

# WINTER SEASON CHECKLIST

## MEAL SUGGESTIONS

### FOOD

- Carrot and ginger soup
- Cauliflower and chickpea patties
- Spinach moong khichdi
- Berry, almond and amaranth porridge
- Quinoa, walnut and date porridge
- Green thai curry
- Beetroot khichdi
- Bajra khichdi
- Pea soup with garlic pesto
- Gond and atta ladoo
- Gajak

### DRINKS

- Ginger and turmeric tea
- Ashwagandha moon milk
- Almond and date smoothie
- Honey cinnamon and star anise tea
- Fig and ginger smoothie with almond butter
- Beetroot and strawberry smoothie with kale
- Orange clove tea

## GROCERY LIST

### LEGUMES & GRAINS

- Millets
- Oats
- Quinoa
- Rice
- Wheat
- Amaranth
- Chicken
- Eggs
- Lentils
- Tofu
- Moong beans

### VEGETABLES

- Carrots
- Beetroots
- Spinach
- Potatos
- Cabbages
- Onions
- Garlics
- Radishes
- Cauliflower
- Broccoli
- Peas

### SPICES, NUTS & PLANTS

- Almond
- Cashews
- Peanuts
- Walnut
- Ginger
- Garlic
- Nutmeg
- Cinnamon
- Star Anise
- Turmeric
- Black pepper
- Cardamom
- Clove

### FRUITS

- Apples
- Figs
- Dates
- Oranges
- Strawberries
- Papaya
- Lemons
- Guavas
- Apricots

## TIPS

- Eat warm, lightly spiced and cooked food.
- Consume healthy, cooked greens.
- Incorporate ghee and white butter in your diet.
- Avoid heavily processed, chemical-laden and packaged food.
- Avoid cold drinks, artificial beverages, and ice-creams.

# JANUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



# FEBRUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



# SUMMER SEASON CHECKLIST

## MEAL SUGGESTIONS

### FOOD

- Moong dal, coconut and cilantro khichdi
- Cucumber and coconut curry
- Cucumber and grape soup
- Lauki and chana dal curry
- Dahi okra curry
- Tomato and avocado salad
- Aviyal
- Grilled chicken salad
- Red lentil and barley soup

### DRINKS

- Rose and coconut smoothie
- Cardamom mint lassi
- Amla jal jeera cooler
- Watermelon and red bell pepper smoothie
- Lemon rasam
- Pomegranate and watermelon juice with fresh lime
- Aam panna

## GROCERY LIST

### LEGUMES & GRAINS

- Rice
- Wheat
- Barley
- Chicken
- Chickpea
- Fresh water fish
- Moong beans
- Split pea
- Paneer

### VEGETABLES

- Bell peppers
- Cucumbers
- Kale
- Tomatoes
- String beans
- Celery
- Bottle guard
- Okra

### SPICES, NUTS & PLANTS

- Basil
- Coriander
- Fennel
- Mint
- Almond
- Coconuts
- Sunflower seeds
- Thyme
- Rosemary

### FRUITS

- Melons
- Grapes
- Raw mango
- Plums
- Pomegranate
- Pineapple
- Lemon and limes
- Peaches
- Avocado
- Berries

## TIPS

- Favour light foods such as fruits, vegetable soups and vegetables with rice and noodles.
- Add a splash of aloe vera gel or juice to your water.
- Reduce salty, sour, spicy and very hot food.
- Avoid iced drinks even on very hot days, so as not to weaken your digestive power.
- Avoid alcohol, black tea and coffee.



# MARCH

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



# APRIL

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



# MAY

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



# RAINY SEASON CHECKLIST

## MEAL SUGGESTIONS

### FOOD

- Red bean and coconut rice
- Toor dal sambhar
- Turmeric and chickpea curry
- Coconut and cilantro pancake
- Kothimbir vadi
- Jowar and ragi thaalipeeth
- Masoor dal kebabs
- Black eyed pea curry

### DRINKS

- Almond and coconut smoothie
- Mango lassi
- Saffron lassi
- Almond and turmeric moon milk
- Ginger tea

## GROCERY LIST

### LEGUMES & GRAINS

- Jowar
- Black gram
- Red beans
- Black beans
- Lentils
- Chickpea

### VEGETABLES

- Brinjal
- Pumpkin
- Beans
- Bitter gourd
- Corn
- Indian squash (Tinda)
- Pointed guard (Parwal)

### SPICES, NUTS & PLANTS

- Almonds
- Pistachios
- Walnuts
- Ginger
- Mustard
- Cumin seeds
- Coriander
- Turmeric

### FRUITS

- Mangoes
- Custard apple
- Chickoo
- Litchi
- Pear

## TIPS

- Consume foods rich in ghee from cow's milk.
- Ayurveda advises steamed and finely-cooked food when it rains.
- Do not sleep for at least until two hours after any meal.
- Avoid green leafy vegetables during the rains since they are contaminated.
- Avoid fermented foods.



# JUNE

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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# JULY

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



# AUGUST

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# FALL SEASON CHECKLIST

## MEAL SUGGESTIONS

### FOOD

- Quinoa and sweet potato khichdi
- Sweet potato and lentil stew
- Spiced vanilla and apple porridge
- Sweet potato fries
- Pumpkin curry with tofu
- Bajra and methi puri
- Punjabi kadhi pakora
- Coconut pumpkin halwa
- Quinoa pancakes
- Raisin and dates oatmeal

### DRINKS

- Almond and sweet potato smoothie
- Masala chai
- Pumpkin spice chai
- Almond butter, date and banana smoothie
- Gingerbread turmeric latte
- Bay leaf tea

## GROCERY LIST

### LEGUMES & GRAINS

- Rice
- Oats
- Amaranth
- Quinoa
- Wheat
- Moong beans
- Kidney beans
- Lentils
- Chicken
- Eggs
- Tofu

### VEGETABLES

- Pumpkin
- Beetroots
- Carrots
- Chillies
- Sweet potato
- Onion
- Garlic

### SPICES, NUTS & PLANTS

- Pistachios
- Ginger
- Black pepper
- Turmeric
- Cinnamon
- Basil
- Fennel
- Bay leaf
- Mustard seeds
- Saffron
- Parsley

### FRUITS

- Bananas
- Apples
- Dates
- Grapefruit
- Raisins
- Prunes

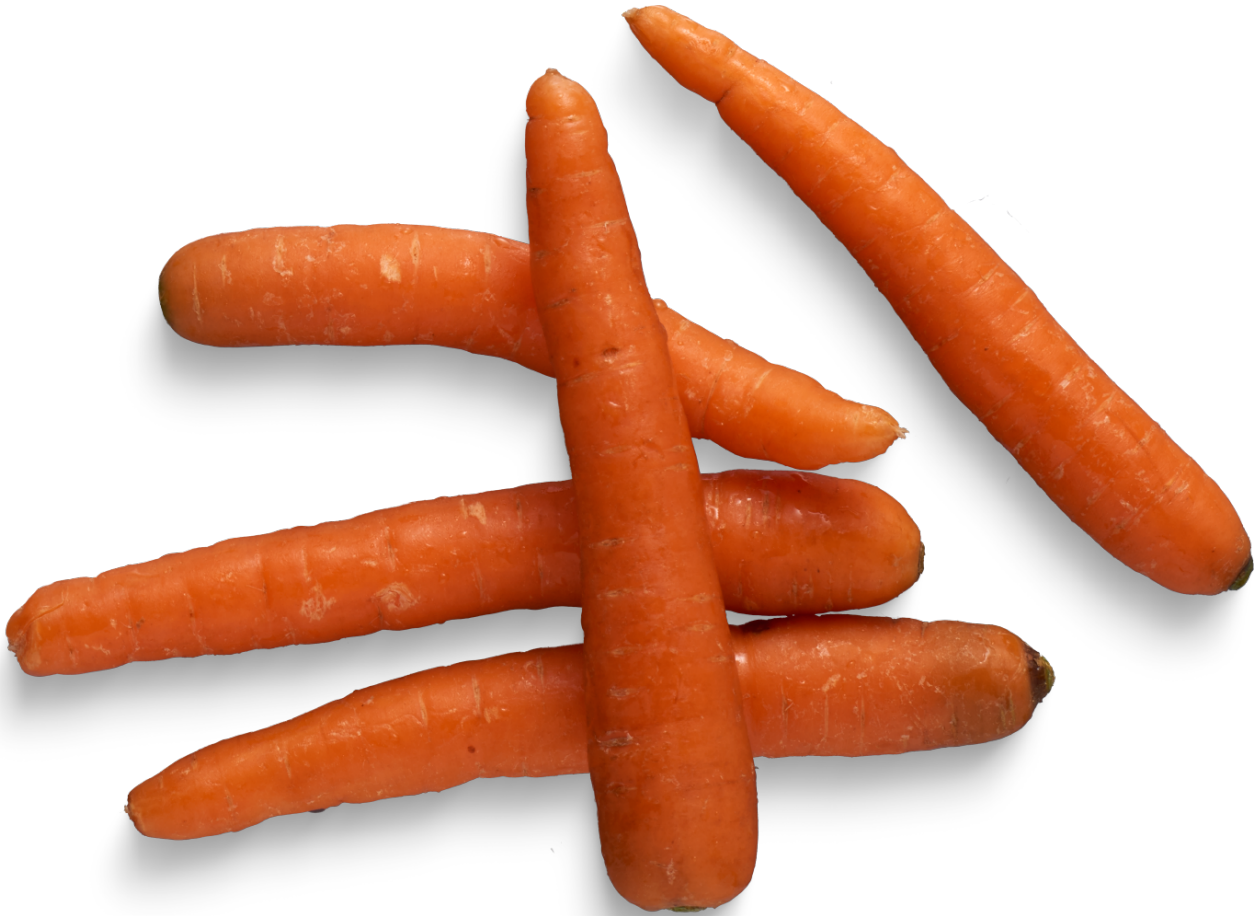
## TIPS

- Vegetables should be steamed; avoid raw vegetables during this season.
- Fluids should be consumed at room temperature or warmer.
- Include nut butters, ghee and olive oil in your diet.
- Maintain regular meal times.
- Minimise all dry, rough, cold food.



# SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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# OCTOBER

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					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
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# NOVEMBER

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### DRINKS

- Ginger and turmeric tea
- Ashwagandha moon milk
- Almond and date smoothie
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- Orange clove tea

## GROCERY LIST

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- Millets
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- Quinoa
- Rice
- Wheat
- Amaranth
- Chicken
- Eggs
- Lentils
- Tofu
- Moong beans

### VEGETABLES

- Carrots
- Beetroots
- Spinach
- Potatos
- Cabbages
- Onions
- Garlics
- Radishes
- Cauliflower
- Broccoli
- Peas

### SPICES, NUTS & PLANTS

- Almond
- Cashews
- Peanuts
- Walnut
- Ginger
- Garlic
- Nutmeg
- Cinnamon
- Star Anise
- Turmeric
- Black pepper
- Cardamom
- Clove

### FRUITS

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## TIPS

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# DECEMBER

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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