

## Ayurveda Diet Plan Table

Time	Meal	Suggestions for Each Dosha	General Guidelines
6:00 - 7:00 AM	Morning Detox	Vata: Warm water with a pinch of ginger. Pitta: Warm water with mint leaves. Kapha: Warm water with lemon and honey.	Start the day with hydration. Add detoxifying herbs or spices according to your dosha.
7:30 - 8:30 AM	Breakfast	Vata: Warm porridge with nuts, cardamom, and a drizzle of honey. Pitta: Fresh seasonal fruits like pears or melons. Kapha: Light moong dal soup or vegetable broth.	Breakfast should be warm and easy to digest for Vata, cooling for Pitta, and light for Kapha.
10:30 - 11:00 AM	Mid-Morning Snack	Vata: Herbal tea with a few soaked almonds. Pitta: Coconut water or cucumber slices. Kapha: Warm herbal tea (e.g., ginger tea).	Small snack to maintain energy and balance digestion. Avoid heavy or fried foods.
12:30 - 1:30 PM	Lunch	Vata: Steamed vegetables with ghee, basmati rice, and lentils. Pitta: Fresh vegetable salad (cooling veggies) with coconut oil dressing. Kapha: Barley or quinoa with steamed greens and light spices (turmeric, cumin).	Largest meal of the day. Ensure proper digestion with warm, balanced foods tailored to your dosha.

Time	Meal	Suggestions for Each Dosha	General Guidelines
3:30 - 4:00 PM	Afternoon Snack	Vata: Sweet fruits like mango or dates. Pitta: Herbal tea (rose or mint). Kapha: Roasted pumpkin seeds or an apple.	Avoid caffeine and processed snacks. Opt for natural, light foods to sustain energy.
6:30 - 7:30 PM	Dinner	Vata: Warm soup with root vegetables and a small amount of rice. Pitta: Steamed vegetables with quinoa and olive oil. Kapha: Light vegetable soup with minimal grains.	Dinner should be lighter than lunch to ensure proper digestion before bedtime.
8:00 - 8:30 PM	Bedtime Routine	Vata: Warm milk with nutmeg or ashwagandha. Pitta: Warm milk with a pinch of saffron. Kapha: Herbal tea (e.g., tulsi or cinnamon).	Avoid cold drinks. Choose warm, calming beverages to prepare the body for restful sleep.

**Additional Notes:**

1. **Personalization:**
  - Adjust spices and portion sizes to balance digestion and dosha.
  - Seasonal adjustments (e.g., lighter foods in summer, heavier in winter).
2. **Hydration:**
  - Drink warm or room-temperature water throughout the day. Avoid cold water as it hampers digestion.
3. **Meal Timing:**
  - Maintain regular meal times to support Agni (digestive fire).
  - Avoid eating late at night.
4. **Food Quality:**
  - Use fresh, organic, and minimally processed ingredients.
5. **Mindful Eating:**
  - Eat in a calm environment, chew thoroughly, and avoid distractions.

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