



Blue Pea Yoga

Ayurvedic Food Guide

**From quick fixes to lasting nourishment
— through the wisdom of Ayurveda**

Introduction: Food as Medicine



In Ayurveda, food isn't just fuel, it's information for the body. What you eat, when you eat, and how you eat all shape your energy, digestion, and mental clarity.

This guide isn't about rules or restriction. It's about eating in a way that works with your body's natural intelligence, not against it.



Part One: The Foundations

1. Know Your Agni (Digestive Fire)

Ayurveda sees strong, balanced digestion (agni) as the root of good health. When agni is weak, even nourishing food isn't properly absorbed, and it can sit in the body as toxins (ama) instead of nourishment. A few simple habits support agni:

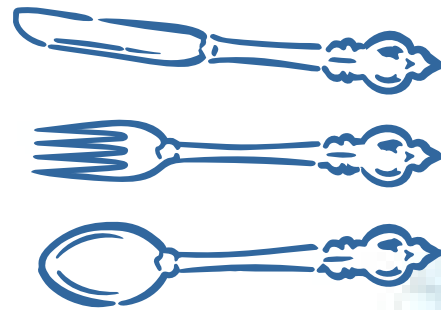
- Eat your largest meal around midday, when digestion is naturally strongest.
- Avoid iced or very cold drinks with meals, they dampen digestive fire.
- Leave 3-4 hours between meals rather than grazing constantly, so the digestive system gets a chance to complete its work.



Part One: The Foundations

2. Eat With the Seasons

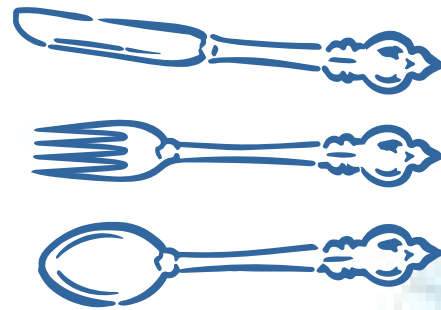
Warming, grounding foods (soups, root vegetables, cooked grains) suit the cooler months. Light, hydrating foods (fresh fruit, salads, cooling herbs) suit the heat. Eating what's local and in season is one of Ayurveda's oldest and simplest pieces of advice, and often the most overlooked.



Part One: The Foundations

3. The Six Tastes

A balanced Ayurvedic meal ideally includes all six tastes: sweet, sour, salty, bitter, pungent, and astringent. When all six are present in a meal, cravings naturally settle, because the body feels genuinely satisfied rather than still searching for what's missing.



Part Two:

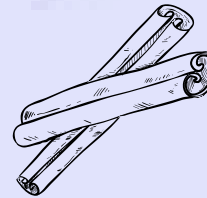
Everyday Ayurvedic Foods



Turmeric + Black Pepper — The Power Couple

Curcumin, turmeric's active compound, is poorly absorbed by the body on its own. Black pepper contains piperine, which significantly increases its bioavailability.

Add a pinch of both to curries, soups, or scrambled tofu, for both the flavour and the benefit.



Cinnamon — Not Just for Flavour

Traditionally used to support digestion and warm the body from within, cinnamon is also associated with supporting healthy blood sugar and insulin sensitivity, helping reduce energy crashes and sugar cravings.

Add a stick or a pinch to herbal tea, oatmeal, or stewed fruit.



Ginger — The Universal Medicine

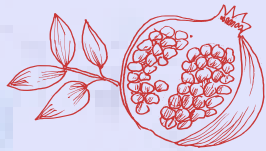
Known in Ayurveda as vishwabhesaj, "the universal medicine," fresh ginger stimulates agni and eases bloating.

A slice of fresh ginger steeped in hot water before meals is one of the simplest Ayurvedic rituals there is.



Part Two:

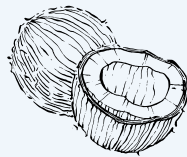
Everyday Ayurvedic Foods



Pomegranate — Small Seeds, Big Benefits

Naturally rich in antioxidants and fibre, pomegranate is valued for supporting digestion and overall vitality.

Enjoy it fresh, or as fresh juice in the morning.



Coconut Oil — The Cooling Fat

A staple in Ayurvedic kitchens, especially in warmer climates, coconut oil is considered cooling and easy to digest.

Use it in place of dairy fats for sautéing vegetables or finishing a bowl of kitchari.



Mung Beans — The Gentlest Protein

Easy to digest and considered tridoshic (balancing for all body types), split yellow mung beans (moong dal) are the base of kitchari and one of the most commonly recommended proteins in Ayurvedic cooking, especially when digestion needs support.



Warm Spiced Plant Milk

A comforting evening ritual: warm coconut milk gently simmered with cinnamon, cardamom, and a small pinch of black pepper.

Traditionally taken before bed to support restful sleep.



Part Three:

A Simple Daily Rhythm



Morning:

Warm water with lemon or fresh ginger, followed by protein rich breakfast (try Besan Chila, below).



Midday:

Your main meal of the day, the largest and most varied, eaten when digestion is strongest.



Evening:

Something light, warm, and easy to digest; kitchari is ideal here.



Part Four:

Two Recipes to Start With

Kitchari (Savoury Rice Porridge)

Your go-to nourishing meal on a busy day.

Ingredients:

- ½ cup basmati rice (or millet)
- ½ cup split yellow mung beans (moong dal)
- 1 tbsp coconut oil
- 1 tsp cumin seeds
- ½ tsp turmeric
- ½ tsp grated fresh ginger
- Pinch of black pepper
- 4 cups water
- Vegetables of choice (carrot, spinach, courgette)
- Salt to taste



Part Four:

Two Recipes to Start With

Kitchari (Savoury Rice Porridge)

Your go-to nourishing meal on a busy day.

Method:

- Rinse rice and mung beans together until the water runs clear.
- Warm the coconut oil in a pot, add cumin seeds and let them sizzle.
- Then stir in turmeric, ginger, and black pepper.
- Add the rice and mung beans, stir to coat, then add water.
- Simmer for 25-30 minutes, adding chopped vegetables in the last 10 minutes, until everything is soft and porridge-like.
- Season with salt and serve warm.



Part Four:

Two Recipes to Start With

Besan Chila (Chickpea Flour Omelette)

A protein-rich, naturally vegan Ayurvedic breakfast.

Ingredients:

- 1 cup chickpea flour (besan)
- 1 cup water (adjust for consistency)
- ¼ tsp turmeric
- ¼ tsp cumin seeds
- Pinch of black pepper
- Finely chopped seasonal vegetables (onion, tomato, spinach, coriander)
- Salt to taste
- Coconut oil for cooking



Part Four:

Two Recipes to Start With

Besan Chila (Chickpea Flour Omelette)

A protein-rich, naturally vegan Ayurvedic breakfast.

Method:

- Whisk chickpea flour, water, turmeric, cumin, black pepper, and salt into a smooth, pourable batter.
- Fold in the chopped vegetables.
- Heat a little coconut oil in a pan, pour in a ladle of batter, and spread thin.
- Cook 2-3 minutes per side until golden.
- Serve warm, on its own or with chutney.



Ready to go deeper?

Small shifts in how you eat can create a noticeable shift in how you feel/ More energy, easier digestion, a calmer mind. This is really just the beginning of what Ayurveda offers.

If you'd like to go deeper into these principles, the practice behind them, and how to bring them into daily life, we'd love to welcome you to Blue Pea Yoga. Our 7-Day Ayurvedic Retreat in Patnem, South Goa is open for early booking now.



Find out more about our next retreat

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With love and stillness,

Neel & Jelix
Blue Pea Yoga



Contact & Bookings

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