



SATVIC MOVEMENT

THE
FOOD
BOOK

SUBAH JAIN



SATVICMOVEMENT

THE

FOOD

BOOK

SUBAHJAIN



Subah Jain

INDEX

Page

[Chapter 1](#)

[Satvic Food Philosophy](#)

[1](#)

•

[What does Satvic mean?](#)

[2](#)

•

[4 Satvic Food Principles](#)

[6](#)

•

[21 Satvic food laws](#)

[20](#)

•

[Understanding digestion](#)

[24](#)

•

[Food combining](#)

[26](#)

•

[How you eat is more important than](#)

[30](#)

[what you eat](#)

[Chapter 2](#)

[Setting up a Satvic Kitchen](#)

[35](#)

[•](#)

[Ingredients needed for a perfect](#)

[Satvic kitchen](#)

[36](#)

[•](#)

[Eight essential tools](#)

[38](#)

[•](#)

[How to use these tools?](#)

[41](#)

[•](#)

[All about vegetable sprouts](#)

[42](#)

[•](#)

[All about nut milks](#)

[48](#)

•

DO's and DONT's of recipe making

50

Chapter 3

Satvic Meal Plan

53

•

Choose your meal plan

54

Chapter 4

Recipes for the Revolution

57

Pre-Breakfast Recipes

59

•

Ash Gourd Juice

60

•

Ash Coco Juice

61

•

[Coconut Water](#)

[61](#)

[Breakfast Recipes](#)

[63](#)

•

[Fruit Bowls](#)

[64](#)

•

[Pina Colada Smoothie](#)

[66](#)

•

[Banana Date Shake](#)

[67](#)

•

[Tropical Smoothie](#)

[67](#)

•

[Pure Satvic Salad](#)

[69](#)

[Lunch Recipes](#)

[71](#)

•

[Satvic Chapati](#)

[73](#)

•

[Satvic Sabzi](#)

[75](#)

•

[Satvic Khichadi](#)

[77](#)

•

[Satvic Daliya](#)

[79](#)

•

[Satvic Cheela](#)

[81](#)

•

[Moong Bowl](#)

[83](#)

•

[Coco Quinoa Bowl](#)

[85](#)

•

Barley Bowl

87

•

Vegetable Tikki

89

•

Green Chutney

90

•

Date Chutney

91

•

Cocount Chutney

91

Mid-Meal Recipes

93

•

Ash Gourd Juice

94

•

[Ash Coco Juice](#)

[95](#)

•
-

[Coconut Water](#)

[95](#)

•
-

[Pink Power Juice](#)

[96](#)

•
-

[Glowing Green Juice](#)

[97](#)

•
-

[Orange Carrot Juice](#)

[97](#)

•
-

[Herbal Tea](#)

[99](#)

[**Dinner Recipes**](#)

[101](#)

[*Salads*](#)

•
-

[Carrot Raisin Salad](#)

[103](#)

•
-

[Cheesy Salad](#)

[105](#)

•
-

[Thai Papaya Salad](#)

[107](#)

•
-

[Beet Rocket Salad](#)

[109](#)

•
-

[Zucchini Spaghetti](#)

[111](#)

•
-

[Sweet Potato Salad](#)

[113](#)

[Soups](#)

•
-

[Pumpkin Soup](#)

[115](#)

•

Papaya Corn Soup

117

•

Spinach Singhara Soup

119

•

Pea Carrot Soup

121

•

Broccoli Soup

123

•

Tomato Soup

125

•

Carrot Cumin Soup

127

Occasional Recipes

129

Drinks

•

Coconut Chaas

131

•

Thandai

131

•

No-coffee Cold-coffee

133

Smoothie Bowls

•

Chocolate Smoothie Bowl

135

•

Blush Smoothie Bowl

137

•

Spinach Smoothie Bowl

139

•

Marigold Smoothie Bowl

[141](#)

[*Main-course*](#)

•
-

[Thai Curry](#)

[143](#)

•
-

[Millet Upma](#)

[145](#)

[*Desserts*](#)

•
-

[Chia Pudding](#)

[147](#)

•
-

[Satvic Kheer](#)

[149](#)

•
-

[Satvic Gajar Halwa](#)

[151](#)

•
-

[Kulfi](#)

[153](#)

•

[Peanut Butter Ice Cream](#)

[155](#)

•

[Satvic Ladoo](#)

[157](#)

•

[Lemon Cheesecake](#)

[159](#)

[**Skin Care**](#)

[**161**](#)

•

[Rose Cleanser for Face & Body](#)

[161](#)

CHAPTER 1

SATVIC

FOOD

PHILOSOPHY

In this chapter, we will discuss 6 topics -

1. What does Satvic mean?

2. 4 Satvic Food Principles

3. 21 Satvic Food Laws

4. Understanding Digestion

5. Food Combining

6. How you eat is more important than what you eat

1



What does Satvic mean?

Lord Krishna, in the Bhagavad Gita states that all embodied souls are working under the control of 3 modes, or qualities of material nature -

SATVIC

RAJASIK

TAMASIK

The thoughts in our head, the activities we perform, the people we meet, the food we eat can all be classified as Satvic, Rajasik or Tamasik.

Each mode has different characteristics

SATVIC

RAJASIK

TAMASIK

Mode of Goodness

Mode of Passion

Mode of Ignorance

Purity

Arrogance

Laziness

Happiness

Ego

Tiredness

Compassion

Restlessness

Depression

Bliss

Anxiety

Lethargy

Love

Anger

Ignorance

Self Control

Impatience

Apathy

Satisfaction

Fear

Inertia

Non Violence

Uncontrollable desires

Illusion

Fearlessness

Distress

Surrender

2

Satvic Food Philosophy

One person can have multiple modes

When Satvic dominates,

When Rajasik dominates,

When Tamasik dominates,

we feel happy, satisfied, &

we feel restless, anxious

we feel lazy, tired,

in control of our senses

and angry

depressed and lethargic

Our modern lifestyle with its high levels of stress and toxins, leads to a life that fluctuates between Rajasik and Tamasik modes. To achieve happiness, we have to transcend from Tamasik and Rajasik to Satvic.

Our food can also be Satvic, Rajasik or Tamasik

In the Bhagavad Gita, Chapter 17, Lord Krishna explains what is Satvic, Rajasik and Tamasik food.

Verse 8

āyuh-sattva-balārogya-sukha-prīti-vivardhanāḥ

rasyāḥ snigdhaḥ sthirā hṛidyā āhārāḥ sāttvika-priyāḥ

Foods in the mode of goodness increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart.

Verse 9

katv-amlā-lavanaty-usna-tiksna-rukṣa-vidahināḥ

ahara rajasasyesta dukkha-sokamaya-pradah

Foods that are too bitter, too sour, salty, pungent, dry and hot, are liked by people in the modes of passion. Such foods cause pain, distress, and disease.

Verse 10

yata-yamam gata-rasam puti paryusitam ca yat

ucchistam api camedhyam bhojanam tamasa-priyam

Food cooked more than three hours before being eaten, which is tasteless, stale,

putrid, decomposed and unclean, is food liked by people in the mode of ignorance.

3



SATVIC FOOD

RAJASIK FOOD

TAMASIK FOOD

Foods that are

Foods that are too bitter,

Foods that are stale (eaten

fresh, wholesome

too sour, salty, pungent,
after 3 hours of being
(unprocessed, unrefined),
dry and hot are Rajasik in
cooked), rotten (meat
juicy (water-rich), freshly

Nature

and fish) and foul (bad-
cooked & lightly seasoned
smelling) are Tamasik in

are Satvic in nature

Rajasik food includes

Nature

foods with excess

Satvic Food is living food,
flavoring of salt and spices

Tamasik Food is dead.

with life energy inside it

When we eat dead

food, the same death is

It is food straight from

transferred to our body in
Nature, with no or minimal
the form of disease
human interference

Examples of Satvic Food

Examples of Rajasik Food

Examples of Tamasik Food

All Fresh Fruits

Sharp Flavours

Stale Food

melons, oranges, papaya,

excess of salt, red chili,

everything packaged,

apple, pear, berries,

garam masala, asafoetida

bottled, tinned, or canned

grapes, etc

(*heeng*), vinegars, etc

Meat, Fish & Eggs

All Vegetables

Hot Drinks

bottle-gourd, ridge-gourd,

very hot water,

Stimulants

bell peppers, carrots,

very hot herbal tea

onion, garlic, tea, coffee,

spinach, coriander, all

alcohol, cigarettes, betel

leafy greens, etc

nut (*supaari*), betel leaf

Whole Fats

coconut, soaked nuts

& seeds

Whole Grains

whole wheat (with *chokar*),

brown rice

4

Satvic Food Philosophy

EFFECTS OF RAJASIK

EFFECTS OF SATVIC FOOD

& TAMASIK FOOD

Satvic food is healing food. It is easy
Eating Rajasik and Tamasik food
to digest, so when we eat it, our body
does not only ruin our bodily
has to spend less time digesting, and
health, but also our mental health.
can spend more time healing.
If we eat predominantly Rajasik and
By switching to a Satvic diet and
Tamasik foods, in due course of
lifestyle, we can fully cure any chronic
time, we become a victim of many
disease, without any medicines.
diseases, such as diabetes, obesity,
high blood pressure, PCOD, high
But the benefits of Satvic food go far
cholesterol, joint pains, etc.
beyond the physical body. Gradually,
as we keep eating Satvic food, even
On a more subtle level, they have a
our thoughts change. It brings mental

huge impact on our thoughts. We
clarity, calmness and humility. We
become arrogant, restless, anxious
elevate to a higher consciousness of
and impatient. Our concentration
fearlessness. We become closer to
levels are decreased and we
Mother Nature and God.
become dull and lazy. We eat
dead foods and hence, our body,
emotions and confidence slowly
begins to die.

To follow the Satvic diet, we need Satvic recipes and hence we have created this book. Satvic recipes are different from other so-called 'healthy recipes'. They follow strict Satvic food laws and are made especially for healing and achieving the maximum potential of this human body.



4 Satvic Food Principles

According to the Bhagavad Gita, our food should have four qualities, which can be represented by the abbreviation LWPW.

1

2

LIVING

WHOLESOME

Our food should come

Our food should be

straight from the farm

unprocessed & unrefined.

to our kitchen, not go to

It should not have been

a factory in between.

subtracted of it's natural
Nothing processed, tinned,
elements. Whole grains,
packaged, bottled or
dates and brown rice are
canned.

a few examples.

3

4

PLANT-BASED

WATER-RICH

Our food should be derived

Our food should be juicy,
from plants & trees, not from
containing high amount of
animals. No meat, fish
water, for example - fruits,
or eggs.

vegetables, leafy greens.

Nuts, seeds, grains are

water-poor foods.

[Watch the full video on the 4 food principles.](#) Use your phone's inbuilt scanner or download the app 'ScanLife' on your phone and scan the QR code on the left.





Our food should be **LIVING**

and preservatives. These chemicals might

1

increase the shelf life of these products, but

Living foods are foods that come straight from
they decrease the shelf life of our own bodies. If

Nature, without cooking or processing. Eating

you think about it, the processed and packaged

living foods means eating foods in their pristine,

stuff we get from factories is not even food.

raw state. To understand this concept better,
They're products made by a company who
let's take an example of a wheat plant. If we
wants to make a profit, like any other business.
take a wheat seed, bury it in the soil and water
They're dead! They have no life energy left
it for a few days, it will grow into a sapling. But
inside.

if we take wheat noodles and plant them in
the ground, will they ever grow into a wheat

Don't eat Dead Foods

plant? NO! Because unlike the wheat seed,
made in a factory
the noodles do not contain any life energy, or
prana. Therefore, they cannot produce more life.
They're dead. How can something that is dead
bring life to our own body? On the other hand,
fruits, vegetables, sprouts, coconut, grains, nuts
& seeds (if soaked) are all living foods. When
these living foods enter our body, they transfer
their life energy inside us, flush out the toxins

sitting inside and cure disease.

bottled

tinned

According to the Bhagavad Gita, chapter 17, verse 10, food should be eaten within 3 hours of being cooked. After 3 hours, it starts to lose the life energy inside it and becomes Tamasik. That explains why in the Yogic Culture, yogis do not eat sabzi, rice or chapati if it has been frozen

packaged

kept for more than 3 hours. Our forefathers and grandparents also obeyed this law. They used to eat everything fresh - straight from the stove

Eat Living Foods

Eat Living Foods

to the plate. However, these days, people store

Straight from Nature

cooked food in the refrigerator for several days, take a little out every day, eat it and store it back. They're eating stale, rotten food. They're

inviting cancer into their bodies.

fruits

juices

If something is cooked on fire, we must eat it within 3 hours, maximum 5 hours.

But, why only apply this 3-hour-rule to sabzi and chapati? What about all the processed vegetables

coconut

biscuits, chips, candies, snacks and namkeens?

Forget 3 hours or even 3 days. Most of them were cooked even 3 years in advance and have been stored in bottles, tins, cans and boxes after being lathered with synthetic chemicals

sprouts

nuts & seeds

7





IT'S NOT UNCOOKED,

When we eat these raw sun foods, their life energy is directly transferred to us,

IT'S SUNCOOKED

undiminished. This sun energy is used to

At least 70% of our daily diet should consist of heal us, rebuild tissues and cells, replace old, raw foods (such as fruits, vegetables, salads, damaged or dead cells in our skin and remove smoothies, juices, sprouts that have not been cysts, mucus, or stones from our organs. The heated or cooked on fire).

sun's energy is used to flush out toxins from the body. By eating a diet primarily of raw

Actually, "sun-cooked" is a more appropriate food, one can overcome any health challenge. term than "raw". The term "raw" implies that it is not a finished product, that something is

How cooking kills our food?

yet to be done. However, a fruit ripening on the tree is certainly not raw food. It may not have been cooked over fire, but it has been cooked by Mother Nature under the sun. It is something to go are valuable enzymes in that food. When we cook our food on fire, the first thing to go is the vital sun-energy. The second cooked food. By cooking a fruit or vegetable on the stove, we're actually re-heating it. Enzymes are present in all raw foods. Enzymes are what make digestion possible. At 118 degrees Fahrenheit (47.8 degrees Celsius), the Sun is the greatest source of energy on this planet. Sun-cooked, or raw foods carry with them this vibrant sun energy that nourishes starts losing it's nutritional value. Food enzyme shortages, sooner or later, result in physical all life on Earth. Every whole plant food is a

degeneration and disease.

symphony. It is the result of the absorption and accumulation of sun energy.

In the Essene Gospel of Peace, Lord Jesus clearly and beautifully explains the impact of dead foods on our body, thoughts and soul.

“Kill neither men, nor beasts, nor yet the food which goes into your mouth. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death. For everything which kills your foods, kills your bodies also. And everything which kills your bodies kills your souls also. And your bodies become what your foods are, even as your spirits, likewise, become what your thoughts are. Therefore, eat not anything which fire, or frost, or water has destroyed. For burned, frozen and rotted foods will burn, freeze and rot your body also.”

- Jesus, Essene Gospel of Peace

Look closely at a radiant orange or kiwi.

When food is cooked it always becomes

It displays the sun's energy in edible form.

less than it was before, never more. Fire is a

destroyer. it never creates anything. If you light





this book on fire, would it become more or

NEVER EAT :

ALWAYS EAT :

less than it was before? Cooking only takes away. It destroys many important nutrients & vitamins in our food.

The assumption behind cooking food is that the original form of Nature, as it exists, must be altered in order that it may be reformed to a new artificial form. The truth is that the cereals

fresh fruits

original state is always superior. Nothing can compare to the aristocratic taste of a ripe mango, nothing can compare to the taste of fresh watermelons in the summer, nothing even resembles the energy derived from a meal of jack-fruit.

Hence, eat things in nature, the way you

biscuits

coconut slices

find them in nature. Man thinks he is better than nature and that he can improve upon

nature. But nature has already perfected it.

Anything that we do is only going to lessen the perfection that it's already got.

We understand if you cannot eat a 100% raw poha / upma

sprout salad

diet (although that would be most ideal), but at least strive for 70% of your diet as being fully raw. If you have to cook your food, cook it at the lowest temperatures, for the shortest duration. Steaming is better than boiling.

Remove all processed, packaged, tinned, bottled and canned foods from your kitchen.

aerated drinks

coconut water

They are the worst, as they have been cooked to death at very high temperatures for long hours. They are dead foods and only transfer death and disease to our own bodies.

packaged noodles

zucchini noodles

canned juices

fresh juices

9





Our food should be **WHOLESOME**

mechanism of that rice lies in the outer bran

2

that we conveniently decide to throw out, so

Mother nature knows best. There's a reason

the rice can have a longer shelf life.

why She hung dates on trees, and not sugar.

There's a reason why She gives us coconut,

Eat dates or jaggery instead of sugar. Dates

and not coconut oil, potatoes, but not potato

are wholesome. Sugar is fragmented.

chips.

Eat whole coconut instead of coconut oil. Eat

All foods that come directly from plants

the whole almond instead of almond oil.

and trees are wholesome - raw fruits and vegetables for example. They have not been

When eating wheat, eat only whole wheat, subtracted of anything. Nature has given

along with the outer layer, or *chokar*. Do not each food item a specific ratio of protein, fats,

sieve it before making your chapatis.

nutrients - so that we humans can easily

digest and eliminate it.

NEVER EAT :

ALWAYS EAT :

However, if we fragment it by consuming only a part of it, by stripping away its outer layer, or by squeezing the oil out of it, we are spoiling Nature's original design.

Mother Nature has made each food item a 'whole-package deal'. If she gives us rice, she

white rice

brown rice

gives us the mechanism of digesting that rice in the bran that covers it. If we fragment food

by throwing out the bran or the roughage, we also throw away the digestive mechanism of that food. White rice, sugar, oils, refined flours, refined wheat - are all highly fragmented foods. They have been highly altered from the way Nature gave them to us. When we eat oil
grated coconut
such unnatural foods, they do not get properly digested in our body, leave undigested residue inside our intestines, leading to disease.

To understand the difference between wholesome and fragmented food clearly, let's take the example of corn. Corn on the cob is refined sugar
dates
obviously whole. Cornmeal is just ground up whole corn - still whole. Dextrose - a sugar that can be made from corn - not whole. And high fructose corn syrup - the king of not being whole.

Eat brown rice instead of white rice. Brown rice is wholesome. When we remove the refined wheat whole wheat bran, it becomes white rice. The digestive (without bran) (with bran)



Satvic Food Philosophy

3 Our food should be **PLANT-BASED**

NATURE HAS NOT DESIGNED THE HUMAN BODY TO EAT MEAT

Nature has constructed every organism either a carnivore (an organism that feeds

on other organisms) or a herbivore (an organism that feeds on plants). By looking at our own physical features, we can judge whether we are designed carnivores or herbivores.

CARNIVORE

HERBIVORE

HUMAN

Have sharp, pointed teeth to

Have flat teeth, incapable of

Have flat teeth, incapable of

Teeth

prey and tear apart meat

tearing apart flesh

tearing apart flesh

Have flat, dull nails. Have

Have sharp, pointed claws to

Have flat, dull nails, incapable

Nails

fingers perfectly designed to

snatch and rip apart flesh

of tearing flesh

forge, grab and peel

Have a very short intestinal

Have a very long intestinal

tract - only 3-6 times it's

tract. If we eat meat, it

body's length. Meat, as a

Have a very long intestinal

does not digest, sits, rots

Intestine

substance is very quick to rot

tract - about 12 times it's

and creates toxicity in the

Length

and decompose. A carnivore's

body's length.

intestines. It grows fungus,

digestive tract is short, so the

mucus and constipation in

meat exits the body before it

the intestines.

becomes toxic

Have very strong hydrochloric

Have hydrochloric acid that is

Have hydrochloric acid that

Stomach

acid in the stomach, to be able

almost 20 times weaker than

is almost 20 times weaker

Acidity

to break down meat

carnivores

than carnivores

Have eyes that enable them

Do not have night vision,

to see even in the dark so

Do not have night vision,

because we are not

Vision

they can hunt their prey. Owls,

because they are not designed

designed to hunt and prey

eagles, cats and dogs - they

to hunt and prey at night

at night

have eyes that shine at night

11

If Nature had designed meat as our natural Buddha, Jesus, Hippocrates, Voltaire, food, wouldn't she have given us sharp nails Leonardo Da Vinci, Alexander Pope, Tolstoy, and teeth to tear it apart, shorter intestines, Sir Issac Newton, Thomas Edison, Gandhi, strong hydrochloric acid and night vision Bernard Shaw and many others. The eyes? Nature does not make mistakes. Meat world's greatest masterpieces, such as the is not our natural food.

Bhagavad Gita, Zend Avesta of Zoroaster and the Essene Gospel of Peace have advocated a vegetarian diet for man.

TOXICITY IN ANIMAL SWEAT

Have you ever had to speak in front of a large audience? Or been in a situation which made you extremely scared or nervous? What was

let not man take away. For I tell you truly,
your first reaction to fear? It is to sweat.
from one Mother proceeds all that lives
upon the earth. Therefore, he who kills, kills
Imagine that chicken or pig placed in a row
his brother. And from him will the Earthly
to be slaughtered a moment later. Their
Mother turn away, and will pluck from
fear of death causes a rush of adrenaline
him her quickening breasts. And he will
through their body, which makes them
be shunned by her angels, and Satan will
sweat profusely. Large amounts of toxins
have his dwelling in his body. And the flesh
are released from the animals cells when
of slain beasts in his body will become his
it sweats. Regrettably, these toxins remain
own tomb. For I tell you truly, he who kills,
in the layers between the animal's skin and
kills himself, and whoso eats the flesh of are served to people in the name of
food.

slain beasts, eats of the body of death. For
If we're eating meat, we're not only eating
in his blood every drop of their blood turns
the flesh of dead animals, but all the toxins
to poison; in his breath their breath to stink;
that exist in its body. Over the years, these
in his flesh their flesh to boils; in his bones
toxins are retained in the blood stream and
their bones to chalk; in his bowels their
tissues vitiating the blood, giving rise to
bowels to decay; in his eyes their eyes to
inflammation, pain, functional disturbances
scales; in his ears their ears to waxy issue.
and degenerative ailments.

And their death will become his death.

- Jesus, Essene Gospel of Peace

OUR STOMACH IS NOT A GRAVEYARD

ANIMALS HAVE A REVENGE ON US

When a someone dies, we take their body
to a cemetery or graveyard to be burnt or
What we do always comes back to us. It's

buried. But when we consume the dead
called the law of Karma. Even when we kill
body of an animal or bird, aren't we making
or eat an animal, the animal has a revenge
your own stomach a graveyard? Think
on us. The revenge is that they slowly begin
about it. Our body should be a garden, not
to kill us, by giving us heart disease, cancer,
a graveyard.

strokes, etc. It's instant karma.

All religions of this world have favored
Dr. William C. Robers, MD, remarked "When
vegetarianism. An innumerable number
we kill animals to eat them, they end up
of people of world wide fame have been
killing us because their flesh, which contains
vegetarians, such as Plato, Plutarch,
cholesterol and fat was never intended for
Pythagoras, Socrates, Seneca, Zoroaster,
human beings, who are natural herbivores."

Nowadays, several documentaries are

coming up presenting scientific research When our body reaches adulthood and showing how meat is the leading cause of our height is no longer growing, or if we're heart disease, diabetes, obesity and cancer. living a sedentary lifestyle, our need for protein is minimal, which is easily fulfilled Watch the documentaries *Forks Over Knives*, by eating leafy greens, vegetables, fruits, *Food Choices* and *What The Health*.

coconut, sprouts, nuts and grains. It's almost impossible to design a protein deficient diet surrounding a variety of whole plant foods.

AFFECTS OF MEAT ON THE MIND

What we eat dramatically affects the

Any excess than that makes us prone to way we think. Food has consciousness.

cancer, formation of cysts, stones and

We cannot remain positive by ingesting a fibroids, unwanted growth hormones and consciousness of poison, pain and death.

disturbed blood chemistry, amongst many

other diseases.

Factory-farmed animals are kept in darkness
and squeezed together in inhospitable

Athletes and children can add soaked nuts
cages. If we eat the flesh of tortured animals,
and seeds, lentil sprouts, leafy sprouts,
their energy and consciousness at that time
coconut, grains, lentils to their diet. Every
is transferred to us. Not only do we ingest
plant food contains protein. They do not
the animal, but also the pain, exhaustion
need meat, whatsoever.

and sorrow of those beings. Our body begins
to accumulate that death energy, which

Think about it - all the animals that we chose
manifests within us in the form of anger,
to eat for protein, are vegetarian animals.
violence, depression and illness.

Where's the logic in that? Do you know
that a gorilla can lift something 2,000kg

On the other hand, if we take living food and

(as heavy as 30 humans), over 10 times it's positive, living thoughts, we also become body weight. Their diet consists of stems, positive and living!

fruits and bamboo shoots. They do not eat meat. Where do they get their protein from?

If there was no protein in grass and leaves,

If I don't eat meat, where will I get

how would these animals have been so

my protein from?

strong? It makes no sense to go through an

It is surprising for people to learn that the

animal to get the nutrient that the animal

overconsumption of protein presents a

gets, because the animal ate plants.

far greater threat to our health than not

getting enough. In fact, a major culprit in

MILK - to drink or not to drink?

many diseases is a protein overdose. In

order to really be convinced, it is important

Milk is a complicated subject, so we must

to know the role of protein in the body.

deal with it in an orderly way.

Protein is a 'building block' for our body. It is

According to our scriptures, pure cow milk

needed for the 'growth' of our body. When

is not wrong. In fact, producing milk and

growth rate is rapid and vast amounts of

drinking milk has been sanctioned by God

new cells are being formed, the demand

in our scriptures. The problem is not in milk

for protein is high. This is during childhood,

itself, but in what we're getting today in the

adolescence, athletes and pregnant women.

name of milk today and in our inability to

digest it.



There are three problems with animal milk.

2) **Cows are often**

Let's discuss each one in a logical manner.

mistreated & tortured

1) **Commercial milk is**

The importance of milk, as described in our

highly adulterated

scriptures, is fully dependent on cow service.

However, today the production of milk has

The commercial milk that we're getting today

emerged as an industry - one of the most

is hardly even milk. It is a white-liquid heavily

brutal, heartless industries.

treated with contaminants such as urea,
starch, caustic soda, detergents, white paint

For cows to be healthy, they need to be
and refined oil. These contaminants are

out in fresh air and graze on open fields.

deliberately added to milk as they provide

However, nowadays, cows are tied to

thickness, preserve milk and increase the

one corner all the time or sometimes even

volume of milk to make more milk, fast.

packed in wooden crates. As a result, they

fall ill - both physically and emotionally. In

We urge you to watch the video linked

hopes of curing them, they are injected with

to the QR code below. The video shows

chemical medicines, leading to a downward

the reality of milk that we drink everyday.

spiral of disease and depression. If the cows

Download the app 'ScanLife' on your

themselves aren't healthy, how can we stay

[A](#)

phone and scan the QR code below.

healthy by drinking their milk?

Like any other mother, a cow produces milk for the purpose of feeding its baby calf.

However, as soon as the mother gives birth to the calf, they are separated from each other and tied apart. Everyday, the farmer deceives the cow so that she produces milk.

He opens the calf and the cow produces milk in its udder for feeding its baby. While

While the immediate effect of drinking such the calf is still drinking his mother's milk, the milk range from thyroid disfunctioning,

farmer brutally snatches it and ties it away

diabetes, gastritis, PCOD, weight gain and

from his mother. Then, the cruel hands of

high blood pressure, the long-term effects

the farmer tie the cows legs and forcefully

are far more serious.

extract all the remaining milk that was

meant for its baby.

Can milk adulteration result in cancer?

For several days, the same process is repeated.

When the cow starts understanding that

The World Health Organization (WHO)

she is being tricked, She becomes restless

had recently issued an advisory to the

and starts fighting the farmer so as to say-

Government of India stating that if

“Dear farmer, Please let me go. Please don’t

adulteration of milk and milk products is not

take away my right to feed by child.” The

checked immediately, 87 per cent of citizens

shameless human does not understand. He

would be suffering from serious diseases like

ties the cow’s legs with a rope and continues

cancer by the year 2025.

milking it. After few months, the cow stops

producing any milk at all and then, she

is injected with a poisonous vaccine that own farm, or from the farm of a known

forces her to keep producing milk. This way, friend or relative, where you are sure the cow is subjected to relentless cycles of that the cow is loved and cared for. exploitation and depression.

2. The calf has the first right over that milk.

Till when will we humans continue to be If any milk remains after, only then shall so brutal towards these innocent, helpless you have it.

animals? As we discussed earlier, food

3. The cow should be fed good quality carries consciousness. Milk that has been grass.

obtained by such a devious consciousness, cannot possibly do good to our body.

4. The cow should not be injected with any vaccines or chemicals.

3) Milk is difficult to

5. Even if all 4 laws above prevail, you cannot drink milk if you are trying to heal

digest for those trying to

a disease or living a sedentary lifestyle.

cure a disease or living a

You may only drink it if you are an athlete

(exercising for more than 3 hours a day)

sedentary lifestyle

or child whose height is growing.

6. The milk should be preferably raw or at

A cow's milk is a very heavy food by nature,
most, boiled lightly only once.

designed to create a huge, big boned

animal. It contains fast growing steroids

7. The milk should come from cow alone,

and hormones. It is designed to feed an

and no other animal. No buffalo milk. No

infant calf weighing 90 pounds at the time
goat milk.

of birth and 2000 pounds at the age of two.

8. Treat one glassful as milk as a complete

In contrast, a human infant weighs about
meal. Do not combine it with anything.

6-8 pounds at the time of birth and attains a weight of only 100-200 pounds by the age of 18. Cows milk contains excessive growth promoting hormones. **Vedic Milk** and can be consumed only by those doing heavy physical exercise and children. Unfortunately, it is nearly impossible to find such milk in today's day and age. If we have reached adulthood (we are no longer growing) and if we're not athletes, Hence we suggest to abstain from animal our body cannot utilize these excessive milk altogether and switch to another, more growth hormones, so it just sits logging our digestible replacement.

intestines, blood vessels and interrupting blood circulation and absorption, causing many chronic diseases.

Is there a replacement for milk?

Indeed, there is. It's coconut milk. Traditionally,

If I have access to pure cow milk,

coconut has been viewed as India's most

can I drink it?

sacred fruit. It is the only fruit that has been

called 'Shree' Phal in our Vedic scriptures. It's

To be qualified to drink milk, there are 8

the only fruit that has been attributed with

conditions that must be met -

'Shree' before it.

1. The milk should be obtained from your

In India, every auspicious occasion begins

15





with the breaking of a coconut - marriage, birth, the launch of a house or any other new

NEVER EAT :

ALWAYS EAT :

work. There is a deep significance behind this ritual. Let's understand. Our ancestors were much smarter than us. They knew how nutritious coconut is. However, it was

only grown on the coasts of India, but they wanted it to reach every house in India. So they made a ritual stating that no marriage,

animal milk

homemade coconut milk

no birth and no auspicious occasion can

If coconut is not available in

begin without the breaking of a coconut.

your country, use almond milk

By making it a prerequisite for almost every

occasion, it would automatically become a

necessity and people found their own ways

to transport & spread it throughout the

country.

homemade nut butter

butter

such as almond & peanut butter.

A coconut contains every nutrient that our

Eat nut butters sparingly. They are

body needs. Unlike other proteins, coconut is

good for children & athletes but

easy to digest. It is superior to all nuts and avoid them in the healing stage.

seeds. It helps underweight people put on healthy weight. There's no cholesterol in raw

coconut, unless it is cooked on fire (this is why we never cook coconut directly on stove

in Satvic cuisine). Hence, incorporate more coconut in your diet. It is one of Nature's most precious gifts to humanity.

cream

fresh coconut *malai*

also called coconut meat

The hard kernel in a mature coconut can be used to make coconut milk. It is very easy and the method of making coconut milk is illustrated on page 49. You can use coconut milk in smoothies, soups, salad dressings.

Make sure to always make coconut milk fresh at home. Do not use the store-bought

cheese

homemade

packaged coconut milk. If you are living

cashew cheese

in a country where fresh coconuts are not available, you may use homemade almond milk instead (but bear in mind that coconut is

Satvic *chaas*

more easily digestible than almonds or other

chaas

made of coconut milk.

nuts).

Recipe on page 131

Almost every animal-based food can be replaced with a more digestible, plant-based

ice cream

Plant-based ice cream

food. Let's look at a few replacements.

made with frozen bananas.

Recipe on page 155







Our food should be **WATER-RICH**

Water-rich foods have high-water content.

Fruits such as melons, berries, apples,
According to the Bhagavad Gita, our
grapes, oranges, tomatoes, cucumbers
food should be juicy, meaning water-rich.
and vegetables such as bottle gourd, ash
Let's understand what water-rich means.
gourd, celery and all leafy greens fall in this
category. Water-rich foods are light and
Food can be classified in two categories -
easy to digest, and are also like laxatives.
water-rich and water-poor.

Water-poor foods consist of low-water
content. Examples include all grains (such
as rice, wheat), millets, lentils, beans, and
starchy vegetables such as potatoes, yam
and all nuts and seeds. These foods are
relatively more difficult to digest and can
be constipating, unless taken in limited

BEST

quantities, for those living a sedentary
lifestyle.

EXTREMELY WATER-RICH

juicy fruits, vegetables, leafy greens

To identify whether a food is water-rich or water-poor, put it in the juicer. If a lot of juice comes out of it, we know it's water-rich. Can we juice a chapati or rice? No, because there is no juice in it.

The more water a food contains, the easier

BETTER

NEUTRAL

it is to break down and the quicker it passes

fatty fruits, starchy vegetables

through your digestive system. Once the

food gets digested, the healing power

(*praanshakti*) resumes healing the body and

curing disease. On the other hand, water-

poor foods are dense. The healing power

(*praanshakti*) has to put great effort to break them down. The time that could have been

GOOD

used for healing is diverted to digesting and

eliminating these water-poor foods.

WATER-POOR

grains, legumes, nuts, seeds

In the Bhagavad Gita, chapter 17, verse 8,

Lord Krishna describes the qualities of Satvic

foods. The first quality of Satvic food, he

describes, is to be *rasyāḥ* - meaning juicy in Sanskrit. Such foods increase the duration of

life, purify one's existence and give strength,

health, happiness and satisfaction, says

Lord Krishna.

WORST

In the next verse, He also says that foods

EXTREMELY WATER-POOR

that are *rūkṣha* (meaning dry (water-poor) in processed food, meat, eggs

17





Sanskrit) are Rajasik and are liked by those in
Funnily enough, most of us eat in the exact
the mode of passion. Such foods cause pain,
opposite ratio -
distress, and disease, says Lord Krishna.

Hence we can conclude that water-poor
foods eaten in the slightest excess are health

30%

Water-Rich

destroying and disease promoting, especially
fruits, vegetables,

for those living a sedentary lifestyle.

juices

Water-poor foods such as beans, lentils, too much grain, may be harmless to bulls, horses, athletes and laborers who work extremely hard, but not to sedentary people or those trying to cure a disease.

What percentage of my diet should be water-rich?

About 70% of our body is water and so, about 70% of our diet should consist of water-rich

70%

foods and the remaining 30% can consist of

Water-Poor

water-poor foods. This is how our daily diet grains, legumes,

ratio should look like -

nuts, seeds

THE WRONG RATIO

30%

Water-Poor

grains, legumes,

We have a heavy grain-rich meal 3-4 times
nuts, seeds

a day and as a result, we're drying up!

Let's take the example of a plant. In order
to grow optimally, a plant needs both soil
and water. Without enough water, the plant

dries up, the stems lose their flexibility and branches harden to a point where
they

can no longer bend and begin to easily

break. The human body is made of the
same 5 elements as the plant. Just like the
plant, when our body doesn't get enough
water, it starts losing its flexibility, our
bones degenerate, lose their strength, and

70%

Water-Rich

here come bone related disorders such as

fruits, vegetables, juices

arthritis, rheumatism, cervical, spondylitis,

knee pain and back pain.

Just like the plant needs a combination of

THE RIGHT RATIO

earth and soil to grow, so does our body.

Mother Nature has generously filled fruits eaten meal, the body's energy redirects itself

and vegetables with the perfect proportion

to process all that unnecessary water. When

of soil and water, that can be easily digested

you start following the Satvic food system,

by the body.

you will be eating lots of fruits and salads

The meal plans given in this book are

(with minimal spices and salt) so your need

designed such that about 70% of your diet

for plain water will reduce substantially, yet

is automatically water-rich, starting with

there will still be more water going inside

juice in the morning, juicy fruits for breakfast,

you.

composite chapati (made of 50% vegetable)

and satvic sabzi for lunch and a soup / salad

for dinner.

I drink coffee, soda and beer. They contain water, don't they?

In recipes containing rice, wheat or any other

No. These kinds of drinks act as diuretics—

grain, the grain has been mixed with double

they cause increased passing of urine and

or triple the amount of vegetables (such as

actually cause us to lose water and become

in Satvic Daliya, Satvic Khichdi, Coco Quinoa

dangerously dehydrated.

Bowl). Adding a sufficiency of vegetables to

grains makes the grain easier to digest.

Lentils and legumes such as kidney beans

(*rajma*), chickpeas (*chole*) and lentils (*daal*) have deliberately been avoided in the

recipes. It's not that they are wrong foods.

It's just that in our modern day sedentary

lifestyles, we may not be able to digest them.

Our grandparents and forefathers, who

spent 8 hours a day in a field doing heavy

physical work were able to digest them. But

many of us today live a sedentary lifestyle,

sitting on an office desk for 8 hours a day, not exercising for more than 1 hour a day.

In this situation, it's very difficult to digest kidney beans (*rajma*), chickpeas (*chole*) and too much lentil (*daal*).

FREQUENTLY ASKED QUESTIONS

How much water should I drink in a day?

The answer is simple. Drink water only when you feel thirsty. Nowadays, people are advised to drink 8-10 glasses of water everyday, or 2 glasses immediately after waking up. This is not right because excessive drinking of water puts undue pressure on the kidneys. Instead of digesting the previously

19



21 Satvic Food Laws

Here are 21 food laws you must follow. All recipes given in this book have been carefully created to adhere to these laws. Please follow every single law religiously to receive the true benefit of the Satvic lifestyle.

No Animal Based Foods

Eat Plant Based Foods

Law 1

such as meat, fish, eggs, animal milk*,

such as fresh homemade

cheese, butter, ghee, paneer

coconut milk, almond milk

No Dead Foods

Don't eat anything that comes

Eat Fresh Foods

Eat foods that come straight from

Law 2

packaged, bottled, tinned or canned

from a factory, such as chips,

the farm to the kitchen, such as

namkeens, snacks, vinegar, soya

fresh fruits, vegetables, grains, nuts

sauce, readymade sauces or dressings

and seeds.

No Sugar

Use Natural Sweeteners

Law 3

such as white sugar, brown sugar,

sugar-syrups, *khaand*,

such as fresh fruits, dates,

maple syrup, agave

jaggery, figs, raisins

Law 4

No White Rice

Eat Brown Rice

No oils

Use Whole Fats

Law 5

Olive oil, mustard oil, coconut oil,

Grated fresh coconut,

palm oil, refined oil, flaxseed oil, etc.

soaked nuts and seeds

No Refined Flours

Law 6

such as white flour, *maida*,

Use Whole Flours

semolina (*sooji*), etc

whole wheat flour (with *chokar*)

Use Fresh Green Chili

Law 7

No Red Chili or

or Black Pepper

Red Chili Powder

in limited amounts

*allowed only in few exceptional cases

20

Satvic Food Philosophy

Use Fresh Herbs

No Strong Spices

such as tulsi, curry leaves, coriander,

such as garam masala,

basil, lemongrass, oregano, rosemary,

Law 8

asafoetida (*heeng*), turmeric,

thyme, bay leaf.

black salt (*kala namak*), too much

ginger,

Some mild spices such as cardamom,

too much salt

cinnamon and cumin seeds can be

used in moderation

Use Rock Salt (*Sendha Namak*)

Law 9

No Iodised Salt

in limited amounts

Minimal Cooking

Eat most of your food raw. If needed,

No Excessive Cooking

cook only minimally, for the shortest

Nothing should be cooked too

duration possible

much or for too long, so as to

- Vegetables & grains can be

Law 10

destroy the natural composition

cooked

of that food.

- Fruits should not be cooked

Frying and over-cooking is

(no cooking tomato, coconut or coconut milk)

strictly prohibited.

- Sprouts should not be cooked
- Steaming is better than boiling. It preserves more nutrition

No Metal Pots & Pans

Use only Clay Pots & Pans

Law 11

for cooking

for cooking

Eat Less Grain, More Vegetables

Maintain a 70-30 ratio between

Don't Eat Much Grain

vegetables & grains. If your dish has

Wheat, rice, lentils, quinoa,

30% grains, combine it with at least

millets

70% vegetables.

Law 12

all come under the umbrella of grains. A satvic dish should not

If eating one composite chapati (pg

have too many grains, as they

73), eat with 2 bowls of Satvic sabzi.

are difficult to digest.

If eating 2 composite chapatis, eat

with 4 bowls of Satvic sabzi. If eating 1

bowl of brown rice, eat with 3 bowls of

vegetables.

21

Do Not Mix Multiple

Grains in the Same Dish

Eat Only One Type

It is difficult enough for our body to

of Grain at a Time

digest one type of grain at a time. If

If eating grains, eat with a sufficiency of

Law 13

we mix two or more grains together, it

vegetables, without mixing with another becomes even more difficult. So - grain.

- No rice with chapati
- Brown Rice with sabzi
- No daal with rice
- Composite chapati with sabzi
- No daal with chapati
- Quinoa with vegetables
- No multi-grain flour

No Unseasonal or Exotic Foods

Do not use ingredients that are out of season or are not locally grown in

Eat Foods that are

your country, as they tend to contain

Seasonal & Local

more chemicals to extend their shelf

Law 14

life.

Eat foods that are local to your

country and are in season. Seasonal

Ingredients such as blueberries, kale, fruits and vegetables tend to be swiss chard, hazelnuts, macadamia cheaper in price.

nuts are not local to India, so don't bother using them.

Use Soaked Nuts

Do Not Use Unsoaked Nuts

Always soak nuts for 6-8 hours

Law 15

Don't use or eat any nuts before before using. Before being soaked, soaking them in water.

nuts are in their dormant state

Adding water brings them to life and makes them digestible.

22

Satvic Food Philosophy

Do Not Eat Too Many

Consume Nuts & Seeds Sparingly

Nuts & Seeds

If you are trying to cure a disease,
Similar to grains, nuts & seeds
it is best to avoid them altogether.
and are difficult to digest and
Once you are cured, you may have

Law 16

therefore, should be only
them sparingly (about 5-7 a day).
consumed sparingly. If using
Bear in mind, we have already
nuts in a salad dressing, use only
added them to our salads and salad
the minimum amount required,
dressing recipes. If you are eating
for the sake of texture.
those, no need to consume nuts/
seeds separately.

Coconut Milk is superior to almond milk, cashew milk & other nut milks, Law
17

because coconut is easier to digest than other nuts. So, always prefer fresh
homemade coconut milk over other nut milks.

Law 18

No Soy Milk, No Tofu

Soya is very difficult to digest. It is an inferior quality of grain.

Coconut & Tomato Should Not Be Cooked Directly on Flame If adding fresh coconut, coconut milk or tomato in a recipe, add it towards the end, AFTER switching off the stove. You can let the coconut and tomato Law 19

warm from the steam inside the pot, but never cook them directly on flame.

This also means that after adding coconut, coconut milk or tomato to a dish, it should not be re-heated.

Law 20

In cooked recipes, **add salt and lemon towards the end**, not beginning. Salt and lemon should not be cooked on flame.

Do not add grains (such as wheat, rice, millet, lentil) to a salad Law 21

or soup. Salads and soups should be grain-free, unless they are being eaten as a grain meal.

23

Understanding Digestion

Essential to the maintenance of physical, mental and emotional health is the timely elimination of toxins that either enter the body or are created by it. Everything in nature follows a specific order

& timing. For example, the moon and the sun have regular cycles twelve months of the year; the four seasons are constant & prompt; seeds must sprout before they become plants; fruit trees must blossom before they bear the immature and then the ripened fruit. Our body is a part of nature.

Just like nature, our bodies too follow a specific order & timing. The correctness of this order &

timing determines our health.

YOU, YOUR WASHING MACHINE & CYCLES

- If you skip one or more of the mini-cycles,

Imagine you are a washing machine. And

your clothes will be less clean than you

this washing machine has three mini-cycles,

expect. You can blame this deficiency on

within each complete cycle:

your washing machine, but of course you

are responsible.

1. Fill and wash

2. Rinse

What does this have to do with the cycles of

3. Spin

digestion, absorption and elimination? Every

time you eat a meal, a significant portion of Similarly, the following mini-cycles are a part

your body's energy shifts from whatever it

of your body's functioning:

was doing, to digesting the food that has

1. Digestion

entered your stomach. When your body

2. Assimilation

finishes digesting the food, it shifts its energy

3. Elimination

to absorption. Having completed that, the body's energy proceeds to eliminate waste. All

Let's take a look at what happens in a washing machine in regards to these mini-cycles: the body has finished absorbing or eliminating cycles:

your most recent meal. When you eat before the most recent meal has been "processed"

- If you allow the washing machine to completely, the body shifts its energy to address complete three mini-cycles, your clothes the new food. The residue of the most recent will be bright, clean and fresh.

meal is then left at the mercy of bacteria, yeast,

- If you stop the washing machine just mold, etc., and the result is the unnecessary production of waste, or, toxins in the body.

before the spin, the clothes remain soaking wet. When they dry, they remain Most of us constantly consume before it is time somewhat dirty from the retained water.

to nourish. Following are the most frequent

- If you stop the washing machine after responses to the question, “When do you decide to eat?”

it finishes the wash cycle, the clothes remain full of detergent and dirt.

- “The clock indicates that it is time to eat.”
- “I’m bored and have nothing else to do.”

Therefore:

- “Every time I see or smell food.”



Satvic Food Philosophy

None of these rationalizations justify the lesson that we must learn from life, and eating of excessive food. One should eat when when we heed it, we reap bountiful rewards. he/she feels true hunger, after the last meal has been digested, absorbed and eliminated.

LESSONS TO BE LEARNED

When you eat a new meal while your
What can you do to help your body follow the
body is still assimilating or eliminating the
right eating pattern?
previous meal, you stress and compromise

your body unduly, because it is aware that
Follow Intermittent Fasting (also called 16
it has not finished its task from the last meal
hour fasting) when you eat within a span of 8
yet has another job requiring immediate
hours, and fast for 16 hours every night. This
commencement. So, the body deals with
would give your digestive system not only
both meals incompletely, thus generating
adequate time to finish the cycles, but also
both excess stress and unnecessary waste.
adequate time to heal thereafter.

Most people (in so-called “advanced societies”)
For example, if you eat your dinner at 8pm,
have pounds of undigested waste stored in their
eat no solid food till 12 noon the next day. At
bodies. If you would simply stop eating, the body
12 noon, have your first solid meal of food. If
would be able to finish the work that it began.
you eat dinner at 6pm, eat no solid food till 10
am the next morning. Water and juices (such

Fortunately, the body is very efficient and
as coconut water, ash gourd juice) is allowed
resilient. It has a powerful will to live. It has
in your fasting cycle.

an incredible reserve of vital force to maintain
relatively good health even when you impede

When you do intermittent fasting, your body

it from fulfilling its natural functions. It usually will digest & absorb food within
5-6 hours

takes years of abuse to render the human

(depending on the quality of your food). Once

body incapable of rectifying the unhealthy

digestion is complete, what does it start

habits that have been imposed upon it.

doing? It starts healing. In the healing state, it

rebuilds old tissue, burns fat cells, fades away

old scars and cures your disease.

USING THIS MODEL IN YOUR LIFE

You can apply the cited model to the emotional,

We have made a video explaining the concept

mental and spiritual challenges you face. Many

of 16 hour fasting in detail. To watch it,
gifted people have recognized that healing
download the 'ScanLife' app on your phone
occurs in a void (the absence of everything).
and scan the QR code below.

You must leave enough space between events
to prevent the second event from running into,
over, around or through the first event. Finish
processing the first before you commence the
next – don't leave unfinished responsibilities
to commence new ones. This is a critical

[A](#) 25

Food Combining

Pairing food in the right way can make all the difference to our digestion. Even fresh, wholesome food, if paired incorrectly, can overwhelm the digestive system and cause indigestion, fermentation, gas, bloating, and the creation of toxins. This is why proper food combining is so important.

Foods are natural chemicals. For the sake of
food substance, the faster it passes through our
understanding, imagine your body similar to a
digestive system. Grains, nuts, seeds, dried fruits test tube in a laboratory. As in
other chemical are water-poor foods and hence take longer
experiments, reactions ranging from sedative

to digest. Fresh fruits, vegetables and juices to explosive can be created in our bodies,

are water-rich foods and digest and eliminate

depending upon the combination of elements.

quickly. For optimum health, at least 70% of our

The more ingredients there are in a meal, the

diet should be composed of water-rich foods.

greater the chance for a digestive explosion.

Note

ANALOGY

-

Legumes, nuts and seeds also take about 18

Imagine a highway. Three categories of vehicles

hours to digest.

can enter this highway –

-

Neutral vegetables (such as lettuce, celery,

spinach, coriander, cucumber) are quicker

1. Scooters

to digest than starchy vegetables (such as

2. Cars

potato, peas, pumpkin, cauliflower).

3. Trucks

Scooters are fast. They move quickly through the highway. Trucks are heavier and move very slowly. Cars fall somewhere in between - neither too slow, nor too fast.

This highway can be compared to our digestive tract. Scooters represent fruits – light and quick.

Cars represent vegetables. Trucks represent grains - heavy and slow.

On an average, fruits take about of 3 hours to digest and eliminate. Vegetables take a little longer - about 6 hours. Grains (such as wheat, rice, lentils, millets) take about 18 hours to digest, absorb and eliminate from our body. This explains why we often feel lazy and sleepy after eating too many grains, because all our energy goes into digesting it and little remains to keep us awake.

Of course these timings are just estimates to give us an idea. They vary from person to person,

age to age, but the point is - the more water in a

26

Satvic Food Philosophy

Six Laws of Food Combining

Now that we have learnt about the digestibility levels of different foods, let's understand the laws of food combining.

Restrict to eating grain only once a day

1 As stated before, grains (wheat, rice, lentils, legumes, millets, quinoa) take an average of 18 hours to digest, assimilate and eliminate from the body. If we eat grains twice, or thrice a day – a practice commonly observed amongst Indians– it means that even before our previous grain meal was digested, we give our body more to digest. Then, instead of finishing the digestion of the previous meal, our body shifts its energy to address the new food that has just entered the stomach. The residue of the previous meal is then left at the mercy of bacteria, yeast, mold, etc., and results in the accumulation of undigested food, or waste in the body.

DIFFICULT TO DIGEST COMBINATIONS

-

Lentil pancakes (cheela) for breakfast, rice for lunch, sabzi-roti for dinner

-

Poha (puffed rice) for breakfast, sabzi-roti for lunch, daal (lentils) for dinner

EASY TO DIGEST COMBINATIONS

-

Fruits for breakfast, Satvic sabzi-roti for lunch, salad for dinner

-

Fruits for breakfast, salad for lunch, Satvic cheela for dinner

-

Salad for breakfast, brown Rice and vegetables for lunch, fruits for dinner Note Children, athletes, and people engaged in rigorous physical work can afford to eat grains more than once a day, because their digestive powers are stronger than others.

Eat only one grain at a time

2

In our modern day, sedentary (always-sitting) lifestyles, it is difficult enough for the body to digest one grain at a time. If we give it two grains at once, it becomes even more difficult, and many a times, even impossible. So, eat only one grain at a time. If eating chapati, eat only chapati, with a sufficiency of vegetables. Don't eat rice and chapati in the same meal. If eating brown rice, eat only brown rice, mixed with a sufficiency of vegetables.

DIFFICULT TO DIGEST COMBINATIONS

-

Rice with chapati (wheat)

-

Rajma (kidney beans) with rice

-

Daal (lentils) with rice

-

Chana (chickpeas) with rice

27

EASY TO DIGEST COMBINATIONS

-

Brown Rice with Vegetables

-

Chapati with Vegetables

-

Sprouted daal (lentils) with salad

When eating grains, mix them with 3 times the vegetables 3 When making chapati, instead of using 100% wheat flour, use 50% wheat flour and 50%

vegetable (such as spinach, carrot, cucumber, beetroot, fenugreek, etc). The method of making composite chapati has been clearly explained later in this book. If eating one chapati, eat 2 bowls of vegetable (sabzi). If eating 2 chapatis, eat 4 bowls of vegetable (sabzi). Adding a sufficiency of vegetables to grains makes the grains easy to digest.

DIFFICULT TO DIGEST COMBINATIONS

-

3 chapatis with 1 bowl of vegetable

EASY TO DIGEST COMBINATIONS

-

1 composite chapati with 2 bowls of vegetable

-

1 bowl of brown rice with 3 bowls of vegetables

-

1 bowl of quinoa with 3 bowls of vegetables

Do not eat fruits & cooked food in the same meal

4 Fruits require different types of enzymes and acid secretions to be released by the stomach than cooked vegetables and grains. Fruits digest best by themselves or with “neutral” green vegetables. The “neutral” vegetables (such as lettuce, cucumber, coriander, celery, and kale) are so called because their starch and fat content is low and, thus, their digestion will not interfere with the digestion of fruit.

DIFFICULT TO DIGEST COMBINATIONS

-

Fruits & cooked vegetables in the same meal

-

Fruits & grains in the same meal

EASY TO DIGEST COMBINATIONS

-

Fruits alone

-

Fruits with neutral green vegetables

28

Satvic Food Philosophy

Don't mix sweet fruits with citric fruits

5 Sweet fruits (mangoes, bananas, *chikoo*, persimmons, etc.) should not be combined with citric fruits (oranges, mandarin, pineapple, lemons), since they require different digestive juices to be released by the stomach. It is best to eat similar kinds of fruits together.

Note Bulkier fruits like banana, coconut and avocado require more digestion time.

EASY TO DIGEST COMBINATIONS

-

Any one single fruit

-

Only Melons (Watermelons, Muskmelons, Honeydew Melons)

-

Apple, Pear and Peach

-

Berries (most)

-

Oranges and Mandarin

Don't drink while you eat

6 If you're eating solid foods, stick to solids; conversely, if you're drinking liquids, stick to liquids.

Drinking anything while eating dilutes the digestive juices, and causes indigestion. Let us explain how. As soon as we put food in our mouth, a digestive fire lights up inside the stomach to break it down. If we gulp down a glass of water immediately after eating, we extinguish that fire, which was necessary to digest the food. The undigested food rots and causes disease in the body. It is best to drink water at least 1 hour before or 2 hours after our solid meal. Once we start eating Satvic food, which is rich in water and low in spices & salt, we do not feel the need to drink water with or after meals. If drinking water becomes necessary while or after eating food, sip 2 sips of water & let it stay in the mouth for a while before swallowing it. You will not feel thirsty after that.

SURPRISING FACTS

-

There are 28 ingredients in an "average" cake mix bought from a store.

-

The conventional "festive-meal" in India includes more than 100 ingredients in

various combinations.

29

**How you eat is more important
than what you eat**

Recipes aren't all we need. Here are some simple life skills that can help us live and eat in a more pleasant way.

Eat 70% raw, 30% cooked

Always rest after a grain meal

1

2

If you take an apple & plant it in the ground,

Picture in your mind a portable mobile

you're going to get an apple tree. But if you phone power bank. If you plug in one

cook that apple, and plant it in the ground,

phone, all power in the bank will go towards

you won't get anything. Once you cook your

charging that one phone. It will be charged

food, it's dead. Nature has designed our body

quickly & efficiently. If you plug in 3

to take whole foods and eat them in their

phones simultaneously, the energy will get

raw, uncooked form. Every single creature on earth except humans, and the poor animals we've captured, eat a 100% raw diet. Some Health institutes around the world are putting a limited reserve of power when you wake people on a 100% raw diet and reversing even up every morning. Each action you perform third stage diseases (cancer, tumors, TB, etc). (breathing, talking, walking) takes up an amount of energy from this daily reserve. There is yet another advantage of eating raw food. We consume much less of the same amount of energy from this daily reserve. The greatest expenditure of energy occurs food when it is not cooked. Take cauliflower. in the work of food digestion. It takes upto 70% of your body's energy. If you perform of a raw cauliflower. But if it were cooked,the

another taxing task while your food is being
same person could easily eat the entire
digested, your body will not receive enough
vegetable. By eating uncooked food, we save
energy to digest food. Hence, the meal will
food, and time in preparing it. It is difficult to
be left undigested and in due course, set up
follow a completely raw lifestyle but make
serious diseases. Life cannot simultaneously
sure at least 70% of your diet is raw. This is carry out adequately more than one
great
possible if you eat not more than one cooked
activity - whether it's a physical activity or
meal a day, exactly how we've suggested
a mental one. We recommend taking a 30
in your meal plan (Pg 55). When preparing
minute nap, or rest after your grain meal.
cooked food, always cook on a low flame for
You need not rest after eating a light meal,
as little time as possible and try eating within
such as fruits or smoothies, as they require

3 hours of preparing. Never store cooked food
little energy to digest. If your job doesn't
in the refrigerator to consume the next day.
allow time to rest after lunch, eat a lighter
lunch and your grain meal at dinner.

*“Therefore, eat not anything which fire,
or frost, or water has destroyed. For
“Work and digestion must be kept
burned, frozen and rotted foods will
apart, so there may be no competition
burn, freeze and rot your body also.”
between them.”*

~ **Jesus, Essene Gospel of Peace**

~ **Acharya K. Lakshmana Sarma,**

Father of Nature Cure in India

30

Satvic Food Philosophy

3

lightness and presence of sufficient

Never overeat

digestive power to digest the new meal.

Those that disregard these rules and eat
Overeating is a curse. Immoderation in
while stools are stagnant in the bowels,
matters of diet—either eating too much in
are conservancy carts, carrying the
every meal or eating too often— leads to
foul refuse of three or four days eating
deterioration of health and reduces the span
or perhaps a great deal more. They are
of life. Always leave the table a little hungry.

welcoming serious diseases by doing
Many cultures have rules that tell you to
so. Unless the stomach – not the mind –
stop eating before you are full. In Japan, they
answers that it's ready for more food, do
say “eat until you are four fifths full.” Islamic
not eat. Most people eat for the two t's,
culture has similar rule. Germans say “tie off
that is, for the tongue and for the time.

the sack before it's full.” If you fill a blender Instead, we should eat for the third
t: the

till the top, would it be able to blend? No,
tummy. Convince your mind that it is ok
because it needs some empty space to twist
to skip meals. These mini-fasts can be
and turn the ingredients inside. Similarly, if very beneficial to your health.
Airplane

you fill your stomach till the top, will it be travels and other nutritional
wastelands

able to break down and digest your food? No,
are great places to eat less. Of course
because it needs empty space to release and
we advise this within reason. If you are
mix digestive juices with the food, and allow
underweight, consistent nutrition is
for the expansion and contraction of the
important. Please use good judgment.

stomach. Even wholesome food, if eaten in
excess, becomes toxic filth. That the minimum

“The body will never need medicine if food
food, the food that is needed for replacement
is never taken without making sure that the
of wasted body substance, gives the best

*stomach has digested what was given to it
result in health, is the conclusion arrived at by
before.”*

all the pioneers and their successors. On the

~ **Thiruvalluvar,**

other hand, every excess over this minimum

Great Indian Saint

lowers the health-level and provokes disease.

“And when you eat, never eat unto

Eat a light breakfast

5

fulness”... “give heed to how much you

have eaten when your body is sated,

If breakfast cannot be renounced

and always eat less by a third”

altogether, it should be a light meal,

~ **Jesus, Essene Gospel of Peace**

fruit, or salad, for example. This line of

reasoning surprises many Americans,

4

because they are taught from a young

Eat only when you're hungry

age that it's important to begin the day

with a hearty breakfast—the “breakfast of

Eating when not really hungry is just adding a

champions” approach. But from the yogic

load to the body it doesn't need. One should

perspective, when we first wake up, our

make sure that the following events have

digestive fire is not very strong; it's still been completed before eating a meal -
(1)

partly asleep, so our morning meal should

Emptying of the stomach indicated by the

be light. Before the white men came, the

elimination of the wastes, (2) Adequate time

rule was, at least for the Brahamanas,

for rest and recuperation for the organs

to go without food till noon, meanwhile

after elimination, (3) The feeling of bodily

doing all the day's work. Professors

31

taught, and pupils learnt their lessons on **Don't mix too much together**

7

an empty stomach, and there was a high level of scholarship. In one of our Vedic books there is a passage that says, “Take vegetable or grain, your body digests the water and do thy work”. Morning eating is food more easily and assimilates it better. also condemned in the Old Testament of the Bible. When eating fruit, try having similar types of fruits together – for example watermelons with muskmelons, apples with pears, strawberries with raspberries, since we have plenty of energy to digest by the time it’s noon. Supper, like breakfast, should be light, and we should not mix two different grains in the same meal. For example

finish the evening meal at least two hours

– don't mix rice with wheat. Instead,

before going to sleep.

eat rice with vegetables, or wheat with

vegetables. Don't combine raw and

“Sleep is not a hunger inducing process.”

cooked foods at the same meal, as they

~ **Dr. Dewey**

are broken down differently. Additionally,

if you're eating solid foods, stick to solids;

Always eat in a relaxed state

conversely, if you're drinking liquids, have

6

only liquids. Your stomach will be grateful

We are not machines. We are a

to you, because it will have just one thing

confluence of the body, mind and soil. We

to do; digestion will be much quicker and

should make sure to eat when our body

easier. Why? Because each food requires

and mind are relaxed; it's best not to eat

a different amount of time to digest and when we're upset, angry, agitated or in a hurry. Food eaten in such conditions will utilize different digestive juices from the stomach.

not be digested, because more of our vital

“Be content with two or three sorts of energy will get used to handle the mental foods, which you will find always upon stress, and less will remain to carry out the table of our Earthly Mother.”... “For the bodily functions, namely digestion.

I tell you truly, if you mix together all

What we don't digest often turns into *sorts of food in your body, then the bacterial fermentation, toxic filth or fat. peace of your body will cease, and*

Make sure you are seated and take the *endless war will rage in you.”*

time to enjoy your meal in a relaxed state with a good intention.

~ **Jesus, Essene Gospel of Peace**

Our Indian culture also certifies this

Eat neither too cold, nor too

8

principle. If someone dies in a family,

hot

cooking is prohibited until the dead

body is cremated because in the case of

The temperature of the food we eat should

tension and stress, the family member's

match the temperature of our own body.

food does not get digested.

Do not eat food that is too hot or too cold;

it affects the digestive system negatively. If

a food or drink is too hot or too cold, keep

“for all that you eat in sorrow, or in anger,

it on your tongue for 10-12 seconds before

or without desire, becomes a poison in your

swallowing it. The mouth neutralizes the

body.” ~ Jesus, Essene Gospel of Peace

temperature of anything that you leave

Satvic Food Philosophy

inside for that duration. All recipes in this **Chew, chew & chew**

10

book should be served at room temperature.

The rule is that one should chew each mouthful so well that food is broken into *“Shun all that is too hot and too cold. For small particles and becomes well mixed it is the will of your Earthly Mother that with the saliva of the mouth. Remember, neither heat nor cold should harm your the flow of saliva in the mouth depends body.”*

on how much you chew your food. That

~ **Jesus, Essene Gospel of Peace**

is, the more thorough the chewing, the more the saliva produced, the easier

Eat Seasonal, Regional and

it will be to digest food. The reverse

is equally true. In other words, food

Reasonable

which is thoroughly chewed is well
digested by the organs lower down.

Mother Nature is much smarter than us.

In eating by this rule, less is eaten in

There's a very specific reason as to why
more time; and so one cannot overeat.

She gives us certain foods in summer, and

not in winter, and vice-versa. When we

eat unseasonal fruits and vegetables, we

“Nature will castigate those who do not

tamper with her plan and this is what leads

masticate.”

to all diseases in the modern day. Also,

~ **Horace Fletcher,**

unseasonal fruits are highly contaminated

The Great Masticator

because they require enormous amounts

of chemicals and pesticides to be grown

out of their season. Secondly, eat regional –

food growing in your own country or area.

The universe has a place for everything and everything is best suited for where the universe puts it. Imported produce suffers from lengthy transport time and as a result, contains more preservatives to increase its shelf life. When something is produced in an area at the time when it is in season there, the cost of the food will automatically go down, hence making it reasonable.

“Eat not unclean foods brought from far countries, but eat always that which your trees bear. For your God knows well what is needful for you, and where and when.”

~ **Jesus, Essene Gospel of Peace**

33

CHAPTER 2

SETTING UP

A SATVIC

KITCHEN

In this chapter, we will discuss 6 topics -

1. Ingredients needed for a perfect Satvic kitchen
2. 8 essential tools for a perfect Satvic kitchen
3. How to use the tools?
4. All about vegetable sprouts
5. All about nut milks
6. Do's and don't's of recipe making

35

Ingredients Needed

for a perfect Satvic Kitchen

In order to make the Satvic recipes with ease, it's important to have a well-stocked Satvic Kitchen. Below we have given a list of all ingredients used in this book. We recommend that you buy fruits, vegetables and fresh herbs as and when you make the recipes, but buy all the dry ingredients in advance, in one grocery trip. You will be able to find most ingredients at your common grocery store, or online, on Amazon.

FRESH INGREDIENTS

Buy as & when you make recipes

1. FRUITS Make sure whatever you buy is seasonal & regional. Do not buy frozen fruits.

- Lemon
- Pear
- Peach
- Melons

- Orange
- Berries
- Papaya
- Mango
- Grapes
- Coconut
- Banana
- Sapota (*chikoo*)
- Apple
- Pomegranate
- Pineapple

2. *VEGETABLES* Avoid precut, prepackaged vegetables that have been sitting in plastic bags and containers for who knows how long.

- Ash Gourd
- Celery
- Pumpkin
- Bottle Gourd
- Parsley
- Cabbage
- Ridge Gourd
- Zucchini

- Peas
- Spinach
- Tomatoes
- Broccoli
- Lettuce
- Bell Peppers
- Green Beans
- Rocket leaves
- Beetroot
- Cauliflower
- Cucumbers
- Carrots
- Potatoes

3. HERBS Growing your own herbs is easy and economical. If you have more than you can use, just dry them and store in jars for future use.

- Coriander
- Curry Leaves
- Rosemary
- Mint
- Thyme
- Lemongrass

- Bay Leaf
- Oregano
- Basil

36

Setting up a Satvic Kitchen

DRY INGREDIENTS

Buy in advance

1. NUTS AND SEEDS Buy what you'll use within a month and store them in the refrigerator during the summer months. Always soak your nuts and seeds in water before using them.

- Almonds
- Peanuts
- Chia Seeds
- Walnuts
- Pumpkin Seeds
- Flax Seeds
- Cashews
- Sunflower Seeds
- Sesame Seeds
- Pistachios
- Poppy Seeds

2. SEEDS FOR SPROUTING We recommend eating sprouts of vegetable seeds,

instead of lentils, because vegetable sprouts are easier to digest. Seeds for sprouting are same as those used to grow the vegetable. You can find them at a nursery or online.

- Alfalfa
- Fenugreek
- Clover
- Radish

3. *GRAINS AND LEGUMES*

- Whole Wheat Flour
- Quinoa
- Brown Rice
- Moong Daal

4. *SPICES AND CONDIMENTS*

- Rock salt (*sendha namak*)
- Fennel seeds
- Cacao Powder
- Green chillies
- Cumin
- Cacao Nibs
- Fresh ginger
- Black pepper
- Carob powder

- Cinnamon
- Black salt
- Galangal
- Green cardamom buds
- Saffron strands
- Vanilla Powder

5. DRY HERBS You can easily find them at grocery stores.

- Dried Basil
- Dried Rosemary
- Dried Oregano
- Dried Thyme

6. SWEETENERS Remove all processed sugars from your kitchen & replace with natural ones.

- Dates
- Chemical Free Jaggery
- Raisins

37





8 Essential Tools

for a perfect Satvic Kitchen

It is truly a joy to have good kitchen equipment. I recommend that you start with the equipment that you already have, and then every few weeks, purchase one tool that you need.

1. Blender

A blender is needed for everything - soups, dressings, nut milks. The recipes in this book will work just fine with an average household blender. But, I recommend you to invest in a high-speed blender. It can make the silkiest sauces, smoothies, soups and creams in very little time. The two most popular high-speed blenders in the market are the Vita-Mix and the Blendtec. High-speed blenders are more expensive, but a great investment if you have any sort of culinary passion.

2. Juicer

You will need to drink lots of juices in your journey of following a Satvic diet. There are two main types of juicers:

1. Centrifugal Juicers

These typically utilize a fast-spinning metal blade that separates the juice from flesh via centrifugal force. The problem with centrifugal juicers is that the fast-spinning metal blade generates heat, which destroys the enzymes in the fruits and vegetables you're juicing, leading to a less nutritious juice.

2. Slow Juicers (also known as Cold press Juicers)

Slow Juicers extract juice by first crushing and then pressing fruit and vegetables for the highest juice yield. Because they don't produce as much heat, they keep more of the nutrients intact, leading to a high quality juice.

If you want to pack the most nutrients in your body as possible, buy a slow press juicer. There is a variety of slow juicers available in the market.

38



Setting up a Satvic Kitchen

3. Clay Pot

Cooking vegetables, sabzis or rice in a clay pot is much better than cooking in any kind of a metal pot. Clay is porous in nature, it allows moisture and heat to circulate through your food, and thus, retain its nutrition. Food cooked in a clay pot even tastes better. Our ancestors all used clay pots to cook their food. Clay pots are inexpensive and are easily available in local Indian markets, or online. If clay pots are not available, use stainless steel vessels (without nickel plating). Do not use

aluminum or non-stick cookware.

4. Clay Tawa

A clay tawa is essential for those who want to cook

chapatis. A chapati cooked on a clay tawa is much

more digestible than that cooked on a metal tawa, as it retains the nutrients. On the contrary, an aluminum tawa leaches metal particles into your body and leads toxic accumulation over time. Clay tawas are inexpensive and can easily be found in local Indian markets, or online.

5. Measuring Cups and Spoons

While recreating recipes in this book, make sure you use the exact amount of the ingredients mentioned so that you get the perfect taste of the recipes. These are available on Amazon.



6. *Nut Milk Bag or Muslin Cloth*

A nut milk bag is basically a specially shaped fabric bag, that you strain your blended almond or coconut

milk through, to remove any pulp that remains. A nut milk bag will help you achieve a smoother consistency of your coconut or almonds milks. This is available on Amazon. If you don't have a nut milk bag, a muslin

cloth will work just fine.

7. Julienne Vegetable Peeler

This is one seemingly gimmicky tool that I absolutely adore and highly recommend. A julienne peeler is

a type of vegetable peeler with a jagged edge that

allows you to create thin strips of vegetables for

salads. Try it with zucchini, carrots, radish, cucumbers, beets, apples and more. Using this tool saves a lot of time and prevents fatigue while cutting vegetables for salads. This is available on Amazon.

8. Spiraliser

A spiraliser is an inexpensive tool that turns fresh vegetables into noodles. As long as it's a hard fruit or veggie, you can spiralize it. Some great ones to

spiralise are ridge gourd, bottle gourd, zucchini,

beetroot, and cucumber. Spiralising is a sneaky

way to eat more vegetables. "I'm eating spiralised

noodles" is more exciting than saying "I'm eating a

salad". This is available on Amazon.







Setting up a Satvic Kitchen

How to use the tools?

*1. How to use a **Julienne Vegetable Peeler***

A. First, peel the vegetable

B. Peel the flesh, sliding the

C. Using the julienne peeler,
with a standard peeler. Then,

peeler away from you. Turn

you can effortlessly create

firmly hold the vegetable at an

and repeat until you can no

vegetable ribbons, and use

angle. Press the julienne peeler

longer peel comfortably.

them in salads or wraps.

against the vegetable.

2. *How to use a Spiraliser*

A. First, top and tail your

B. Twist the vegetable into

C. A great dish to make

vegetable and then insert it

the spiraliser (like a pencil

with the resulting noodles is

into the spiraliser. With most

sharpener). When you get near

zucchini spaghetti.

vegetables, you do not need

the bottom, use the cap (that

to use the cap at this stage.

comes with the spiraliser) so

that you don't injure yourself.



Your body needs

Vegetable Sprouts

What are vegetable sprouts?

Vegetable sprouts are the most concentrated forms of living foods. When you soak and germinate seeds of vegetables, after 3-5 days, a white tail emerges from them. The seed, along with the tail are called vegetable sprouts. The easiest ones to grow in India are alfalfa, clover, radish and fenugreek.

42

Setting up a Satvic Kitchen

Why Vegetable

When you apply water to seeds, the seed absorbs the water and swells to at least twice its size. Not only **Sprouts?**

does it swell in size, but it also swells in nutritional

- **Nutrition:** Vegetable sprouts are

content. Sprouts are 10 to 30 times more nutritious

one of the most nutritious whole

than the full grown vegetable. They are plants in

foods on the planet. They are

their baby stage. At this stage, they have the greatest high-frequency, high-vibration

concentration of nutrients than at any other point in their living foods that transfers their

life-force energy to you.

life. They are able to release these nutrients into our bodies because of their delicate cell walls.

- **Cost Effective:** Sprouted

seeds multiply 3-15 times their

weight. Grow organic food in

This makes sprout a true “super food”. They are one

your kitchen year round at a very

of the most LIVING FOODS in nature. Living foods are minimal cost.

foods that create new life when planted. That small

- **Organic:** No chemicals,

radish sprout has the life-force to grow a full-grown herbicide, pesticide or fungicide.

radish out of itself. This life-force is transferred to your You can trust that it's pure

body when you consume them. Think about this, when

because you are the grower.

you eat a sprout, you are eating the life-force energy

- **Easy:** Just add water. No

that is needed to create a full grown healthy plant.

special lights required. You can

grow half a kilo only in 9 square

inches of counter space in your

Sprouts have been used as a health food throughout

kitchen.

history. The Chinese have been using bean sprouts for

- **Freshness:** Pick and eat the

centuries, since 3,000 BC to be exact, and swear by

same day. No loss of nutrients.

their healing properties. During world War II, sprouts

- **Environment Friendly:** No

were eaten as a source of protein.

airplanes or fuel consumed to

deliver this food to you

Even Lord Jesus, in the Essene Gospel of Peace,

- Emergency Preparedness:

recommends sprouting and explains how to make

Sprout seeds last a long time

sprouted bread (also called Essene bread).

if tightly sealed and stored in a

cool, dry environment.

However, in India, people only know about lentil or

bean sprouts. Barely anyone knows about vegetable

sprouts. I learnt the concept of vegetable sprouts from Hippocrates Health Institute, where they are curing even third and fourth stage cancers by putting people on a raw food diet rich in vegetable sprouts.

43





Your body needs vegetable sprouts, not daal sprouts

Let's learn the difference between vegetable sprouts & daal sprouts.

Lentil & Bean Sprouts

Vegetable Sprouts

Difficult to digest

Easy to digest

Suitable for everyone

Suitable only for athletes,

children & manual laborers

These are the varieties that we

commonly recognize as sprouts.

However, sprouts of beans & lentils

Some of the following varieties

are difficult to digest. They are ideal

might seem new to you. Vegetables

for children, athletes & people who do

sprouts are much easier to digest

long hours of physical work. But they

than the sprouts of beans and grains.

should be avoided by those trying to

cure a disease or lose weight.

Common varieties

Common varieties

moong

red lentils

alfalfa

radish

green lentils

chickpea

clover

fenugreek





How to grow vegetable sprouts?

It's easy. Just 6 simple steps!

STEP 1 Rinse the seeds and

STEP 2 The following morning,

STEP 3 Tie the cloth tightly so

place them in a glass container.

drain out the water from the

that the seeds are contained in

Fill the container with filtered

container. Rinse one time and

a bundle.

water to cover the seeds plus

drain again. Put your seeds at an inch. Let your seeds soak the center of the cotton cloth. overnight.

STEP 4 Place this bundle in

STEP 5 Rinse the seeds with

STEP 6 At the end of the

a bowl and cover with plate.

fresh filtered water twice a day,

rinsing time, your sprouts will

Make sure your cloth is not in

one in the morning and once in

be long enough to eat. The

direct sunlight.

the evening, for 4-5 days.

sprouting time will vary from

seed to seed. Allow them to

dry completely before storing.

They can be stored in a covered

container in the refrigerator for

upto 5-7 days.

45

Sprouting Quantity Chart

Seed Type

Yield Amount

Rinsing Time

Alfalfa

1 tablespoon seeds = 1 cup sprouts

5 days

Clover

1 tablespoon seeds = 1 cup sprouts

5 days

Radish

2 tablespoon seeds = 1 cup sprouts

5 days

Fenugreek

1 tablespoon seeds = 1½ cups sprouts

3 days

Moong

½ cup seeds = 2 cup sprouts

3 days

Green Lentils

½ cup seeds = 2 cup sprouts

3 days

Sprouting FAQs

Where should I buy seeds?

How much light does it need?

You can order them online. They are also

Not much. You can keep them on your kitchen

available on our website satvicmovement.org

counter. You never want any direct sunlight

hitting your sprouts, otherwise, they will get too

Where should I store my seeds?

hot, cook and die.

Keep them cool and dry. Seeds are often sold

in plastic bags, which is fine if you plan on using

What kind of water should I use?

them in a few months. If you plan in keeping

Filtered water at room temperature.

them longer than that, transfer them to dry glass

containers with a tight sealing lid. Store in pantry **Where should I store my sprouts?**

at room temperature. If it gets too hot, keep

In the refrigerator in a covered container. Make them in the refrigerator if you have space. sure they are completely dry before you store them. They should last for 5-7 days.

What is the best place to grow sprouts?

Your kitchen counter. The temperature, humidity,

What if the sprouts develop mold?

lighting, and proximity to a water source makes Increase ventilation around your jars. A ceiling or your kitchen an ideal setting to grow your tabletop fan on “low” somewhere in the room is sprouts.

ideal.

What is the best temperature?

Between 17-22 degrees C (65 and 75 degrees F).



How to use vegetable sprouts?

Sprouts are great to use in salads because they instantly add crunchiness, flavor and nutrition to your meal. To make a fulfilling salad, use 30% sprouts, 30% vegetables, 30% leafy greens and 10%

toppings, such as coconut, nuts, seeds, homemade dressings (for the sake of taste and texture).

10%

30%

TOPPING

SPROUTS

grated coconut,

soaked nuts & seeds,

sprouts of alfalfa,

homemade dressings,

clover, radish,

dried fruits

fenugreek

30%

LEAFY

GREENS

spinach, coriander,

30%

lettuce, cabbage,

fenugreek leaves,

VEGETABLES

kale, celery

cucumber, tomato,

carrot, bell pepper,

beetroot, zucchini,

broccoli, peas,

green beans

47

All about nut milks

Nut Milk refers to non-dairy milks derived from plants or nuts, such as coconuts, almonds, hazelnuts, cashews or sunflower seeds. As you keep following this lifestyle, nut milks will become a staple in your kitchen.

How are nut milks made?

Nut milks are made from different types of nuts. First, nuts are soaked in water for 6-8

hours. Then, they are blended together with fresh water. The liquid that is strained from this mixture is the nut milk. In some cases, natural flavoring (for example - dates, cinnamon, etc) is added.

Which is healthiest nut milk?

Coconut milk. Coconut is easier to digest than any other nut milk.

How can I use nut milks?

Nut milks can be used as bases for smoothies, soups, curries, dressings and desserts.

How often can I consume them?

Most recipes in this book already include coconut milk. There is no need to drink nut milk separately. Nut milks are heavy.

Can I buy pre-packaged nut milks?

No. They are chock-full of preservative, thickeners, and artificial ingredients.

Note

- Use only raw and un-fried nuts, strictly no roasted nuts.
- Nuts must be soaked for at least 5-6 hours in fresh water. In case you are in a hurry, soak them in hot water for about 30 minutes.
- Always discard the water in which the nuts had been soaked.
- Do not make soy milk as it very difficult to digest.
- Make sure you never cook coconut milk directly on flame. Coconut milk is extremely nutritious but when cooked, it converts into cholesterol. Always add it towards the end after switching off the stove.





How to make coconut milk?

MAKES 2 CUPS

1. Take 1 cup of fresh dessicated coconut.
2. Combine it with 2 cups of water in a blender.
3. Blend until smooth.
4. Pour the mixture over a bowl covered with a nut milk bag or a muslin cloth.
5. Squeeze out the milk with your hand. You
6. Milk can be used immediately or stored in

can use the leftover pulp as a face scrub.

refrigerator for upto 1-2 days.

FOR MAKING ALMOND MILK,

Replace 1 cup dessicated coconut with 1 cup almonds, soaked in water for 5-6 hours.





DO's and DONT's of recipe making

1. Use exact measurements

Please use the exact measurements of the ingredients mentioned in the recipes, in order to get the right taste of the dishes. We often see people casually adding ingredients, without measuring them with measuring cups and spoons and as a result, they do not get the desired taste, consistency or texture. After a few months of following the Satvic recipes, you might remember the measurements, but please carefully measure the ingredients in the beginning.

DON'T USE THIS

USE THIS

DON'T USE THIS

USE THIS

50

Setting up a Satvic Kitchen

2. If making conversions, follow the conversion chart below

$\frac{1}{4}$ cup = 4 tablespoons

$\frac{1}{2}$ cup = 8 tablespoons

1 tablespoon = 3 teaspoons

1 pinch = 1/16 teaspoon

3. When using dry herbs, use less. Dry herbs are more concentrated. It's a 1:3 ratio. If using 1 tablespoon of fresh, use 1 teaspoon of dry.

4. Always **soak your seeds** in water before using. Nuts contain something called enzyme inhibitors, which make them hard to digest. By soaking them, these enzyme inhibitors are removed. The average soak time for nuts is 6 hours. You may soak them overnight.

5. For maximum health value, please stick to the recipes exactly. Do not increase the amount of grains, nuts or spices in a dish. The recipes have been created keeping in mind strict food principles to ensure fastest healing and maximum health.

51

CHAPTER 3

SATVIC

MEAL PLANS

It is not enough to eat some Satvic food every now and then. To see real results, you must bring a total shift in your diet & lifestyle. You must religiously follow the meal plan presented on the next page.

53

Choose your meal plan

Given below are three different meal plans.

The **blue plan** is for children below age 16 or people engaged in heavy physical work. In such cases, one can eat grains twice a day. The **yellow plan** is for those trying to heal a health problem, lose weight or maintain their health. It is also for people who are healthy, have no disease and simply want to maintain their health. In such cases, one should eat grains not more than once a day. The white plan is for fasting (eating no solid food). It should be followed in case of an acute disease - such as cold, cough, fever, sore throat or diarrhea. You can also

follow the white plan for 2-3 days every month, if you want to do a juice fast to detoxify your body.

Each meal plan consists of 5 meals

1. Pre-breakfast
2. Breakfast
3. Lunch
4. Mid-Meal
5. Dinner

Please Note -

-

You can adjust the timings according to your schedule. If you are following the yellow plan, make sure you follow 16 hour fasting. Make sure to give a 16 hour gap between your last meal and first meal. If you eat dinner at 7 pm, eat nothing till 11 am the next day. If you feel hungry in between the 16 hour fast, drink water or juices, but no solid foods.

-

Children (if healthy) or people doing heavy physical work (if healthy) do not need to do 16 hour fasting.

-

You may swap lunch and dinner in any of the plans if that is more convenient for you.

-

The recipes in this book have been structured according to the yellow plan, as it is suited to most people reading this book.

| WHITE PLAN | YELLOW PLAN | BLUE PLAN | RECOMMENDED FOR |
|--|---|---|--------------------------|
| FASTING | 1 TIME GRAIN | 2 TIMES GRAIN | |
| Cold, cough, fever, sore throat, diarrhea, inflammation or any acute disease | Those trying to lose weight, cure a chronic disease or maintain health | Children till age 16 or people doing heavy physical work (if healthy) | |
| Ash Gourd Juice or Coconut Water | Ash Gourd Juice or Coconut Water | Fresh Smoothie made of fruits & coconut milk | 9:00 AM Pre-Breakfast |
| Any Fresh Vegetable Juice | Fruit Meal Fresh Fruits or Smoothie or Satvic Salad | Satvic Salad or Fruit Meal Fresh Fruits or Smoothie Bowl | 11:00 AM Breakfast |
| Ash Gourd Juice or Coconut Water Light Fruit (if necessary) | Grain Meal Satvic Chapati with Satvic Sabzi or any dish from pg 71-89 | Grain Meal Satvic Chapati with Satvic Sabzi or any dish from pg 71-89 | 1:00 PM Lunch |
| Any Fresh Vegetable Juice | Ash Gourd Juice or Coconut Water or Herbal Tea | Coconut Water or Ash Gourd Juice or Fresh Fruits | 4:00 PM Mid-Meal |
| Ash Gourd Juice or Coconut Water | Satvic Salad or Satvic Soup | Grain Meal Satvic Chapati with Satvic Sabzi or any dish from pg 71-89 | 7:00 PM Dinner |

Satvic Meal Plans

RECIPES

FOR THE

REVOLUTION

Following is a collection of recipes complying to all 21 Satvic food principles.

There are soups, salads, smoothies, juices, main meals and different cuisines including Indian, South Indian, Thai & Italian. We hope you have fun on this exciting new journey of vitality, health & happiness.

57





1st meal

PRE-BREAKFAST

AST

Always start your day with something light and detoxifying. When we start a car, we don't immediately set it on fifth gear. We start with first gear and gradually move up to the fifth gear.

Same with our body. We should start our day with a detox juice. Then eat fruits for breakfast, a **REAKF**

grain meal for lunch & finish with a light dinner.

-B

PRE

1



PRE-BREAKFAST

Pre-breakfast is basically your morning detox juice. You can have this 1-2 hours after waking up. Make sure to maintain a gap of 2 hours between pre-breakfast and breakfast. When you drink a detox juice, it starts doing its work inside, that is, it starts cleaning your body. If you eat something immediately after the detox juice, the cleaning gets interrupted.

Below are the three options we suggest for pre-breakfast.

1st option (best option)

ASH GOURD JUICE

Ash gourd (*safed petha*) is one of the most detoxifying vegetables in Nature. When it enters our body, it starts to suck in all the toxins and when it leaves our body, it carries with it all the toxic waste. It is like a sponge in our digestive system. Many people tell that their stomach immediately gets cleared after drinking ash gourd juice.

Ash Gourd is easy to find at vegetable vendors. It belongs to the gourd family and is also called ‘winter melon’.

Don’t worry, the taste of ash gourd juice is not bitter at all.

In fact, it’s quite bland, like water.

INGREDIENTS

Ash gourd (*safed petha*)

METHOD

1. Remove the peel of the ash gourd and take out all the seeds from inside.
2. Cut it into pieces and juice it. Drink about 400 ml (1 glass) of this juice every morning.





2nd best option

ASH COCO JUICE

If for some reason you do not like the taste of ash gourd, or want to give it to children, you may mix the ash gourd juice with 50% coconut water.

INGREDIENTS

50% ash gourd juice

50% coconut water

METHOD

1. Mix the ash gourd juice with 50% coconut water.
2. Drink about 400 ml (1 glass) of this ash coco juice every morning.

AST

REAKF

-B

3rd best option

PRE

COCONUT WATER

Coconut is called “*Shree Phal*” in Sanskrit. It’s the only fruit which is given the title *Shree* in front of it, because of it’s healing properties. Coconut water is a natural laxative.

Make sure you only use fresh coconut water, not the prepackaged or bottled version. In case coconut water is not available in your country, you can drink the juice of any other fresh green vegetable - such as celery, cucumber, bottle gourd, spinach, etc.

INGREDIENTS

400 ml (about 1 glass) of coconut water

61



2nd meal

BREAKFAST

For maximum energy throughout the day, you should eat a light breakfast, consisting of water-AST

rich fruits or a pure Satvic salad. The philosophy of eating a heavy breakfast (recently brought about by the Western influence) is highly flawed. This culture came about food companies that wanted to sell cereal boxes. In the morning, our stomach is still busy digesting the last bits of **REAKFB**

our dinner. If we eat a heavy breakfast, the body shifts its energy to address the new food. The undigested dinner results in the production of waste, or, toxins in the body.



BREAKFAST

You should have your breakfast 2 hours after your morning detox juice (pre-breakfast). For breakfast, you can either have fresh fruits, a smoothie or the pure Satvic salad.

If you have fruits for breakfast, have salad for dinner. If you eat salad for breakfast, you may have fruits for dinner. It is important to maintain a balance between eating fruits and vegetables.

If you have diabetes, avoid sweet fruits (such as mango, pineapple, *chikoo*, banana) and stick to neutral fruits (such as melon and papaya).

1st option

EATING 1 FRUIT AT A TIME

It is best to eat only 1 type of fruit at a time. This is called

‘mono-eating’. It is easier for our stomach to digest 1

fruit, rather than many fruits, as each fruit requires a different type of digestive juice to be secreted by the stomach.

You can eat a plate full of any seasonal fruit, for example :

- melons (such as watermelon or muskmelon)
- apple
- pear
- pineapple
- orange
- papaya
- peach
- pomegranate

- berries

- guava

Just make sure whatever you eat is seasonal & regional.

Do not eat fruits imported from other countries.





2nd option

EATING 2 FRUITS

If you feel bored of eating only 1 fruit, you may eat two fruits together. If possible, mix same categories of fruits together. Below are points to keep in mind from the digestive point of view :

- mix melons only with melons
- do not mix sweet fruits (such as mango, chikoo) with citric fruits (such as oranges, pineapple, kiwi)

AST

REAKFB

3rd option

EATING 2 OR MORE FRUITS

If you feel bored eating only 2 fruits, you may eat

more than 2 fruits. It is not bad, but it is slower to digest compared to eating only one fruit at a time.

Even when eating multiple fruits, try to mix only

the same categories of fruits together. Do not mix

citrus and sweet.

65



4th option

SMOOTHIES

Occasionally, you may replace your fruit bowls with a smoothie. A smoothie with banana, coconut milk or dry fruits is heavier to digest than eating fruits alone. Hence, we suggest having it only occasionally in the healing stage. For those who are doing vigorous exercise and for children, it is quite good. To build a delicious smoothie, you need 4 components-1. Liquid component - Coconut milk, coconut water, watery fruits or drinking water 2. Base - Any fruit or vegetable such as banana, pear, melon, papaya, beetroot, carrots, spinach, lettuce, etc.

3. Sweetener - Sweet fruits such as mangoes, banana or dates.

4. Flavor - Herbs such as mint or basil, carob powder, cacao powder, vanilla powder, ginger, etc.

PIÑA COLADA SMOOTHIE

INGREDIENTS

SERVES 1, MAKES 500 ML

- 1 cup pineapple chunks
- 1 cup coconut milk
- ½ medium banana
- ¼ cup ice cubes
- 2 dates, seedless
- ⅛ teaspoon vanilla bean powder (optional) **METHOD**

1. Place everything into a blender and blend until smooth.

Serve.



Drink as an occasional treat!

BANANA DATE SHAKE

INGREDIENTS

SERVES 2, MAKES 700 ML

- 1½ cups coconut milk
- 3 bananas
- 6 dates, seedless
- 4 ice cubes
- ½ teaspoon cinnamon powder

METHOD

1. Place coconut milk, bananas, dates, ice and cinnamon into a blender and blend until smooth. Serve.

AST

REAKF

TROPICAL SMOOTHIE

B

INGREDIENTS

SERVES 1, MAKES 500 ML

- 1 cup coconut water
- 1 cup chopped spinach

- 1 cup chopped apple
- 1 cup mango chunks
- ½ teaspoon lemon juice

METHOD

1. Place all the ingredients into a blender and blend until smooth.
2. Let the smoothie cool in the refrigerator for about 20 minutes before serving.

Substitution : If mango is out of season, replace it with 1 cup chopped guava & 2 seedless dates.



5th option

PURE SATVIC SALAD

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

This salad is called the pure Satvic salad because it is the purest and cleanest salad amongst the other salads in this book. It does not contain any nuts, seeds, dressings, salt or lemon because ideally, a salad should be eaten with no condiments at all. Yet, this salad is flavorful (because of the coriander and coconut) and crunchy (because of the sprouts).

AST

INGREDIENTS

PRE-PREPARATION

SERVES 2

(optional) Prepare vegetable sprouts as explained on page 42.

REAKF

- 2 cucumbers, chopped

B

- 2 carrots, grated

METHOD

- 2 tomatoes, chopped
- 1 small green capsicum, chopped

1. Place all the ingredients into a large

- 1 cup coriander, chopped

mixing bowl. Toss everything together

- 2 big slices of coconut, grated

and serve.

For a boost

Note Make sure you use vegetable sprouts

- ½ cup vegetable sprouts (such as alfalfa, clover, radish, fenugreek).

should only be consumed by athletes or children, as they are harder to digest.



3rd meal

LUNCH

Our digestive power is the highest during noon and hence, we recommend that you eat your grain meal (heaviest meal of the day) during this time. On the following pages, there are grain recipes that you may have for lunch. Please remember the points below -

AST

1. Eat only one type of grain at a time. Do not mix more than one grain in the same meal.

So no chapati with rice, no rice with cheelas, no daliya with quinoa.

REAKFLUNCHB

2. Eat less grain & more vegetable. If you eat one bowl of grain, eat 3 bowls of vegetable.

3. After your lunch, take rest for 20 minutes, so that your energy gets fully diverted to digesting your food.

4. If you wish you can also eat your grain meal for dinner and soup/salad meal for lunch.







LUNCH

COMPOSITE CHAPATI

INGREDIENTS

- 50% wheat flour
- 50% any seasonal vegetable (such as cucumber, bottle gourd, beetroot, carrot, spinach, fenugreek (*methi*) leaves, coriander, pumpkin, ridge gourd (*tori*), ash gourd).

METHOD

AST

STEP 1 Take one cup of any seasonal

STEP 2 Combine them together. Use water if

REAKFLUNCH

vegetable (grated) & one cup of wheat required. Make a dough & divide it into balls.

B

flour.

Dip the balls in flour and flatten them.

STEP 3 Roll the balls with a rolling pin.

STEP 4 Heat a clay tawa on low heat and cook the chapati on it. Do not use oil or ghee.

To watch the full video,

download the app 'ScanLife' on

your phone and scan the QR

code on the right. [A](#) 73



INGREDIENTS

SERVES 2

Any 1 or 2 seasonal veggies such as -

- Ridge Gourd (*tori*)
- Bottle Gourd (*ghiya*)
- Pointed Gourd (*parwal*)
- Round Gourd (*tinda*)
- Pumpkin (*seetaphal*)
- Potato & fenugreek (*aloo-methi*)
- Potato & peas (*aloo-matar*)
- Potato & beans (*aloo-beans*)
- Potato & caulliflower (*aloo-gobhi*)
- Carrot & peas (*gajar-matar*)
- Caulliflower (*gobhi*)

Gravy

- 4 tomatoes
- 100 grams grated coconut
- ½ teaspoon rock salt
- 1 small green chili
- cumin powder, to taste
- 2 coins ginger





LUNCH

SATVIC SABZI

METHOD

1. Take any 1 or 2 seasonal vegetables. Soak
2. Peel & chop the vegetables. Add to a clay
in water for about 2 hours to reduce the
pot along with some water. Close the lid
impact of chemicals in the vegetables.
and let them cook in water until soft.

AST

REAKFLUNCHB

3. Meanwhile, prepare the gravy. Blend
4. Combine gravy with boiled vegetables.
together tomatoes, coconut, salt, chili,

Close the lid, switch off the stove & let the cumin and curry leaves until smooth.

gravy cook through the steam inside the pot for 10 minutes. Top with coriander & serve.

Note Do not re-heat sabzi after adding gravy. Coconut & tomatoes should never be cooked directly on the flame. .

To watch the full video,
download the app 'ScanLife' on
your phone and scan the QR
code on the right. [A](#) 75



GRAIN MEAL

SATVIC KHICHADI

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

The commonly made khichadi with lots of daal, rice, spices and oil is difficult to digest if you're living a sedentary lifestyle. It has few vegetables and lots of grains which makes it heavy. In Satvic khichadi, if we use 1 cup of rice, we use four times more vegetables. Why?

Because adding a sufficiency of vegetables to the grain makes the grain easier to digest.

AST

INGREDIENTS

PRE-PREPARATION

SERVES 3

Soak brown rice in water for about 3 hours.

REAKFLUNCH

- ¾ cup soaked brown rice

B

- 6 cups water

METHOD

- 1 cup finely chopped green

beans

1. In a pot, place the brown rice along with 6 cups of water. Let it cook on a low flame till it

- 1 cup grated carrot

turns soft (about 45 minutes). Keep stirring in

- 1 cup grated bottle guard

between.

- 1 teaspoon turmeric powder

- 1 cup finely chopped spinach

2. Add the beans, carrots, bottle guard and

- 2 small green chillies, finely

turmeric and cook for another 15 minutes.

crushed

Add more water if required.

- 1 cup chopped tomato

3. Add the spinach and green chillies. Stir well

- ½ cup coconut kernel, sliced

and cook for another 5 minutes.

and then blended in a blender

4. Turn off the stove. Add the tomatoes,

- 1 tablespoon rock salt

coconut and salt. Keep the pot covered for 5

- ½ cup chopped coriander

minutes.

Green Chutney (pg 90)

5. Top with coriander and serve with green chutney.



GRAIN MEAL

SATVIC DALIYA

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

The Satvic Daliya uses less grain and more vegetables. The ratio is 1:3 (1 cup grain to 3 cups vegetables). Why? Because grains are hard to digest. Our body has to spend a lot of time processing grains (about 18 hours). But when combined with vegetables, less grain goes inside the body, so it can spend less time digesting and more time healing itself.

AST

INGREDIENTS

METHOD

SERVES 2-3

1. Roast the broken wheat porridge lightly in a pan till **LUNCH**

- 1 cup broken wheat

it turns light brown. Then, take it out in a bowl.

REAKF

porridge (*daliya*)

B

2. Take another pan. Heat it on a medium flame. Add

- 1½ teaspoons cumin seeds

the cumin seeds and roast till they are dark brown.

- 1 cup green beans, finely

chopped

Add the beans, carrots and peas and stir well. Add

- 1 cup carrots, finely

the finely crushed green chilies and stir again.

chopped

3. Add 4 cups of water to the pan and let it come to

- 1 cup green peas

a boil. Then, add the roasted porridge to the pan.

- 2 small green chilies, very

Cover the pan and keep the stove on a medium

finely crushed

flame till the porridge absorbs all the water.

- 4 cups water

4. Once everything is cooked, turn off the stove. Add

- 2 teaspoons rock salt

rock salt and keep it covered for 5 minutes.

- Handful fresh coriander

5. Garnish with generous amounts of fresh coriander Green Chutney (pg 90)

and enjoy with green chutney. Eat within 3-4 hours of preparing it.

79





GRAIN MEAL

SPINACH CHEELA

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

In Satvic Cheela, instead of using only lentils, we use 50% lentils and 50% spinach. Why?

because lentils are difficult to digest for people living a sedentary lifestyle. Unless you're an athlete or a child in the growing stage, you should eat lentils sparingly.

INGREDIENTS

PRE-PREPARATION

MAKES 8-10 CHEELAS

Soak moong dal in water for about 3 hours.

AST

For the Cheelas

- 1 cup green split moong dal

METHOD

REAKFLUNCH

- 1 teaspoon rock salt

B

1. Combine the soaked moong dal, salt and

- 1 small green chili, chopped

chili in a blender and blend until smooth.

- 2 cups spinach purée*

Transfer the mixture to a bowl. Add the

For the Filling

spinach puree to the mixture and stir well.

- 4 carrots, thickly grated

2. Heat an iron pan (tava), sprinkle a little

- 4 tomatoes, chopped finely

water on it and wipe it off gently using a

- ½ cup grated coconut

muslin cloth. Pour a ladle full of the batter

- ½ cup coriander, chopped

on it and spread it in a circular motion to

- 1 teaspoon rock salt

make a thin circle. Cook on a medium

flame till it turns brownish-green in color.

Green Chutney (pg 90)

3. To prepare the filling, simply combine the

*2 ½ cups of chopped spinach,

carrots, tomatoes, coconut, coriander,

when blended, gives 2 cups of

microgreens and salt. Fill your cheelas

spinach puree.

with this filling, and serve immediately with

green chutney.



GRAIN MEAL

MOONG BOWL

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

A refreshing bowl which is fully raw. No ingredient in this recipe has been heated or cooked, thus preserving all the nutrition in the ingredients. It's easy to make and hence a great option when you don't have much time to cook.

INGREDIENTS

PRE-PREPARATION

AST

SERVES 3

Soak split moong dal in water for about 4 hours.

- ½ cup split moong dal with skin

REAKFLUNCH

- 1½ cup finely chopped fresh

METHOD

B

fenugreek (*methi*) leaves

- 1 cup finely chopped coriander

1. Place the moong dal, methi,

- 1½ cup diced apple

coriander, apple, grapes,

- 1½ cup chopped grapes

pomegranate, chia seeds, pumpkin

- 1½ cup pomegranate

seeds and sesame seeds into a large

- 2 tablespoons chia seeds

mixing bowl. Mix well.

- 2 tablespoons pumpkin seeds

2. Place all the flavoring ingredients into

- 2 tablespoons white sesame seeds

a small mixing bowl and mix well, so

they become infused together.

Flavoring

3. Add this flavouring to the rest of the

- 1 teaspoon grated fresh ginger

ingredients, mix well and serve.

- 2 tablespoons lemon juice

- 1 teaspoon rock salt

- 1 green chili, crushed
- 1/8 teaspoon asafoetida (*hing*)

83





GRAIN MEAL

COCO QUINOA BOWL

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

Technically, quinoa is a seed, but we classify it under the umbrella of 'grains' because it has the same digestibility level as grains. This recipe is delicious. The herbs - thyme and coriander come together to create an exquisite flavor.

INGREDIENTS

PRE-PREPARATION

SERVES 2-3

Prepare coconut milk.

AST

- 1 cup quinoa

METHOD

- 3 ½ cups water

REAKFLUNCHB

- 1 cup green peas

1. Wash the quinoa. Place it in a saucepan along with

- 3 cups chopped

2½ cups of water and let it cook on low flame till

cauliflower

the quinoa absorbs the water. Add more water if

- 2 small potatoes, diced

necessary.

- 1 teaspoon ginger, grated

2. In another saucepan, add 1 cup of water along with

- 1 teaspoon green chili,

crushed

the peas, cauliflower and potatoes and cook till soft to bite. Then, take out all the vegetables from the

- 1 tablespoon fresh thyme

or 1 teaspoon dried

pan and store the broth aside.

thyme

3. Add the vegetables to the quinoa. Stir well.

- 2 cups coconut milk

4. Add ginger, chili and thyme and stir for ½ a minute.

- 2 ½ teaspoons rock salt

- 1 tablespoon lemon juice

5. Switch off the stove and immediately add coconut

- ½ cup chopped coriander

milk, salt & lemon. Keep the pan covered for 5

minutes so the ingredients can cook using the steam

inside, not directly on the flame.

6. Top with coriander, stir well and serve immediately.

85



GRAIN MEAL

BARLEY BOWL

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

INGREDIENTS

METHOD

SERVES 3

1. Boil the $\frac{1}{4}$ cup barley seeds with $\frac{1}{2}$ cup

- $\frac{1}{4}$ cup barley dalia seeds

water until all the water is absorbed and

- 1 cup torn lettuce leaves

barley dalia is cooked.

AST

- $\frac{3}{4}$ cup torn spinach leaves

2. Steam the pumpkin and beetroot till soft.

- 1 cup chopped pumpkin

3. Add the lemon juice, thyme, oregano

- 1 cup chopped beetroot

and salt to the steamed pumpkin and

REAKFLUNCH

- 1 tablespoon lemon juice

B

beetroot.

- 1 tablespoon dried thyme

4. Mix the pomegranate with the cooked

- 1 teaspoon dried oregano

barley dalia.

- 1 teaspoon rock salt

- ½ cup pomegranate

5. To make the mint tahini dressing, blend all the ingredients of the dressing together

Mint Tahini Dressing

until smooth.

- 3 tablespoons homemade tahini

6. Mix the mint tahini dressing with the

- 1 tablespoon lemon juice

lettuce and spinach using a spatula.

- ½ teaspoon rock salt

7. In a serve bowling, serve the three

- 1 inch green chilli

components of the bowl separately i.e.

- ¼ cup mint leaves

the green leafy vegetables, the beetroot-

- ¼ cup water

pumpkin and the barley dalia.

Topping

8. Top with mint leaves and crushed

- ⅛ cup mint leaves, finely chopped

pistachio and serve.

- 1 tablespoon crushed pistachios



LUNCH

VEGETABLE TIKKI

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

These vegetable tikkis are made of only vegetables. We replaced potato with bottle guard to make the tikkis even lighter & more nutritious. They taste delicious paired with the chutneys.

INGREDIENTS

METHOD

MAKES 7 TIKKIS

1. To prepare the tikkis, add all ingredients,

Vegetable tikki

except for salt and bottle guard, to your

- $\frac{3}{4}$ cup bottle guard, finely grated

blender and blend till combined.

- $\frac{1}{2}$ cup cauliflower, chopped

2. Take out this batter in a bowl.

- $\frac{1}{8}$ cup green peas

3. Take the grated bottle gourd and squeeze

- 1/8 cup carrot, chopped

out the water from it.

OCCASIONAL

- 1 1/2 tablespoon flax seed, powdered*

4. Combine the squeezed bottle gourd with

- 1 tablespoon coriander, chopped

the batter.

- 1/2 tablespoon mint leaves, chopped

- 1 teaspoon green chillies, finely

5. Add salt to the batter right before rolling

chopped

the tikkis.

- 1/2 teaspoon cumin seeds

6. Divide the mixture into 7 equal balls, and

- 1 teaspoon lemon juice

flatten each ball to form a thin tikki. Roll

- 1/4 teaspoon rock salt

the tikkis in flax powder till they are evenly

- extra flax seed powder for rolling

coated.

*Flax seed powder is made by

7. Heat a non-stick pan (griddle) and cook

blending dry flax seeds in a blender.

the tikkis on a medium flame. Press them

using a spatula till they are fully cooked

Sweet Date Chutney (pg 91)

and turn golden brown from both sides.

Green Chutney (pg 90)

Do not use oil.

8. Serve hot with Sweet Date Chutney and

Green Chutney.



CHUTNEYS & DIPS

Here are three delicious chutneys to enhance the taste of your dishes.

- Green Chutney pairs well with all the Indian dishes - sabzi-roti, khichari, daliya and cheela.
- Date Chutney pairs well with the tikkis and cheela.
- Cheesy Mayo can be served with raw veggie sticks, salads and crackers.

GREEN CHUTNEY

INGREDIENTS

- 1 cup coriander leaves
- ½ cup mint leaves
- ½ cup unripe mango, roughly chopped

- 1 teaspoon cumin seeds
- 1 teaspoon rock salt
- 1 small green chili

METHOD

1. Simply blend all ingredients together in a blender.
2. Store in the refrigerator for 2-3 days.





DATE CHUTNEY

INGREDIENTS

- 1/3 cup water
- 10 dates, seedless
- 2 teaspoons lemon juice
- 1 teaspoon cumin seeds
- 1 teaspoon rock salt
- 1 small green chili

METHOD

1. Simply blend all the ingredients together

until smooth.

2. Store in the refrigerator for 2-3 days.

AST

REAKFLUNCH

COCONUT CHUTNEY

B

INGREDIENTS

- 1 ½ cups chopped coconut
- ¼ cup chopped coriander
- ½ cup water
- 1 coin ginger, chopped
- 2 tablespoons roasted chickpeas (*bhuna chana*)
- 2 tablespoons soaked tamarind water
- ¼ green chilli, chopped
- 1 teaspoon rock salt
- 1 teaspoon black mustard seeds
- 6-8 curry leaves

METHOD

1. Simply blend all the ingredients (except the mustard seeds and curry leaves) in a blender.
2. Dry roast the mustard seeds and curry leaves

and add them to the blended chutney from top.

3. Refrigerate the chutney for 20-30 minutes before use to get a refreshing taste.

91





4th meal (optional)

MID-MEAL

About 2-3 hours after lunch, you might feel like snacking. At this time, we suggest that you stick to fresh juices. No namkeens, no biscuits, no chips. If fresh juices are not enough, you can have herbal tea, fresh coconut slices or a small piece of fruit.

MID - MEAL

1



MID-MEAL

During your mid-meal, you can repeat any of the juices from your morning detox juice, but make sure you take it out fresh again.

Juices are highly water-rich in nature. 70% of your diet should consist of water-rich foods. Juices cleanse your body by flushing out the waste in your intestines. While drinking juices, your body gets more of what it needs with less food. Introduce juicing as a culture in your life and you will see the benefits! Here are some juices you can drink in your mid-meal.

1st option (best option)

ASH GOURD JUICE

Ash gourd (*safed petha*) is one of the most detoxifying vegetables in Nature. When it enters our body, it starts to suck in all the toxins and when it leaves our body, it carries with it all the toxic waste. It is like a sponge in our digestive system. Many people tell that their stomach immediately gets cleared after

drinking ash gourd juice.

Ash Gourd is easy to find at vegetable vendors. It belongs to the gourd family and is also called ‘winter melon’.

Don’t worry, the taste of ash gourd juice is not bitter at all.

In fact, it’s quite bland, like water.

INGREDIENTS

Ash gourd (*safed petha*)

METHOD

1. Remove the peel of the ash gourd and take out all the seeds from inside.
2. Cut it into pieces and juice it. Drink about 400 ml (1 glass) of this juice every morning.





2nd best option

ASH COCO JUICE

If for some reason, you do not like the taste of ash gourd, or want to give it to children, you may mix the ash gourd juice with 50% coconut water.

INGREDIENTS

50% ash gourd juice

50% coconut water

METHOD

1. Mix the ash gourd juice with 50% coconut water.
2. Drink about 400 ml (1 glass) of this ash coco juice every morning.

MID - MEAL

3rd best option

COCONUT WATER

Coconut is called “*Shree Phal*” in Sanskrit. It’s the only fruit which is given the title *Shree* in front of it, because of it’s healing properties. Coconut water is a natural laxative. Make sure you only use fresh coconut water, not the pre-packaged or bottled version. In case coconut water is not available in your country, you can drink the juice of any other fresh green vegetable - such as celery, cucumber, bottle gourd, spinach, etc.

INGREDIENTS

400 ml (about 1 glass) of coconut water

95



4th option

FRUIT/ VEGETABLE JUICES

If you feel bored of drinking ash gourd juice and coconut water, you can give these fruit/vegetable juices a try. You can also make these if you decide to do a two or three day juice fast.

PINK POWER JUICE

SERVES 2, MAKES 600 ml

INGREDIENTS

- 3 cups chopped apples
- 1 cup chopped beetroot
- 2 cups chopped carrot
- 2 cups chopped cucumber
- 3 coins ginger
- 2 teaspoons lemon juice

Substitution You can replace apples with pears.

METHOD

1. Simply juice all the ingredients together.
2. Add the lemon juice from the top and serve.



GLOWING GREEN JUICE

SERVES 2, MAKES 600 ml

INGREDIENTS

- 2 cups chopped cucumber
- 1 cup chopped bottle gourd
- 1 cup roughly chopped spinach, tightly packed
- ¼ cup mint leaves, tightly packed
- 2 cups chopped apple
- 1 teaspoon lemon juice

METHOD

1. Simply juice all the ingredients together
2. Add the lemon juice from the top and serve.

Tip When juicing leafy greens like spinach and mint, alternate them with watery ingredients such

as cucumber and apples. This helps your juicer to keep things moving.

MID - MEAL

CLEAN CARROT JUICE

SERVES 2, MAKES 600 ml

INGREDIENTS

- 2 cups chopped carrots

- 3 cups chopped papaya
- 2 oranges
- 1 coin ginger

Substitution You can replace oranges with kinnow.

METHOD

1. Simply juice all the ingredients together and serve.



HERBAL TEA

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

This herbal tea is a replacement for the traditional Indian tea made using milk and tea leaves.

It helps get rid off tea addiction. It is made using a blend of herbs and natural flavors, without milk and tea leaves. You can use any fresh herb to make this tea - rosemary, curry leaves, tulsi, rose. We personally like lemongrass the most!

LEMONGRASS FLAVOUR

INGREDIENTS

METHOD

SERVES 2

1. Take a saucepan, add the water and bring it to a boil.

- 2-3 inches of lemongrass stems, chopped

2. Crush the lemongrass stems, cinnamon

- Cinnamon sticks, 2 inches sticks, cardamom buds & ginger in a mortar
- 6 green cardamom buds

and pestle. Add to the water and cover the

- ½ inch coin ginger

pan for 3 minutes, to let the flavors infuse.

- 2 cups water

3. Strain the tea through the strainer into cups.

- 1 teaspoon jaggery (optional)

4. If you like your tea sweetened, add jaggery

Substitution Instead of

from the top and serve.

lemongrass, you can use

rosemary, curry leaves, tulsi or

rose.



5th meal

DINNER

For dinner, have a light meal like a salad or soup. You can either have both (salad and soup) or only one (only salad or only soup), depending on your convenience. You may have fruits for dinner if you ate your salad meal for breakfast. You may have your grain meal for dinner if you ate your salad meal for lunch.

DINNER



SALAD

CARROT RAISIN SALAD

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

The ingredients are very simple & all easily available in any Indian Kitchen. The raisins, tahini and carrots combine together to create an absolutely yummy dish. Tahini is a paste made from sesame seeds and is easy to make at home. No store-bought tahini is required.

INGREDIENTS

PRE-PREPARATION

SERVES 2 AS MAIN MEAL

Prepare vegetable sprouts as explained on pg 42.

- 3 cups shredded carrots
- 1 cup homegrown vegetable

METHOD

sprouts (such as alfalfa, clover,

First, prepare the tahini.

DINNER

radish)

1. To prepare tahini, add sesame seeds to

- 2 tablespoon finely chopped

mint

a saucepan over medium heat and toast,

- ¼ cup soaked cashews,

stirring constantly until the seeds become

chopped

fragrant and very lightly colored (not brown), 3

- 3 tablespoons raisins (*kishmish*)

to 5 minutes. Careful, sesame seeds can burn

quickly.

Tahini Dressing

2. Once sesame seeds have completely cooled,

- 1 cup white sesame seeds or 4

add them to a small blender and blend until

tablespoons homemade tahini

a paste forms, about 30 seconds. The tahini

- ½ cup water

should be extra smooth, not gritty.

- 4 dates, seedless

3. To prepare the tahini dressing, place 4

- 2 tablespoons lemon juice

tablespoons of this homemade tahini into a

- 1 tablespoon powdered jaggery

blender, along with water, dates, lemon juice,

- $\frac{1}{4}$ green chili

jaggery, chili and salt. Blend until smooth.

- $\frac{1}{2}$ teaspoon rock salt

4. Place the carrots, sprouts, mint, cashews and

raisins to a large mixing bowl. Mix well. Pour

the tahini dressing on top and serve.



SALAD

CHEESY SALAD

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

We don't need to use real cheese to get a cheesy flavour in your salad. Simply blend soaked cashews with some flavouring and it tastes even better than Parmesan!

INGREDIENTS

PRE-PREPARATION

SERVES 2 (if served with a soup)

- Soak cashews in water for 6 hours.
- Prepare coconut milk.
- ½ cup cashews. soaked
- ¼ cup coconut milk
- ½ small green chili

METHOD

- 1 cup broccoli florets

1. Place the cashews, coconut milk and green

- 1 cup thinly sliced baby corn

chili into a blender and blend until smooth.

- 1 cup chopped red bell pepper

- 1 cup chopped yellow bell

2. Steam the broccoli and baby corn together for

pepper

about 5 minutes.

- 1 teaspoon rock salt

3. Pour the blended mixture into a mixing bowl.

- 1 tablespoon dried oregano

Add red bell pepper, yellow bell pepper,

leaves

steamed broccoli, steamed baby corn, salt

and oregano to the mixing bowl.

4. Mix well and serve.



SALAD

THAI PAPAYA SALAD

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

Papaya salad gets its inspiration from Thai Cuisine. This is a cleaner version of the dish, made using only fresh, wholesome ingredients. It is crunchy and amazingly delicious.

INGREDIENTS

PRE-PREPARATION

SERVES 2-3

Soak raw peanuts in water for about 3 hours.

- ½ small unripe green papaya

METHOD

- 1 large mango

DINNER

- 1 medium carrot

1. Peel the skin of the papaya.

- 2 medium tomatoes

2. Cut the papaya and carrot into thin long strips.

- ½ cup fresh coriander

You can use a julienne peeler to do this.

3. Also cut the mango and tomatoes into thin long

Peanut Dressing (makes ⅓ cup)

strips, using a knife.

- 2 tablespoons soaked peanuts

4. Place the papaya, carrot, mango, tomatoes and

- 1 tablespoon lemon juice

coriander in a large bowl and mix well.

- ⅛ small green chili

- ½ teaspoon rock salt

5. To prepare the dressing, place all the dressing

- 1 tablespoon jaggery

ingredients into a blender and blend until

- 2 tablespoons water

smooth.

6. Combine the dressing with the salad and mix

Topping

well.

- 1 tablespoon roasted peanuts,

7. Top with chopped peanuts for an extra crunch.

chopped

Tip The papaya used is not the soft, ripe and orangey Substitution When mango is not

in season, use a soft pear.

one, but the unripened green papaya, which is firm,

green on the outside and a pale yellowish color on

the inside.

107



SALAD

BEET ROCKET SALAD

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

This is a quick and simple salad that tastes wonderfully gourmet. Rocket leaves have a spicy, mustard-like flavor that is balanced out by the dates and beetroot.

INGREDIENTS

METHOD

SERVES 2

1. Chop the beetroot and steam it until soft.

- 2 small beetroot, peeled

2. Place the steamed beetroot into a large mixing

- 2 cups chopped spinach leaves

bowl, along with the spinach, rocket, coconut,

DINNER

- 1 cup chopped rocket leaves

walnuts and avocado (optional).

- 6 walnuts, soaked and crushed

3. To prepare the Middle Eastern Dressing, place

- ¼ cup grated coconut

all the dressing ingredients into a blender and

- ½ avocado, chopped (optional)

blend until smooth.

Middle Eastern Dressing

4. Pour the dressing over the salad, toss well and

- ½ cup chopped cucumber

serve.

- 4 dates, seedless

- ¼ cup coriander

Tip Add vegetable sprouts to the salad for

- 1½ tablespoon lemon juice

maximum nutrition (See page 42).

- ¼ teaspoon cumin powder

Substitution In case rocket leaves

are not available, replace them

with spinach leaves.



SALAD

ZUCCHINI SPAGHETTI

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

One of my favorite things to create in the kitchen are zucchini noodles. Using raw vegetables in place of conventional cooked pasta is a great way to eat more vegetables. Since this dish is raw, it loaded with nutrients and living enzymes. Serve with a fresh green salad for a satisfying meal that almost anyone will love.

INGREDIENTS

METHOD

SERVES 3 (if served with a soup)

1. To make the spaghetti sauce, place all the

Spaghetti Sauce

sauce ingredients in a blender and blend

DINNER

- 1½ cup cherry tomatoes

until well combined.

- 6 dates, seedless

2. To make the zucchini noodles, use a

- 1½ tablespoon oregano

vegetable spiraliser (See page 41) and

- 3 tablespoons fresh basil leaves or

make spaghetti-style noodles.

1 teaspoon dry basil

3. Right before serving, stir the spaghetti

- 1½ tablespoon lemon juice

sauce through the zucchini noodles. Do not

- 2 teaspoons rock salt

combine the sauce and zucchini too much

Zucchini Noodles

in advance or the zucchini will release

water.

- 3 medium zucchinis

4. Top with cashews, sun-dried tomatoes,

Topping

cherry tomatoes and basil. Serve.

- 1 tablespoon crushed cashews

- 1 tablespoon thinly sliced sun-

dried tomatoes

- 8 cherry tomatoes, cut into halves
- ¼ cup basil leaves

111





SALAD

SWEET POTATO SALAD

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

INGREDIENTS

PRE-PREPARATION

SERVES 2-3

Freeze the tomatoes for about 40-50 minutes to get a refreshing salsa flavour.

- 1 medium sweet potato, steamed
- 2 cups lettuce leaves, torn into pieces
- 1½ cup broccoli, cut into florets

METHOD

- ¼ small red bell pepper,

thinly sliced & then cut half

For the salad

- ¼ small yellow bell pepper,

1. Peel the steamed sweet potato and

thinly sliced and then cut half

mash it using a fork.

DINNER

- 1 tablespoon dry rosemary

2. Add rosemary to the mashed potatoe

and mix well. Using your hand, shape

For marinating sweet potato

the mashed potatoes into small cubes.

- 1 tablespoon lemon juice

3. Mix all the marination ingredients

- ¼ teaspoon black pepper

together and dip the sweet potato

- ½ teaspoon salt

cubes in it till coated from all sides.

Tomato Salsa Dressing

4. Meanwhile, dip the broccoli florets in

water heated on a medium flame for

- 2 cups frozen tomatoes,

peeled & seedless

about 10 minutes.

- ¼ cup coriander

5. Combine the lettuce, bell peppers,

- 1 tablespoon chopped red bell pepper

steamed broccoli and marinated sweet

- ½ teaspoon roasted cumin powder

potatoes in a mixing bowl.

- ½ teaspoon lemon juice

For the dressing

- ½ green chilli, chopped

- ½ teaspoon rock salt

6. Blend all the dressing ingredients in the

- ⅛ teaspoon black pepper

blender. Don't blend it too much. Keep

it a little chunky. Refrigerate the dressing

Topping

for a refreshing taste before use.

- 2 tablespoons dry roasted almonds,

7. Pour the dressing on top of the salad.

chopped finely

Top with toasted almonds & enjoy!

113





COLD SOUP

PUMPKIN SOUP

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

*This pumpkin soup ticks all the boxes! Its rich, creamy and ultimately satisfying.
The rosemary*

*& thyme combine to create a unique flavor, which you may have never
experienced before.*

INGREDIENTS

PRE-PREPARATION

SERVES 2, MAKES 1200 ml

Prepare coconut milk.

Soup Base

METHOD

- ½ kg red pumpkin, with peel

DINNER

- 3 cups coconut milk

1. Chop the pumpkin into chunks. Do not take

- 2 tablespoons fresh thyme or 2

the peel off. Add it to a steamer and let it

teaspoons dry thyme

steam for about 20 minutes, until soft.

- 1 stem fresh rosemary or ½

teaspoon dry rosemary

2. Once the pumpkin has cooled, place it in a

blender, along with the coconut milk, thyme,

- 1 tablespoon rock salt

rosemary, salt and chili. Blend until smooth.

- ½ small green chili, chopped

3. Pour the soup into bowls, add the toppings

Toppings

from above and serve.

- 2 tablespoons pumpkin seeds

Tip Do not re-heat the soup because we should

- ½ red bell pepper, cut into strips

never cook coconut or coconut milk on the stove.

- ¼ small coconut, cut into strips

Tip Make sure you add rosemary and thyme

to this soup, since they carry all the flavor. In case fresh is not available, use their dried versions.



COLD SOUP

PAPAYA CORN SOUP

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

We use green papaya in this soup, which is simply the unripe versions of regular papaya.

Green papaya might sound unfamiliar in a soup, but it creates a beautiful symphony of flavors with the lemongrass, ginger and coconut.

INGREDIENTS

PRE-PREPARATION

SERVES 2, MAKES 1400 ml

Prepare coconut milk.

Soup Base

METHOD

- 3 cups peeled & chopped

DINNER

green papaya (approximately

1 small green papaya)

1. Steam the papaya until it is soft.

- ½ small green chili, chopped

2. Meanwhile, take a shallow pan and dry roast

- 2 teaspoons coriander seeds

the green chili, coriander seeds, ginger and

- 1 teaspoon chopped ginger

lemongrass together. Add ¼ cup water and

- 1½ tablespoons chopped

let them cook together for 2-3 minutes, till the

lemongrass stalks

flavors are soaked in.

- 2 ¼ cups water

3. Place this spice mixture in a blender along with

- 1½ tablespoon lemon juice

the steamed papaya, 2 cups water, lemon juice

- 2 teaspoons rock salt

and salt. Blend until absolutely smooth.

- 1 cup coconut milk

4. Right before serving, add coconut milk to the

soup. Stir well.

Topping

5. Top with corn and coriander and serve (Do not

- ¼ cup corn, boiled

re-heat before serving).

- ¼ cup chopped coriander

Tip The papaya used is not the soft, ripe and orangey one, but the unripened green papaya, which is firm, green on the outside and white on the inside.



WARM SOUP

SPINACH SINGHARA SOUP

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

This soup is a staple in my home. It's hearty and comforting. The coconut milk gives it a subtle sweetness and also helps to thicken it.

INGREDIENTS

PRE-PREPARATION

SERVES 2, MAKES 1400 ml

Prepare coconut milk.

Soup Base

- ½ kg spinach

METHOD

DINNER

- 3 cups water

1. Place the spinach and water in a pan. Heat on a

- ¾ cup *singhara* (water

low flame till the spinach is soft (about 15 minutes).

chestnuts) peeled and thinly

sliced

2. Puree this mixture using a hand blender, till smooth.

- 2½ teaspoons rock salt
- ½ teaspoon black pepper

3. Pour this blended mixture through a sieve to get

- ½ cup coconut milk

any stalks out.

4. Keep the blended mixture back on the stove, on a Garnish low flame. Add the thinly sliced *singhara* and keep

- microgreens (optional)

on a low flame for about 3 minutes.

- mary gold petals (optional)

5. Turn off the heat and add salt and pepper.

Substitution In case *singhara*

6. Right before serving, add the coconut milk to your is not available, use potato. soup and stir well.

7. Garnish with microgreens (optional) and serve. Do not re-heat the soup after adding coconut milk.



WARM SOUP

PEA CARROT SOUP

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

INGREDIENTS

METHOD

SERVES 2, MAKES 900 ml

Soup Base

Soup Base

1. Place the peas, carrots, potatoes, bay leaves,

- 1 cup fresh peas

ginger, and water into a pan, cover and cook

- 1 cup chopped carrot

on a low flame for about 15 minutes, until all

- ½ cup chopped potatoes

vegetables are soft.

DINNER

- 2 small bay leaves

- ½ inch coin of ginger, chopped

2. Remove bay leaves from the pan.

- 3 cups of water

3. Using a hand blender, puree the vegetables till

- 2 teaspoons lemon juice

smooth.

- 2 teaspoons rock salt

4. Add lemon juice and salt from the top.

Topping

- ½ cup fresh peas

Topping

- ½ cup chopped carrots, diced

1. Steam/boil the peas and carrots until soft.

- ¼ cup chopped coriander

2. Add the boiled peas, carrots and coriander

into the soup base. Stir well and serve warm.

Note Use only fresh peas (not frozen peas) and red winter carrots to make this soup.



WARM SOUP

BROCCOLI POTATO SOUP

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

This rustic broccoli & potato soup is the perfect winter warmer. It is so easy to make with just a few simple ingredients but it's full of flavour and hearty goodness.

INGREDIENTS

PRE-PREPARATION

SERVES 2-3, MAKES 1½ litres

Prepare coconut milk.

Soup Base

METHOD

- 2½ cups fresh broccoli,

DINNER

roughly cut

Soup Base

- 1½ cups potatoes, roughly cut

1. Heat a saucepan over medium heat. Add the

- 3 cups water

broccoli, potato and water. Cover the pot and

- 1½ teaspoons rock salt

let the vegetables cook for 20 minutes, or until

- 1 inch fresh ginger, grated

the potatoes are fork tender.

- ¼ teaspoon black pepper

powder

2. Add the ginger to the saucepan and let it cook

- 1 cup coconut milk

with the vegetables for another 3-4 minutes.

3. Remove the pot from the stove and use an

Topping

immersion blender to puree the vegetables.

- 1 cup fresh broccoli, roughly

cut

4. Add the salt and pepper and mix well.

- ½ carrot, cut into circles

5. Right before serving, add the coconut milk.

- ¼ cup fresh coriander,

Topping

chopped

6. Steam the broccoli and carrot until soft. Add to

- 1 tablespoon pumpkin seeds

your soup, along with coriander and pumpkin

seeds. Serve the soup warm.

123



WARM SOUP

TOMATO SOUP

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

In Satvic cuisine, we do not cook tomatoes. We always add them in the end, because tomatoes are rich in Vitamin C, which is a very delicate vitamin and gets destroyed easily when heated. Therefore, in this soup, we only blanch the tomatoes, to preserve their nutrition.

INGREDIENTS

METHOD

SERVES 1-2. MAKES 700 ml

1. Dip the tomatoes in hot water for 15 minutes.

- 8 medium tomatoes

Cover with a plate. After 15 minutes, peel off

DINNER

- ¼ cup chopped bottle gourd

their skin and take out the seedy part from

- ¼ cup chopped carrot

inside.

- ¼ cup chopped potato

2. Heat a saucepan over medium heat. Add the

- ¼ cup chopped red bell pepper

bottle gourd, carrot, potato, bell pepper and

- 1½ cups water

1½ cups of water. Cover the pot and let the

- ½ teaspoon dry rosemary

vegetables cook for 15 minutes.

- ¾ teaspoon rock salt

3. Add these vegetables and water to a blender,

- ¼ teaspoon black pepper powder

along with the peeled and de-seeded

- ½ teaspoon dry oregano

tomatoes and rosemary. Blend until smooth.

4. Mix in the salt, pepper and oregano. Serve.



WARM SOUP

CARROT CUMIN SOUP

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

INGREDIENTS

PRE-PREPARATION

SERVES 2, MAKES 1 litre

Prepare coconut milk.

Soup Base

METHOD

- 1 teaspoon cumin seeds

- 1 inch coin of ginger,

1. Heat a saucepan over medium heat. Add cumin

DINNER

chopped

seeds, ginger and coriander powder. Stir well

- ½ teaspoon coriander

and cook for one minute, till the spices become powder
fragrant.

- 2 cups chopped carrots

2. Add diced carrot and cauliflower florets to the

- 1 cup cauliflower florets

saucepan and cook for 5 minutes while stirring

- 3 cups water

occasionally.

- 1 bay leaf

- 1 cups coconut milk

3. Pour in the water and add the bay leaf. Bring to

- 2 teaspoons rock salt

a boil. Partially cover the pot with a lid, reduce

- ½ teaspoon black pepper

the heat to medium and simmer for 20 minutes.

4. Blend the ingredients in the saucepan using a

Topping

hand-blender.

- 2 tablespoons chopped

coriander

5. Add salt and pepper. Stir well.

- 2 tablespoons chopped mint

6. Right before serving, add coconut milk and stir.

7. Garnish with coriander, cashews and cumin seeds. Serve warm.

127





OCCASIONAL RECIPES

The upcoming pages include exotic and delicious recipes that you can make at Satvic dinner parties and inspire your friends and family to join you in this beautiful way of living and eating in sync with Mother Nature.

OCCASIONAL



COCONUT CHAAS

INGREDIENTS

SERVES 2, MAKES 750 ml

- 2 cups coconut milk
- 1 cup water
- ¼ cup mint leaves
- 2 ½ tablespoon lemon juice
- 1 teaspoon rock salt
- 1 teaspoon roasted cumin powder (bhuna jeera powder) **METHOD**

1. Place everything except the roasted cumin powder into a blender and blend until smooth.

2. Add the roasted cumin powder from the top. Stir well.

Let it cool in the refrigerator for a while and serve.

THANDAI

INGREDIENTS

OCCASIONAL

SERVES 3, MAKES 600 ml

- 8 almonds, soaked in water & drained
- 1 tablespoon fennel, soaked in water for 1 hour & drained
- 1 tablespoon poppy seeds, soaked in water for 1 hour & drained
- 1½ cups coconut milk
- ½ cup water
- 4 dates, seedless
- 1 teaspoon powdered jaggery

- 1/8 teaspoon rock salt
- 1/8 teaspoon black pepper

Garnishing

- chopped pistachio, saffron & dried rose petals METHOD

1. Place everything except coconut milk into a blender and blend until smooth.
2. Add coconut milk and blend again.
3. Let the drink cool in the refrigerator for a while. Garnish & serve.



OCCASIONAL TREAT

NO-COFFEE COLD-COFFEE

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

Every coffee-addict would agree that after drinking coffee, they feel instantly awake. You feel tired, gulp down a cup of coffee & become suddenly awake, but you have not suddenly become well rested & energetic. Coffee is a very strong stimulant. It brings us up and then suddenly dumps us down. Overtime, every cup of coffee makes your body weaker & weaker.

Here we have an unexpected substitute for coffee! It not just tastes like coffee, but even smells exactly like it. Even people from far away want to come and try it! Tell your friends that there's no dairy, sugar or coffee powder in their mugs, and they'll be busy guessing what's inside.

Bear in mind - you should have this coffee only occasionally (not more than once a week).

Although it matches coffee perfectly in taste and smell, it is still not a healing food.

INGREDIENTS

METHOD

OCCASIONAL

Coffee Powder

Method for making coffee powder

1. Take a pan & roast the chickpeas on a medium

- 100 gm chickpeas (*chole*)

flame. Continuously stir for at least 20 minutes, until the chickpeas become dark chocolately brown

Cold Coffee

all across. Keep stirring continuously, otherwise

SERVES 1

they may burn. Make sure they are dark chocolatey

- 1 cup coconut milk keep

brown, otherwise you will not get the coffee flavour.

in freezer for 3 hours

2. Let the chickpeas cool. Then, grind them finely and

- 3 dates, seedless

sieve them.

- 1 teaspoon coffee powder

3. Then, grind & sieve the leftover granules one more time. Repeat this procedure thrice.

4. Store the sieved powder in an air tight container in the fridge.

Method for making cold coffee

5. Place the coconut milk, dates & coffee powder in a blender & blend until smooth.

6. Pour in glasses and serve.



OCCASIONAL BREAKFAST

CHOCOLATE SMOOTHIE BOWL

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Breakfast

Blend cacao with some bananas, figs & nut butter and you'll have a delicious ice-cream like smoothie bowl ready. It is raw, unprocessed and the only sweeteners we use are fresh fruits.

TSAF

INGREDIENTS

K

PRE-PREPARATION

A

SERVES 2

- Take the banana, peel, slice and put in

E

the freezer for about 6 hours.

- 1 frozen banana
- Soak figs in water for about 3 hours.

- ½ cup chopped chikoo, fresh
- ½ cup chopped papaya, fresh
- 2 dry figs, soaked

METHOD

- 1 tablespoon homemade

1. Place the frozen banana, chikoo,

almond or peanut butter

papaya, figs, nut butter, cacao butter

- 2 teaspoons cacao powder

and coconut milk into a blender and

OCCASIONAL BR

- ¼ cup coconut milk (optional)

blend until smooth.

Topping

2. Pour into bowls and top with fresh seasonal fruits and nuts of your choice.

- any seasonal fruits & nuts

-

Tip Nuts and seeds are great to add texture to your bowl, but eat them minimally as they are water-poor in

nature. Focus on fresh, water-rich fruits
for your topping.

135





OCCASIONAL BREAKFAST

BLUSH SMOOTHIE BOWL

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Breakfast

I love the bright pink colour of this bowl. Get your kids involved in making it and they'll love watching the fruits blend together to create a yummy vibrant breakfast!

TSAF

INGREDIENTS

K

PRE-PREPARATION

A

SERVES 2

Take the bananas, peel, slice and put in the freezer **E**
for about 6 hours.

- 2 frozen bananas

- 3 chopped soft pears*

METHOD

- ½ cup chopped beetroot

1. Place the pears, beetroot and frozen bananas in a Topping blender and blend until smooth.

- any seasonal fruits & nuts

2. Pour into bowls and top with fresh seasonal fruits and **OCCASIONAL BR**

Substitution

nuts of your choice.

In case pear is not available,

-

use soft apples.

Tip

Nuts and seeds are great to add texture to your

bowl, but eat them minimally as they are water-poor

in nature. Focus on fresh, water-rich fruits for your topping.

-

Tip Make sure you use the soft variety of pears. They should sink in a little when pressed with your thumb.



OCCASIONAL BREAKFAST

SPINACH SMOOTHIE BOWL

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Breakfast

This smoothie bowl is delicious and simple, requiring just 10 minutes to make. It is raw and only made using fruits and vegetables.

TSAFK

INGREDIENTS

A

PRE-PREPARATION

E

SERVES 2

Take the bananas, peel, slice and put in the freezer for about 6 hours.

- 4 frozen bananas
- $\frac{3}{4}$ cup shredded coconut
- 2 cups of spinach

METHOD

- 4 dates, seedless

1. Place the shredded coconut, spinach, dates,

- ½ teaspoon cinnamon

powder

cinnamon, lemon juice and frozen bananas in a

blender and blend until smooth.

OCCASIONAL BR

- 2 teaspoons lemon juice

2. Pour into bowls and top with fresh seasonal fruits Topping

and nuts of your choice.

- any seasonal fruits & nuts

-

Tip Nuts and seeds are great to add texture to your bowl, but eat them minimally as they are water-poor

in nature. Focus on fresh, water-rich fruits for your topping.



OCCASIONAL BREAKFAST

MARIGOLD SMOOTHIE BOWL

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Breakfast

Who thought saffron could go well in a smoothie bowl? Well, pair with some papaya and you'll have a delicious & unique smoothie base.

TSAFK

INGREDIENTS

PRE-PREPARATION

AE

SERVES 1

Take papaya and banana. Peel, slice and put them in the freezer for about 6 hours.

- 1½ cup frozen papaya
- 1 frozen banana
- 3 dates, seedless

METHOD

- 6 strands saffron

1. Place the frozen papaya, banana, dates, saffron and

- ¼ cup coconut milk

coconut milk in a blender and blend until smooth.

Topping

2. Pour this smoothie base into bowls, and top with any **OCCASIONAL BR**

- any seasonal fruits & nuts

fresh seasonal fruits and nuts.

-

Tip Nuts and seeds are great to add texture to your bowl, but eat them minimally as they are water-poor

in nature. Focus on fresh, water-rich fruits for your topping.



GRAIN MEAL

THAI CURRY WITH BROWN RICE

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Lunch

An easy Thai curry, packed with vegetables to make a warm family meal. No need to buy prepackaged Thai curry paste when you can make it using all fresh herbs at your own home.

INGREDIENTS

PRE-PREPARATION

SERVES 3, MAKES 900 ml

Prepare thick coconut milk by blending 1

cup coconut with 1 cup water and then

Paste

straining it.

- ½ cup water
- 2 teaspoons coriander seeds

METHOD

- 2 teaspoons cumin seeds
- 1 inch coin galangal

1. To prepare the paste, add all the paste

OCCASIONAL

- 1 tablespoon powdered jaggery

ingredients to the blender and blend

- ¼ cup chopped lemongrass stalks

until absolutely smooth.

- 1 teaspoon lemon zest

2. Pour the paste in a pan and cook on a

- 12 kaffir lime leaves

low flame for 5 minutes.

- ½ teaspoon black peppercorns

3. Add the lightly boiled vegetables and

- 1 small green chillies

bell peppers to the pan, and stir well

for 5 minutes.

Curry

4. Switch off the stove. Add the coconut

- 3 cups lightly boiled vegetables (such

as carrots, broccoli, sweet potato,

milk, lemon juice and salt to the pan.

beans, baby corn)

Stir well. Do not cook coconut directly

- ¼ cup chopped bell peppers

over the stove.

- 1½ cup thick coconut milk

5. Crush the roasted peanuts, and add to

- 2 teaspoon lemon juice

the curry.

- 1 tablespoon rock salt

6. Serve with brown rice.

- 2 tablespoon peanuts, roasted and crushed

Substitution In case galangal is not

Brown rice, cooked

available, use fresh ginger.



GRAIN MEAL

MILLET UPMA

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Lunch

INGREDIENTS

PRE-PREPARATION

SERVES 3-4

-

Soak the millets in water for 2-3 hours.

- 1 cup millet (barnyard, proso or foxtail)
- 3 cups water
- 1 cup green beans, finely chopped

METHOD

AST

- 1 cup carrot, finely chopped
1. Dry roast the mustard seeds, cumin
- 1 cup peas
- seeds, green chillies, ginger and peanuts

- ¼ cup coriander, finely chopped

in a pot for about 5-8 minutes.

LUNCH

2. Then add curry leaves and roast for

REAKFB

Flavouring

another minute.

3. Add beans, carrots and peas to the pot

- 2 teaspoons black mustard seeds

and sauté with roasted spices for about 2

- 1 teaspoon cumin seeds

minutes.

- 2 teaspoons grated fresh ginger

4. Add 2 cups of water to the pot and cover

- 2 tablespoons peanuts, chopped

the lid to let the vegetables cook.

- 15-20 curry leaves

5. After 15 minutes, add the soaked millets

- 2 small green chilis, finely chopped

and asafoetida with one cup of water to

the vegetables and stir. Cover the lid and

- ½ teaspoon asafoetida powder

let the millets cook with vegetables for

- 2 tablespoons lemon juice

the flavours to come together. Add more

- 2 ½ teaspoon rock salt

water if needed. Let it cook till there's no

more water left in the pot and the millets

Garnish

are cooked with vegetables.

6. Switch off the stove and add lemon, salt

- ½ tablespoon peanuts, crushed

and coriander and stir well. Cover the lid

for another 2 minutes to let all the flavours

Coconut Chutney (pg 91)

come together.

7. Garnish with roasted peanuts and

coriander and serve with coconut chutney.



DESSERT

CHIA PUDDING

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

This pudding is super easy to prepare. Be sure to make this in advance so it has time to thicken up. Chia seeds were the food of the ancient Aztecs. They are great for post-workout.

Also, this pudding is fully raw!

INGREDIENTS

PRE-PREPARATION

SERVES 2-3, MAKES 500 ml

Prepare coconut milk.

- 1 cup coconut milk

METHOD

- 1½ tablespoon powdered

jaggery

1. Place coconut milk, jaggery, banana and salt

OCCASIONAL

- ½ ripe banana

into a blender and blend until smooth.

- 1/8 teaspoon rock salt

2. Pour this mixture over chia seeds and let them

- 2 tablespoons chia seeds

soak for about 2 hours on the kitchen counter.

- 1 cup chopped mixed fruits

(such as banana, mango,

The chia seeds will swell up and thicken the

grapes, pear, kiwi, orange,

mixture.

pomegranate, berries)

3. Add the chopped fruits to the chia seed mixture.

Place the pudding in the refrigerator for 30

Garnish

minutes before serving, to make it cold.

- edible flowers (optional)

- fresh seasonal fruits

Tip You don't need to plate this dish like I have

in the photo. You can just put in some fresh fruits

in your pudding and mix it all up. If you do wish to plate it, here's a tip: thinly slice your fruits using a sharp knife or mandolin, roll them up and place them on top of your pudding. I did so using an apple. If

you want to take it a step further, garnish with edible flowers such as pansies.

147



DESSERT

SATVIC KHEER

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

Can you imagine eating kheer that is healthy? No sugar, no milk, no ghee, just wholesome ingredients, straight from nature. Instead of fat laden pastries and cookies, serve your guests this healthy dessert. Tell them to guess what it's made of & I promise, they'll be surprised!

INGREDIENTS

PRE-PREPARATION

SERVES 4-5, MAKES 1 litre

Soak the almonds in water for about 6 hours. After soaking peel the almonds.

- 1 cup soaked almonds
- ½ cup quinoa

METHOD

- 3½ cups water

OCCASIONAL

- 6 tablespoons powdered

1. Place the quinoa in a saucepan with 2 cups of jaggery

water and bring to a boil. Then, let it simmer for

- ¼ teaspoon cardamom

about 45 minutes until the quinoa is fully cooked.

powder

2. Meanwhile, add the peeled almonds and 1½

- 20 strands of saffron (approx.)

cups water to a blender and blend until very

- ⅛ teaspoon rock salt

smooth.

Topping

3. Add jaggery, cardamom, saffron and salt and

- 1 tablespoon chopped

blend again.

almonds

4. Pour this mixture in a bowl, add the boiled

- 1 tablespoon chopped

quinoa and stir well. This is your kheer.

pistachios

5. Place it in a refrigerator for at least 30 minutes.

- 1 tablespoon raisins

The quinoa will swell up and the kheer will get a little thick.

6. Top it with almonds, pistachios and raisins and serve.

149



DESSERT

SATVIC GAJAR HALWA

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

INGREDIENTS

METHOD

SERVES 6

1. Place the grated carrots and saffron into a

- 4 cups finely shredded red carrots

pan and cook on a medium heat for about

30 minutes, till all the water is absorbed and

- 20 strands of saffron

carrots are soft.

- 1/3 cup powdered jaggery

2. Meanwhile, prepare date paste by blending

- 1 teaspoon green cardamom

dates and warm water together until

powder

smooth.

- ¼ teaspoon rock salt

3. Prepare the thick coconut milk by blending

- 1 teaspoon lemon juice

coconut & water together. Sieve the mixture

OCCASIONAL

through a nut milk bag / muslin cloth & keep

Thick Coconut Milk

the liquid to be used later.

- ½ cup dessicated coconut

4. Once carrots have cooked, reduce flame to

low. Add jaggery and date paste to the pan

- ½ cup water

and stir together for 30 seconds.

Date Paste

5. Switch off the stove. Add the thick coconut

milk, stir & immediately close the lid. Let the

- ½ cup chopped dates. seedless

coconut milk cook from the heat inside the

- ¼ cup warm water

pan, not directly on flame.

6. Add cardamom, lemon and salt. Stir.

Topping

7. Add almonds, cashews and pistachios. Stir.

- ¼ cup chopped almonds (soaked)

Serve warm.

- ¼ cup chopped cashews (soaked)

-

- 2 tablespoons chopped pistachios

Tip Use red carrots to make this halwa.

These carrots are available only in winter

-

Tip If you keep the halwa in the refrigerator

for 30 minutes before serving, it tastes even

better!



DESSERT

KULFI

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

Kulfi is a delicious Indian dessert. Many of us think that preparing ice cream at home is a difficult thing to do, but this recipe can be prepared within a few minutes, and you don't even need an ice cream maker for it. The base of this kulfi is made of cashew and coconut.

INGREDIENTS

PRE-PREPARATION

SERVES 2-3, MAKES 1½ CUPS

Soak the cashews in water for about 6 hours.

Kulfi Ice Cream

METHOD

- ½ cup soaked cashews
- 1 cup coconut malai

1. Place all the ice cream ingredients in a

OCCASIONAL

- ¼ cup jaggery, powdered

blender and blend until smooth.

- 4 dates, seedless

2. Pour the mixture into a shallow glass dish or

- $\frac{1}{3}$ cup coconut water

a steel container, and let it freeze for about 6

- 10 strands of saffron

hours in the freezer.

- $\frac{1}{8}$ teaspoon green

cardamom powder

3. Before serving, let the ice cream thaw on a

counter for 15-30 minutes, until it becomes

- $\frac{1}{8}$ teaspoon rock salt

soft enough to scoop.

Topping

4. Top with chopped pistachios and serve.

- 1 tablespoon chopped

pistachios



DESSERT

PEANUT BUTTER ICE CREAM

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

This dessert replaces conventional ice cream very well. It is ultra creamy, nutty, sweet, and just the right amount of savory. Ask your friends to guess the ingredients and they'll be surprised to know that it is actually healthy - no sugar, no cream and no milk!

INGREDIENTS

PRE-PREPARATION

SERVES 3, MAKES 1½ cups

Take the bananas, peel, slice and put in the freezer for about 6 hours.

For Making Peanut Butter

- 1 cup peanuts

METHOD

OCCASIONAL

For Making the Ice Cream

For making peanut butter

- 6 dates, seedless

1. Heat a pan, add the peanuts and reduce flame to low.

- ¼ cup water

Roast peanuts while continuously stirring for 4-5 minutes.

- 4 frozen bananas

2. Transfer peanuts to a blender and blend for 2-3 minutes,

- 1 tablespoon peanut

till you get a creamy butter. You will feel it'll never blend, butter

but be patient! The almonds will first convert into powder

- ½ tablespoon powdered

and then turn creamy. Do not add any water.

jaggery

For making peanut butter ice cream

- ⅛ teaspoon rock salt

3. Place the dates and water in a blender and blend till a Topping paste is formed.

- 1 tablespoon almonds,

4. Add the frozen bananas, peanut butter, jaggery and salt chopped to the date paste & blend again until smooth. Do not over

- 1 tablespoon date paste

(optional)

blend.

- few banana slices

5. Scoop out the ice cream into bowls. Top with almonds, date paste (optional) and banana slices and serve

immediately for a soft-serve style dessert.

155



DESSERT

SATVIC LADOO

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

INGREDIENTS

PRE-PREPARATION

MAKES 12 LADOOS

Soak the almonds in water for 5-6 hrs.

- 1 dry coconut (gola)
- 2 tablespoon almond butter*

METHOD

- 2 tablespoons powdered jaggery

1. Break the dry coconut into pieces

- 2 tablespoons soaked almonds, chopped
and then shred it finely.

- 2 tablespoons dry rose petals

2. Transfer the shredded coconut to

*How to make almond butter?

a high-speed blender. Blend until

OCCASIONAL

1. Soak 1 cup of almonds in water for 4-6
creamy, pausing to scrape down
hours.

the sides as necessary. You will

2. Drain out the water and dry roast the
feel it'll never blend, but be patient!
almonds in a saucepan over medium

The coconut will first convert into
flame for 5-7 minutes, stirring in between.

powder and then turn soft and
Let the almonds cool.

buttery. It usually takes 5-7 minutes

3. Transfer them to a high-speed blender.

of blending. If the mixture gets too
Blend until creamy, pausing to scrape
hot along the way, stop and let it
down the sides as necessary. You will
cool for a few minutes.

feel it'll never blend, but be patient! The

3. Add this coconut butter to a bowl, almonds will first convert into powder and along with the almond butter, then turn creamy. If the mixture gets too jaggery, chopped almonds & rose hot along the way, stop and let it cool for petals. Mix it well using your hands. a few minutes.

4. Shape this batter into small ladoos.

4. Transfer it to a jar. Store in the refrigerator

Garnish with dry rose petals and

for up to 1 week.

serve.



DESSERT

LEMON CHEESECAKE

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

One bit of this dessert and you'll never look at cheesecake the same way again. This cheesecake has no dairy, cheese or sugar! But be mindful that it does contain lots of cashews, so must be eaten sparingly.

INGREDIENTS

PRE-PREPARATION

SERVES 5

Soak the cashews in water for 5-6 hrs.

Cheesecake

- 1 cup cashews, soaked

METHOD

- 3 tablespoons powdered jaggery
- ¼ cup water

1. To prepare the cheesecake, blend all

OCCASIONAL

- 3 tablespoons lemon juice

ingredients in a blender. Pour in a pan.

Chill in freezer for 5-6 hours. Once

Lime Gel

frozen, remove from the pan and cut

- ¼ cup cashews, soaked

overnight

into squares, circles or triangles. Store in

- ¼ cup powdered jaggery

refrigerator until ready to serve.

- 4 medium leaves of spinach

2. To prepare the lime gel, blend all

- ½ tablespoon lemon juice

- ½ tablespoon lemon zest (zest is

ingredients until perfectly smooth. Pour in

prepared by finely grating the peel

a squeeze bottle and refrigerate.

of a fresh lemon)

3. To prepare the ginger crumble, quickly

Ginger Crumble

pulse the almonds in a blender. Mix the

- ½ cup almonds

rest of the ingredients by hand.

- ½ tablespoon jaggery powder

4. To assemble all components together,

- ¼ teaspoon ginger, grated

- pinch salt

sprinkle 3 piles of ginger crumble on a plate. Place a piece of cheesecake on

Garnish (optional)

top of each pile. Garnish with lime gel,

- microgreens

microgreens and edible flowers.

- edible flowers



SKIN CARE

ROSE CLEANSER

FOR FACE & BODY

BEST FOR

Everyday Use

Occasional Use

Most conventional soaps contain heavy fragrances, nasty parabens, dyes and other chemicals that don't belong on our skin. Our skin is our biggest detox organ so we don't want to coat or clog it with artificial chemicals. This 3-ingredient rose face cleanser is made using 100% natural, and edible ingredients. It takes under 5 minutes to make. It is good for all skin types - dry, oily and sensitive.

INGREDIENTS

METHOD

MAKES 1 BATCH

1. Blend all the ingredients together until you have a **SKIN CARE**

- 1 cup oats

powder. This is your cleanser. Store it in an airtight

- 10 almonds

container for up till 2 weeks.

- ¼ cup dry rose petals

2. When applying, take a spoonful of the cleanser in a small cup and combine it with some water to form a

paste.

3. Rinse your skin with running water. Apply a sufficient amount of the paste to your face or body, massaging

in a circular motion for 3-5 minutes to allow the granules to remove dead skin cells.

4. Finally, rinse off well. This makes your skin look and feels refreshed and healthy.

-

Tip Make sure that the powder in your container

does not come in contact with water, or otherwise, it may grow mold.

161





ABOUT THE AUTHOR

Subah Jain is a health educator from India, teaching people how to cure their chronic diseases through food, without medicines.

Subah discovered the healing powers of Mother Nature after curing her major health problems, including thyroid, hair fall and PCOD. Her quest to heal those around her brought her to Hippocrates Health Institute, Florida where she became a certified health educator. She also studied in various culinary institutes in California and developed exotic recipes that are both healing & delicious. Now, she is spreading this knowledge through her YouTube videos

and health seminars worldwide, as a non-profit social initiative to mankind.

To know more, [A](#)

download the app 'ScanLife' on your phone and scan the QR code above.

Document Outline

- [Cover](#)
- [Index](#)
- [Chapter 1: Satvic Food Philosophy](#)
 - [What does Satvic mean?](#)
 - [4 Satvic Food Principles](#)
 - [21 Satvic food laws](#)
 - [Understanding digestion](#)
 - [Food combining](#)
 - [How you eat is more important than what you eat](#)
- [Chapter 2: Setting up a Satvic Kitchen](#)
 - [Ingredients needed for a perfect Satvic kitchen](#)
 - [Eight essential tools](#)
 - [How to use these tools?](#)
 - [All about vegetable sprouts](#)
 - [All about nut milks](#)
 - [DO's and DONT's of recipe making](#)
- [Chapter 3: Satvic Meal Plan](#)
 - [Choose your meal plan](#)
- [Chapter 4: Recipes for the Revolution](#)
 - [Pre-Breakfast Recipes](#)
 - [Ash Gourd Juice](#)
 - [Ash Coco Juice](#)
 - [Coconut Water](#)
 - [Breakfast Recipes](#)
 - [Fruit Bowls](#)
 - [Pina Colada Smoothie](#)
 - [Banana Date Shake](#)
 - [Tropical Smoothie](#)
 - [Pure Satvic Salad](#)
 - [Lunch Recipes](#)
 - [Satvic Chapati](#)
 - [Satvic Sabzi](#)
 - [Satvic Khichadi](#)
 - [Satvic Daliya](#)

- [Satvic Cheela](#)
- [Moong Bowl](#)
- [Coco Quinoa Bowl](#)
- [Barley Bowl](#)
- [Vegetable Tikki](#)
- [Green Chutney](#)
- [Date Chutney](#)
- [Cocount Chutney](#)
- [Mid-Meal Recipes](#)
 - [Ash Gourd Juice](#)
 - [Ash Coco Juice](#)
 - [Coconut Water](#)
 - [Pink Power Juice](#)
 - [Glowing Green Juice](#)
 - [Orange Carrot Juice](#)
 - [Herbal Tea](#)
- [Dinner Recipes](#)
 - [Salads](#)
 - [Carrot Raisin Salad](#)
 - [Cheesy Salad](#)
 - [Thai Papaya Salad](#)
 - [Beet Rocket Salad](#)
 - [Zucchini Spaghetti](#)
 - [Sweet Potato Salad](#)
 - [Soups](#)
 - [Pumpkin Soup](#)
 - [Papaya Corn Soup](#)
 - [Spinach Singhara Soup](#)
 - [Pea Carrot Soup](#)
 - [Broccoli Soup](#)
 - [Tomato Soup](#)
 - [Carrot Cumin Soup](#)
- [Occasional Recipes](#)
 - [Drinks](#)
 - [Coconut Chaas](#)
 - [Thandai](#)
 - [No-coffee Cold-coffee](#)
 - [Smoothie Bowls](#)
 - [Chocolate Smoothie Bowl](#)

- [Blush Smoothie Bowl](#)
- [Spinach Smoothie Bowl](#)
- [Marigold Smoothie Bowl](#)
- [Main-course](#)
 - [Thai Curry](#)
 - [Millet Upma](#)
- [Desserts](#)
 - [Chia Pudding](#)
 - [Satvic Kheer](#)
 - [Satvic Gajar Halwa](#)
 - [Kulfi](#)
 - [Peanut Butter Ice Cream](#)
 - [Satvic Ladoo](#)
 - [Lemon Cheesecake](#)
- [Skin Care](#)
 - [Rose Cleanser for Face & Body](#)