### DIRECTIONS

1. Empty the butter into a suitable metal pot that is large enough to hold the butter when it is liquid
2. Heat the butter on a medium low flame
3. As the butter melts, keep stirring it occasionally
4. Gradually the butter will begin to bubble and hiss as the water evaporates. Keep stirring to prevent any splashes. Gradually reduce the heat to low
5. Keep stirring and watch for a golden brown color. At this point, the bubbling will become minimal. There might be a top covering of foam. Use a ladle to scoop the ghee to check for color. Take extreme care that it does not burn at the bottom.

6. Once the liquid has turned a golden brown, turn off the heat and allow it to cool until the pot is comfortable to the touch. Depending on the weather and season, the ghee might solidify if cooled all the way to room temperature
7. Transfer the ghee into a glass jar by pouring through a sieve to prevent any solid particles from getting through. Let it cool completely and enjoy.

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## PRINT IT FOR YOUR FRIDGE

### GRAINS

Best	Small Quantities	Minimize
White rice	Brown rice	Millets
Basmati rice	Wheat	
Oats	Semolina	
	Barley	

### LENTILS

Best	Small Quantities	Minimize
Chick peas	Adzuki beans	Black gram (Urad dal)
Split yellow mung beans	Kidney beans	Pigeon pea (Toor dal)
Red (Masur) lentils	Pinto beans	Split chick pea (Chana dal)
Green (mung) beans		Black lentils (Kaala chana)

### FATS: OLS AND GHEE

Best	Small Quantities	Minimize
Coconut oil	Olive oil	Sesame oil
Sunflower oil	Corn oil	Mustard oil
Ghee		Peanut oil

## VEGETABLES

Best	Small Quantities	Minimize
Asparagus	Beets	Chillies
Artichoke	Carrots	Hot peppers
Avocado	Corn	Mustard greens
Bitter melon	Eggplant	Raw Onion
Brussels sprouts	Garlic	Radish
Bell pepper	Parsley	Tomato
Cabbage	Potato	
Cauliflower	Spinach	
Celery	Sweet potato	
Cilantro		
Cucumber		
Green beans		
Kale		
Leafy greens		
Lettuce		
Mushrooms		
Onions - cooked		
Peas		
Pumpkin		
Squash		
Zucchini		

## FRUIT

Best	Small Quantities	Minimize
Apples	Banana	All sour fruit
Blackberry	Apricot	
Blue berry	Cherries	
Coconut	Oranges	
Dates	Peaches	
Dried fruits	Pineapple	
Figs	Plum	
Grapes		
Mango		
Melons		
Nectarine		
Pears		
Pomegranate		
Prunes		
Raisins		
Raspberries		
Strawberry		

## NUTS AND SEEDS

Best	Small Quantities	Minimize
Coconut	Almonds	Sesame seeds
Sunflower seeds	Walnuts	Peanuts
Pumpkin seeds	Cashewnuts	
	Pistachio	

## DAIRY

Best	Small Quantities	Minimize
Unsalted butter	Hard unsalted cheese	Sour cream
Cottage Cheese	Buttermilk	Yogurt
Cream cheese	Lassi	
Organic milk		

## SPICES

Best	Small Quantities	Minimize
Cardamom	Basil	Anise
Chamomile	Bay leaf	Asafoetida
Cilantro	Black pepper	Calamus
Cinnamon	Caraway	Cayenne pepper
Coconut	Fenugreek	Cloves
Coriander	Garlic	Raw garlic
Cumin	Ginger fresh	Dry ginger
Dill	Rosemary	Horseradish
Fennel		Mustard seeds
Lemon Verbena		Marjoram
Peppermint		Nutmeg
Mints		Oregano
Turmeric		Poppy seeds
Saffron		Sage
		Star anise
		Thyme