

CLEANSE SHOPPING LIST by DOSHA:

TO REDUCE KAPHA:

Focus on foods with pungent, bitter and astringent tastes. Include raw food.
(Eat only small amounts of foods with salty, sweet and sour tastes.)

Beans – all kinds (astringent quality):

Buy black beans, chickpeas, lentils, mung, dahl, aduzki, split peas, navy, pinto, tempeh, cannellini, lima, kidney and any other beans that I forgot to list.
(If using canned beans – buy organic and rinse well to remove salt, before eating.)
Hummus is great in a jam, or make your own bean dip without any oil (or with a little olive or coconut oil.)

Greens:

Bitter – dandelions, kale, collards, parsley, carrot tops, radicchio
Astringent – spinach, swiss chard, chard
Pungent – mustard greens, turnip greens, arugula,
Green Herbs – mint, oregano, rosemary, thyme, spearmint

Vegetables:

Cruciferous – broccoli, brussel sprouts, cauliflower, kohlrabi, cabbage
Astringent – string beans, wax or yellow beans
Pungent – onions, daikon, radishes, turnips, rutebegas
Misc – celery, carrots, beets, cucumbers, peas, etc.

Fruit:

Apples and pears (astringent)
Berries – blueberry, raspberry, strawberry, blackberry, currants, gogi berry
Citrus – in small amounts, especially lemons

Spices: garlic, peppers: chili/cayenne/black pepper and ginger are fantastic,
and ALL spices are good to reduce kapha.

Grains: SMALL AMOUNTS of millet, buckwheat and quinoa.

Avoid grains during cleanse – especially wheat - if you want to loose weight.

Fermented Pickles: kimchee pickles are best, and carrot or beet pickles in plentiful amounts.

Oils: SMALL AMOUNTS of first cold pressed organic olive oil, sunflower or ghee.
Avoid all dairy products.

Sweetener – SMALL AMOUNTS of Raw Honey only.

TO REDUCE PITTA:

Focus on foods that have a bitter, astringent or sweet taste. Lots of raw food. Notice kapha and pita are both balanced by bitter and astringent tastes. **You can use all the foods for kapha listed above. Reduce pungent hot spicy tastes and high quality sweet* taste and cooling foods to balance pitta.**

Beans: all beans are great. Tofu is cooling. Hummus is good too.

Dark leafy Greens – use bitter and astringent greens above – avoid pungent greens

Green Herbs - especially cilantro, peppermint, fennel

Vegetables – veggies with high water content – like cukes and celery, asparagus.

Sweet tasting veggies like lightly cooked carrots, fennel, beets, onions, squash.

Fruit : watermelon is best, all melons, all sweet fruits (see vata)

Citrus: especially limes

Spices: add cinnamon, fennel seed, coriander seed.

Oils: unrefined organic coconut oil is best for pitta

Sweetener: SMALL AMOUNTS brown rice syrup or agave nectar

Fermented Foods: SMALL AMOUNTS as they are salty and sour.

Carrot & beet pickles are good. NO kimchee.

TO REDUCE VATA:

Focus on foods with sweet, salty and sour tastes. Minimize raw food.

Notice vata and pitta are both balanced by high quality sweets (NO sugar), but salty and sour aggravate pitta. Vata and kapha are both balanced by warming foods. But the foods that calm vata increase pitta. Hmmm....

Grains: ALL grains are good, limit millet, buckwheat as these are more drying.

All kinds of rice, barley, quinoa,

Beans: limit consumption of beans as they are hard to digest and can cause gas.

Dark Leafy Greens: watercress, arugula (moderate), boy choy, chinese cabbage, all types of lettuce, Asian greens.

All Green Herbs: especially spearmint, dill, parsley, and all the aromatic herbs (sage, rosemary, thyme, oregano) as these warm.

Vegetables: All vegetables (except nightshades) especially mushrooms, asparagus, celery, and all others – roots, ground, bush, leaf. Lots of veggies, mostly cooked.

Fruit: All ripe berries (Cook astringent fruits with dates, raisins)

Sweet fruit: banana, mango, papaya, dates, raisins

Sour Fruit: pineapple, kiwi, cherry

Citrus: especially sweet oranges

Sweetener: SMALL AMOUNTS maple syrup

Oils: Use abundant organic oils – ghee, sesame, avocado, almond, olive, flax

Fermented: Miso is great as it is salty, all lacto-fermented pickles sweet and sour in small amounts.