



WELCOME TO *Eleni Ayurveda*

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

BY *Eleni Tsikrikas*

# 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 Vata

Fruit	Vegetables	Vegetables	Grains	Beans/legumes
<u>September</u> Apples ( <i>Cooked only</i> ) Grapefruit Lemons Mandarins Oranges Papaya Pawpaw Pineapples <u>October</u> Grapefruit Lemons Mangoes Oranges Papaya Pawpaw Pineapples Strawberries <u>November</u> Banana Cherries Grapefruit Lychees Mangoes Means Oranges Papaya Pawpaw Pineapples Strawberries	<u>September</u> Artichoke ( <i>small amounts</i> ) Asian Greens Asparagus ( <i>small amounts</i> ) Avocados Green Beans Broccoli Carrot Garlic Ginger Leek Lettuce Peas Potato Pumpkin Silverbeet Spinach ( <i>cooked small amounts</i> ) Spring Onions  <i>Fruit and vegetable list</i> <i>www.frugalandthriving.com.au</i>	<u>October</u> Artichoke ( <i>small amounts</i> ) Asian Greens Asparagus ( <i>small amounts</i> ) Avocados Beans Broccoli Cucumber Garlic Lettuce Peas Silverbeet Spinach ( <i>cooked small amounts</i> ) Spring Onions <u>November</u> Artichoke ( <i>small amounts</i> ) Asparagus ( <i>small amounts</i> ) Avocados Cucumber Lettuce Peas Snow peas Spinach ( <i>small amounts</i> ) Spring Onions Sweet Corn Tomato	<u>September</u> Amaranth Millet Oats Basmati Rice Brown rice long grain Quinoa <u>October</u> Amaranth Millet Oats Basmati Rice Brown rice long grain Quinoa <u>November</u> Amaranth Millet Oats Basmati Rice Brown rice long grain Quinoa	<u>September</u> Adzukis Lentils Mung Beans Seeds: Coconut Sunflower Pumpkin  <u>October</u> Adzukis Mung Beans Seeds: Coconut Sunflower Pumpkin  <u>November</u> Adzukis Mung Beans Seeds: Coconut Sunflower Pumpkin  <i>Grain, bean, seed List</i> <i>John Douillard 3 seasons diet</i>

# VATA 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 barley
- 1 bag organic quinoa
- 1 bag organic rolled oats
- 1 bag organic corn tortillas

## Beans choose 2:

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

## Oils choose 1 or 2:

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

## Seeds choose 2:

- Coconut
- Sunflower
- Pumpkin

## Organic spices for cooking 50-100 grams:

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

## Condiments choose according to recipes

- Almond milk
- Coconut milk
- Desiccated coconut
- Almond Butter
- Miso
- Tahini
- Maple syrup
- Chia seeds

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

### Vegetables choose 1-3 daily

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

### Fresh Fruit 1-2 daily

- Cooked apples
- sweet juicy ripe fruit

