

## Purification Diet

Fresh organic vegetarian food is best. Do not eat cold, leftover, or raw food. As much as possible, limit your intake to the following:

Vegetables (Modest amounts, cooked with a small amount of water until soft):

Zucchini, yellow squash, fennel, artichoke, asparagus, chicory, endive, cucumber, chard, spinach, okra, green beans

Beans/Lentils (can be cooked with grains to make Kichari):

Split hulled mung beans (yellow mung dhal), red lentils, mung beans, French or other small lentils

2-3 Tbs rinsed & cooked in 2-3 cups of water until soupy (20-40 minutes for yellow mung & red lentils; an hour for whole mung beans & other lentils); pre-soaking shortens cooking time

Spices (all in small amounts):

Black pepper, coriander, cardamom, asafoetida (hing), ginger, cumin, brown (black) mustard seeds, fenugreek, rock salt, black salt, unrefined whole cane sugar, turmeric, lemon juice

Fresh herbs: rosemary, basil, oregano, mint, parsley, cilantro

After cooking vegetables or beans, heat 1-2 tsp. ghee with few brown mustard seeds and a pinch of asafoetida. When the mustard seeds start to pop remove from the heat and add seeds, then chopped ginger, then powdered spices and pour on top.

Oils: ghee or olive oil in small amounts

Grains:

Whole wheat berries, brown or white basmati rice, hulled barley, quinoa, bulgur wheat, semolina, whole wheat egg-free pasta, chapatti

Rice or wheat crackers in small quantities

## Milk Products:

Salty Lassi: 1 part fresh yogurt to 4-5 parts water, blended with pinch of salt, ground cumin, black pepper, cilantro – with lunch or in early afternoon only

Sweet Lassi: 1 part fresh yogurt to 4-5 parts water, blended with sugar, cardamom, rose water – with lunch or in early afternoon only

Low fat milk diluted with ¼ cup water and boiled with ginger and/or pinch of turmeric – take separately from other foods

Milky grains: basmati rice or bulgur wheat cooked in milk with raisins, sugar, and cardamom can be taken alone for breakfast or dinner. DO NOT add salt.

## Fruits:

Apple or pear lightly stewed with ginger, clove, cinnamon, cardamom

Raisins in small quantity soaked overnight (can use to cook the apple or pear)

Grapes (cooking not required if at room temperature)

Take fruit separately from other foods, either first thing in the morning or as an afternoon snack.

## Drinks:

Hot water

Raja's cup; Vata, Pitta, or Kapha tea according to situation

Kanji (1/4 c basmati rice cooked for 1 hour in 4 c water, strained and kept in thermos; can add cumin, ginger, black pepper, pinch rock salt)

Also, follow general Ayurvedic principles and take care to avoid food which is heavy, fatty, sour, pungent (hot spicy), canned, made with preservatives, hard to digest or otherwise toxic. This includes: cold water or other cold beverages; alcohol; red meat, fish, white bread, potato, eggplant, tomato, nuts, cakes, and cookies; gas-producing (cruciferous vegetables, chickpeas and other large beans); and contradictory food combinations like milk and eggs.