



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

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 Pitta

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 ( <i>small amounts</i> )	Bean sprouts
Limes	Asian Greens	Asian Greens	Barley	Adzukis
Mandarins	Asparagus	Asparagus	Buckwheat	Chick peas/garbanzos
Papaya	Avocados	Avocados	Corn	Kidney Beans
Pawpaw	Beans	Beans	Millet ( <i>small amounts</i> )	Lentils
Pineapples (Sweet)	Broccoli	Broccoli	Oats	Mung Beans
<u>October</u>	Cabbage	Choko	Basmati Rice	Seeds: Sunflower
Limes	Carrot	Cucumber	Brown rice long grain	Pumpkin ( <i>small amounts</i> )
Mangoes	Cauliflower	Dandelion Greens	Quinoa ( <i>small amounts</i> )	<u>October</u>
Papaya	Dandelion Greens	Garlic ( <i>very small amounts</i> )	<u>October</u>	Bean sprouts
Pawpaw	Garlic ( <i>very small amounts</i> )	Lettuce	Amaranth ( <i>small amounts</i> )	Adzukis
Pineapples(sweet)	Ginger ( <i>very small amounts</i> )	Peas	Barley	Chick peas/garbanzos
Strawberries	Leek	Silverbeet	Buckwheat	Kidney Beans
<u>November</u>	Lettuce	Spinach	Corn	Lentils
Banana	Peas	Spring Onions	Millet	Mung Beans
Cherries	Potato	<u>November</u>	Oats	Seeds: Sunflower,
Limes	Pumpkin	Artichoke	Basmati Rice	Pumpkin
Lychees	Silverbeet	Asparagus	Brown rice long grain	<u>November</u>
Mangoes	Spinach	Avocados	Quinoa	Bean sprouts
Papaya	Spring Onions	Choko	<u>November</u>	Adzukis
Pawpaw		Cucumber	Amaranth ( <i>small amounts</i> )	Chick peas/garbanzos
Pineapples		Dandelion Greens	Barley	Kidney Beans
Strawberries		Lettuce	Buckwheat	Lentils
	<i>Fruit and vegetable list</i>	Peas	Corn	Mung Beans
	<a href="http://www.frugalandthriving.com.au">www.frugalandthriving.com.au</a>	Snow peas	Millet ( <i>small amounts</i> )	Seeds: Sunflower
		Spinach	Oats	Pumpkin
		Spring Onions	Basmati Rice	
		Sweet Corn	Brown rice long grain	
		Tomato ( <i>small amounts</i> )	Quinoa ( <i>small amounts</i> )	
				<i>Grain, bean, seed List</i>
				<i>John Douillard 3 seasons diet</i>

# PITTA 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 3:

- 2 bags organic basmati rice\*\*
- 1 bag organic Amaranth
- 1 bag organic quinoa
- 1 bag organic millet
- 1 bag organic rolled oats
- 1 bag organic corn tortillas

## Beans choose 1 each:

- 2 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 coconut oil
- 1x 500 grams Organic ghee( clarified butter)

## Seeds choose 2:

- Coconut
- Sunflower

## Organic spices for cooking 50-100 grams:

- cinnamon powder
- fennel seeds
- cumin seeds
- coriander seeds
- ground turmeric powder
- mineral salts
- fresh ginger

## Condiments choose according to recipes

- Almond milk
- Coconut milk
- Desiccated coconut
- Almond Butter
- Maple syrup
- Black Tahini
- Chia seeds
- Corn tortillas
- Pumpkin Seeds
- Chia seeds
- Hemp seeds
- 1x tin organic tomatoes or tomato sauce

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

### Vegetables choose 4 serves daily

- root veggies 1-2x per day
- greens 1x per day cooked

### Fresh Fruit 1-2 daily

- sweet juicy ripe fruit of choice



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