

# Food as Nourishment

## *Breakfast ideas*

*Upma* - sooji, semiya, dhalia, sabudana  
*Poha* (normal, mixed veg, tamarind), sevai, Akki roti, idiyapam, dhokla, khandvi,  
*Paratha* - normal, methi powder, masala, stuffed paratha with ghee or butter, banana kneaded in the dough  
*Theplas* - methi/ lauki/ palak  
*Instant Dosa* without curd - rava, besan, wheat, moong  
*Overnight soak* - neer/ash-gourd/methi dosa  
*Chilla* - oats, besan and moong dal  
*Once a week-* poori/ fermented foods (idlis, dosas)

## *Lunch/Dinner ideas*

Dals +Roti/ chawal + veggies (or)  
 Kadhi with buttermilk  
 Dals for everyday use: toor, masoor and moong dal  
 Use sparingly- matki dal, channa, rajma, etc.  
 Paneer only for lunch when you have good digestion.  
Tips to make dals easy to digest: Wash and soak the dals for 2 hours before cooking and while cooking add oil and hing.  
Avoid for dinner: Curd, paneer and fermented food

## *Snack ideas (make sure you have enough fat in your snacks, else dry snacks can lead to constipation)*

Makhana, seasonal fruits, soaked raisins/dates, homemade ladoos, boiled corn, peanut/sesame chikki, amaranth puff ladoos, roasted moong dal and channa dal, sundal (boiled dals with tadka), roasted papad with veggies.  
*Occasional treats:* poha chivda, puffed rice (murmura), homemade pop corn seasoned with butter.

## *Good health and satiety through a mix of Shad rasas in every meal*

Madhura/Sweet, Amla/Sour, Lavana/Salt, Katu/Pungent, Tikta/Bitter, Kashaya/ Astringent

	<i>Breakfast before 9 am</i>	<i>Lunch before 2 pm, Dinner before 8 pm</i>
<i>Monday</i>		
<i>Tuesday</i>		
<i>Wednesday</i>		
<i>Thursday</i>		
<i>Friday</i>		
<i>Saturday</i>		
<i>Sunday</i>		