

# PRANA WITH LOVE

7-DAY  
MEAL PLAN

KAPHA  
DOSHA



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

## DAY 1-3

Warm and Spiced  
apples

BREAKFAST

Kapha Kitchari

LUNCH

Kapha Kitchari

DINNER



Drink Kapha Tea with meals and  
throughout the day

## DAY 4

Warm and Spiced  
apples

BREAKFAST

Kapha Kitchari

LUNCH

Mixed Vegetable Soup

DINNER



Drink Kapha Tea with meals and  
throughout the day

## DAY 5

Warm and Spiced  
apples

BREAKFAST

Kapha Kitchari

LUNCH

Tur dal soup

DINNER



Drink Kapha Tea with meals and  
throughout the day

## DAY 6

Warm and Spiced  
apples

BREAKFAST

Kapha Kitchari

LUNCH

Mixed Vegetable Soup

DINNER



Drink Kapha Tea with meals and  
throughout the day

## DAY 7

Warm and Spiced  
apples

BREAKFAST

Kapha Kitchari

LUNCH

Quinoa with Asparagus

DINNER



Drink Kapha Tea with meals and  
throughout the day