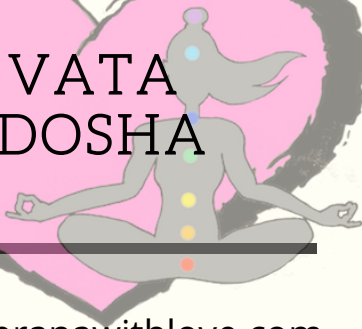


# PRANA WITH LOVE

7-DAY  
MEAL PLAN

VATA  
DOSHA



[www.pranawithlove.com](http://www.pranawithlove.com)

## DAY 1-3

Warm and spiced  
apples  
BREAKFAST

Vata Kitchari  
LUNCH

Vata Kitchari  
DINNER



Drink Vata Tea with meals and  
throughout the day

## DAY 4

Creamed wheat  
porridge with milk  
BREAKFAST

Vata Kitchari  
LUNCH

Baked sweet potato  
with ghee and  
zucchini  
DINNER



Drink Vata Tea with meals and  
throughout the day

## DAY 5

Quinoa porridge with  
milk and honey  
BREAKFAST

Vata Kitchari  
LUNCH

Tur Dal soup  
DINNER



Drink Vata Tea with meals and  
throughout the day

## DAY 6

Seasonal sweet fruit  
(1 hour before other  
foods)

Oatmeal porridge  
with milk and chia  
seeds  
BREAKFAST

Vata Kitchari  
LUNCH

Basmati Rice and  
cooked squash  
DINNER



Drink Vata Tea with meals and  
throughout the day

## DAY 7

Seasonal sweet fruit  
(1 hour before other  
foods)

Oatmeal pancakes  
with mapple syrup  
BREAKFAST

Vata Kitchari  
LUNCH

Okra and basmati rice  
DINNER



Drink Vata Tea with meals and  
throughout the day