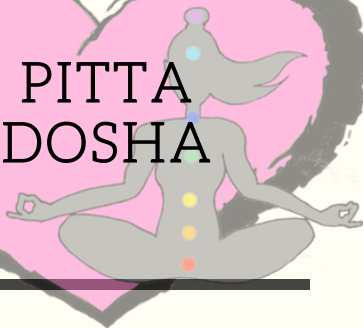


PRANA WITH LOVE

7-DAY
MEAL PLAN

PITTA
DOSHA



www.pranawithlove.com

DAY 1-3

Green juice
BREAKFAST

Pitta Kitchari
LUNCH

Pitta Kitchari
DINNER



Drink Pitta Tea with meals and
throughout the day

DAY 4

Green juice
BREAKFAST

Pitta Kitchari
LUNCH

Mixed vegetable soup
DINNER



Drink Pitta Tea with meals and
throughout the day

DAY 5

Green juice (1 hour
before) and Creamed
wheat porridge with
soy milk
BREAKFAST

Pitta Kitchari
LUNCH

Baked sweet potato
with ghee and
zucchini
DINNER



Drink Pitta Tea with meals and
throughout the day

DAY 6

Green juice (1 hour
before) and Rice khir
BREAKFAST

Pitta Kitchari
LUNCH

Tur dal soup
DINNER



Drink Pitta Tea with meals and
throughout the day

DAY 7

Seasonal sweet fruit
(1 hour before other
foods) and
Sweet potato khir
BREAKFAST

Pitta Kitchari
LUNCH

Okra and basmati rice
DINNER



Drink Pitta Tea with meals and
throughout the day