

# KAPHA DOSHA SHOPPING LIST



Apples

Broccoli

Asparagus

Spinach

Sprouts

Cilantro

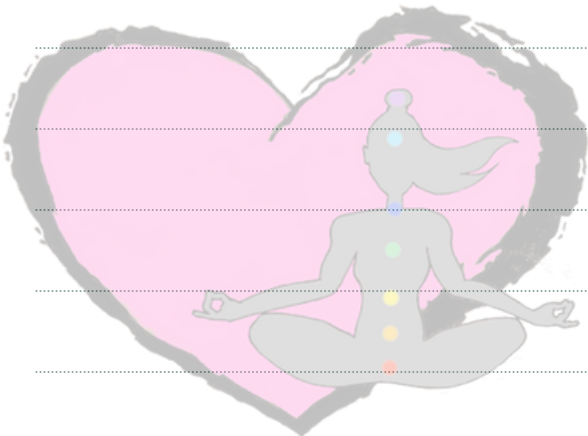
Basmati rice\*

Yellow split mung dal\*

Tur dal\*

Quinoa

Ghee



## SPICES

Garlic

Turmeric powder

Bay leaves

Cumin seeds

Peppercorns

Nutmeg

Cinnamon stick

Cardamom

Cloves

Rose water

Hing

Salt

## NOTES

***\*If you don't find or  
don't like, switch for:***

**Basmati rice** — *Organic white rice*

**Split mung dal** — *Red lentils*

**Tur dal** — *Green lentils*

**Ghee** — *Mustard or sunflower oil*