

# Dosha Grocery Shopping List Ideas:

Below are listed some of the best ingredients for each body type.

**Choose foods for your dominant dosha / body type.**

You can mix foods from lists below, if need be and substitute ingredients in the recipes that follow.

## Vegetables and legumes:

Kapha: all greens (especially spicy greens), turnips, carrots, radishes, brussel sprouts, cabbage, all beans and sprouted beans, all veggie sprouts.

Pitta: greens (mild taste), sweet potatoes, rutabagas, parsnips, winter squash, legumes, sprouts (mild)

Vata: roots & squashes (except turnips), all greens combined with oils, seeds or nuts

## Oils:

Kapha: flaxseed oil, almond oil, olive, corn oil (non-gmo)

Pitta: ghee, coconut, avocado, olive

Vata: ghee, sesame oil, butter, olive oil

Use oil to balance dryness and constipation (vata) both internally - bowels & externally -skin

Avoid oil: to reduce weight or if sluggish (kapha) or if hot (pitta). OR use flax seed oil added after food is cooked OR Using by substitute vegetable broth for oil. Olive oil should not be heated, but ghee and coconut oils may be used in cooking.

## Spices:

Kapha: all spices, especially hot spices – such as cinnamon, parsley, ginger, cloves, cayenne, cardamom, bay leaves, cumin, turmeric, black pepper, fenugreek, rosemary. oregano

Pitta: moderate spices, especially fresh herbs:

cilantro, mint, ginger, cardamom, cinnamon, fennel, coriander, turmeric

Vata: moderate to warming spices: fennel, cumin, ginger, bay leaves, oregano, basil, cinnamon, cardamom, nutmeg, oregano, rosemary, very small amounts of cayenne.

## Grains:

Kapha: sprout all grains: buckwheat, barley, millet, quinoa, rye, brown, basmati rice, corn

Pitta: white basmati rice, oats, barley, sprouted wheat

Vata: white basmati rice, oats, sprouted wheat

## Nuts & Seeds:

Kapha: pumpkin seeds, hemp seeds, flax seeds

Pitta: coconut, almonds blanched/soaked, sunflower seeds

Vata: (all nuts) pine nuts, brazil nuts, soaked & blanched almonds, walnuts, cashews

Garlic: Use the garlic in the recipes if your Vata is high, or you have excess nervous energy, insomnia, or feel a cold coming on. Garlic is dulling to the senses, but also protects the immune system.

Salt: **Avoid salt during your cleanse** if possible; especially if you desire to lose weight, have hypertension, or arthritis. Use Bragg's Liquid Aminos if you really need salty taste, or add ½ stick of kombu seaweed to the recipes, and remove before blending soups. Slowly add salt back in after your cleanse at a greatly reduced amount.

Raw Apple Cider Vinegar for Kapha; Pitta & Vata should use lime/lemon juice instead.