

FOODS TO SUPPORT THE HARMONIC EXPRESSION OF THE BODIES

1

Eat no more than 2 cups of food per meal
Eat less sweets
Take chlorophyll
Take probiotic
Triphala Ayurvedic Herb (follow written directions)
Yellow squash
Corn
Ripe banana
Papaya
Aloe vera
Drink warm water
Raspberries
Strawberries
Pomegranates
Red apples
Red bell peppers
Raw beets
Paprika
Cayenne

2

Drink freshly juiced (do not let it sit)cucumber juice
Black chickpeas/garbanzo beans
Black beans
Corn silk tea
Apricots
Peaches
Sorghum
Carrots
Pumpkin
Sweet potatoes/yams
Orange Foods: orange bell peppers (no seeds or skin), Blood oranges, Oranges etc
Kidney beans

3

Grapefruit
Greens
Lemons
Yogurt
Chlorophyll
Raw turmeric with yogurt
Malt vinegar
White daikon radish
Butter, ghee
Goat or sheep cheeses
Millet
Banana
Yellow curry
Pineapple
Yellow foods: yellow bell peppers, mango, squash, organic cornPapaya

4

White foods; Onions, Cauliflower, Garlic, Ginger, Rice, tapioca etc

Matcha green tea

Broccoli

Lime

Mint

Lettuce

Spirulina

Chlorophyll

Chlorella

Cilantro

Kale

Green curry

Avocado

Seaweed

Peas

Spinach

Green apples

All greens

5

Chilies

Blue berries

Plums

Black berries

Apples

Pears

Plums (tree fruits)

6

Celery

Bananans

Cucumber

Yogi tea with ginger

Onion, garlic, ginger

Oatmeal water: soak 1/4 cup of oats in 4 cups of water for 20 min and drink the water

Vitamin B complex

Cacao

Purple carrots

Purple kale

Eggplant

Concord grapes (purple)

7

Balanced organic foods

Sage

Lavender

Juniper

Turmeric

Ginger

8

Garlic

Onion

Ginger

All foods for the 2,3,4 bodies

9

Bless food before eating

Chew slow and meditate with foods

Not spicy

Calming foods

10

Cucumber juice

Corn silk tea

Silica from foods

Spicy foods if you can eat it

11

Kitcheree

Foods that contain all 6 tastes in balance

Ayurvedic balanced meals

For all bodies: Bless food before eating and sitting for a few minutes after the completion of a meal