



**SPRING FOOD LISTS  
BEST FOODS FOR KAPHA  
SPRING SHOPPING LIST KAPHA**

BY *Eleni Tsirikas*

WELCOME TO *Eleni Ayurveda*

# Spring Foods

Fruit	Vegetables	Vegetables	Grains	Beans/legumes
<u>September</u>	<u>September</u>	<u>October</u>	<u>September</u>	<u>September</u>
Apples	Artichoke	Artichoke	Amaranth	Bean sprouts
Berries	Asian Greens	Asian Greens	Barley	Adzukis
Grapefruit	Asparagus	Asparagus	Buckwheat	Chick peas/garbanzos
Lemons	Avocados	Avocados	Corn	Kidney Beans
Mandarins	Beans	Beans	Flax	Lentils
Oranges	Broccoli	Broccoli	Millet	Mung Beans
Papaya	Cabbage	Choko	Oats	Lentils
Pawpaw	Carrot	Cucumber	Basmati Rice	Seeds: Sunflower
Pineapples	Cauliflower	Dandelion Greens	Brown rice long grain	Pumpkin
<u>October</u>	Dandelion Greens	Garlic	Quinoa	<u>October</u>
Berries	Garlic	Lettuce	<u>October</u>	Bean sprouts
Grapefruit	Ginger	Peas	Amaranth	Adzukis
Lemons	Leek	Silverbeet	Barley	Chick peas/garbanzos
Mangoes	Lettuce	Spinach	Buckwheat	Kidney Beans
Oranges	Peas	Spring Onions	Corn	Lentils
Papaya	Potato	<u>November</u>	Flax	Mung Beans
Pawpaw	Pumpkin	Artichoke	Millet	Lentils
Pineapples	Silverbeet	Asparagus	Oats	Seeds: Sunflower,
Strawberries	Spinach	Avocados	Basmati Rice	Pumpkin
<u>November</u>	Spring Onions	Choko	Brown rice long grain	<u>November</u>
Banana		Cucumber	Quinoa	Bean sprouts
Berries		Dandelion Greens	<u>November</u>	Adzukis
Cherries	<i>Fruit and vegetable list</i>	Lettuce	Amaranth	Chick peas/garbanzos
Grapefruit	<i>www.frugalandthriving.com.au</i>	Peas	Barley	Kidney Beans
Lychees		Snow peas	Buckwheat	Lentils
Mangoes		Spinach	Corn	Mung Beans
Means		Spring Onions	Flax	Lentils
Oranges		Sweet Corn	Millet	Seeds: Sunflower
Papaya		Tomato	Oats	Pumpkin
Pawpaw			Basmati Rice	<i>Grain, bean, seed List</i>
Pineapples			Brown rice long grain	<i>John Douillard 3 seasons diet</i>
Strawberries			Quinoa	

# Best Spring Foods For Kapha

Fruit	Vegetables	Vegetables	Grains	Beans/legumes
<u>September</u> Apples Blueberries <u>October</u> Berries Strawberries <u>November</u> Berries Cherries( <i>small amounts</i> ) Strawberries	<u>September</u> Artichoke Asian Greens Asparagus Beans Broccoli Cabbage Carrot Cauliflower Dandelion Greens Garlic Ginger Leek Lettuce Peas Potato Pumpkin ( <i>small amounts</i> ) Silverbeet Spinach Spring Onions  <i>Fruit and vegetable list  <a href="http://www.frugalandthriving.com.au">www.frugalandthriving.com.au</a></i>	<u>October</u> Artichoke Asian Greens Asparagus Beans Broccoli Dandelion Greens Garlic Lettuce Peas Silverbeet Spinach Spring Onions <u>November</u> Artichoke Asparagus Dandelion Greens Lettuce Peas Snow peas Spinach Spring Onions Sweet Corn ( <i>small amounts</i> ) Tomato ( <i>small amounts</i> )	<u>September</u> Amaranth Barley Buckwheat Corn Millet Basmati Rice ( <i>small amounts</i> ) Brown rice long grain( <i>Small amounts</i> ) Quinoa <u>October</u> Amaranth Barley Buckwheat Corn Millet Basmati Rice ( <i>small amounts</i> ) Brown rice long grain ( <i>small amounts</i> ) Quinoa <u>November</u> Amaranth Barley Buckwheat Corn Millet Basmati Rice ( <i>small amounts</i> ) Brown rice long grain ( <i>small amounts</i> ) Quinoa	<u>September</u> Bean sprouts Adzukis Kidney Beans Lentils Mung Beans Seeds: Sunflower ( <i>small amounts</i> ) Pumpkin ( <i>small amounts</i> ) <u>October</u> Bean sprouts Adzukis Kidney Beans Lentils Mung Beans Seeds: Sunflower ( <i>small amounts</i> ) Pumpkin ( <i>small amounts</i> )  <u>November</u> Bean sprouts Adzukis Kidney Beans Lentils Mung Beans Seeds: Sunflower ( <i>small amounts</i> ) Pumpkin ( <i>small amounts</i> )  <i>Grain, bean, seed List            John Douillard 3 seasons diet</i>

# KAPHA SPRING SHOPPING LIST

The pantry is stocked with grains, beans, oils, seeds and condiments which should last 21 days \*\* foods are used for cleanse meals

## Grains choose 2:

- 1 bag organic basmati rice\*\*
- 1 bag organic quinoa\*\*
- 1 bag organic buckwheat
- 1 bag organic barley

## Beans choose 3:

- 2-3 bags organic Mung Beans or Mung Dahl\*\*
- 1 bag organic lentils ( green, red, french)
- 1 bag organic adzuki beans

## Oils choose 1:

- 1x 500 grams Organic ghee( clarified butter)

## Seeds choose 1:

- Sunflower
- Pumpkin

## Organic spices for cooking 50-100 grams:

- cinnamon powder
- fennel seeds
- cumin seeds
- chilli powder or fresh
- cloves
- coriander seeds
- ground turmeric powder
- mineral salts
- fresh ginger
- black pepper

## Condiments choose according to recipes

- Coconut milk
- Desiccated coconut
- Chia seeds

***Buy fresh fruit and vegetables weekly***

Vegetables choose 4 serves daily

- greens cooked at lunch and dinner

Fresh Fruit 1 daily

- sweet berries

*elevi*  
AYURVEDA