

RECIPE & HERBS



PREPARED BY GAIA KIN

3 DAY AYURVEDIC CLEANSE



Diet During the Active Cleansing Phase

The following recipes are used during the active cleansing phase of the detox because they are easy to digest and the spices and herbs support your Agni (digestive fire). This allows the digestive system to rest and efficiently absorb nutrients for nourishment, while also freeing up extra energy to support the body's natural detoxification processes.

In Ayurveda, it is believed that the energy, attitude, intention & feelings you have whilst cooking is infused into the food. This energy is then absorbed and digested into the person receiving it. So cooking with love, devotion, and kind energy is essential for optimal digestion.



Cleansing Tips

- ✓ Aim to eat a total of 3 meals a day, allowing 3 hours between each meal for optimal digestion. It is best to avoid snacking, but if you need a little something extra, you can enjoy a few almonds (preferably soaked and peeled), small handful of sultanas or stewed apples.
 - ✓ Eat enough to feel satisfied but do not overeat. It is also important that you do not feel deprived or stressed during the cleanse. Ensure you eat enough food that you feel grounded and at ease with the process.
 - ✓ Ideally, only kitchari is eaten at meal times, however if the monodiet is causing a sense of deprivation and stress, you can replace breakfast with either oat porridge or stewed apple. If sensitive to grains/beans then replace kitchari with Green Detox Soup.
 - ✓ Digestive fire is strongest at midday and weakest when the sun sets. Aim to eat an early dinner, preferably while still light.
 - ✓ Aim to drink at least 8–12 cups of room temperature, warm, or hot fluids each day. This is very important to help flush the toxins out of the body. Appropriate fluids include water or CCF tea. Take fluids between meals to avoid weakening digestion during meal times.
 - ✓ Optional: garnish your kitchari with Fresh Coriander Chutney (pitta) or Sesame Seed Chutney (kapha & vata) to support agni (digestive fire)
 - ✓ It is best to prepare your meals fresh each day, rather than eating leftovers. However, you can prepare all your food for the day in the morning and keep chutney garnishes in the fridge for a few days.
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Your Menu

Upon Waking

- Morning detox drink

Breakfast

- Kitchari (Otherwise oats porridge, stewed fruit or Green Detox soup)

Lunch & Dinner

- Kitchari (or Green Detox Soup if sensitive to grains/beans)

Drinks throughout the Day

- CCF tea
- Plenty of warm water

Optimal Chutneys

- Coriander chutney (all doshas, especially pitta)
 - Sesame seed chutney (kapha & vata)
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Your Herbs

During Active Cleanse

- Pitta: Triphala & Fennel Ark
- Vata: Triphala Ghritam & Ajwain Ark
- Kapha: Trikatu & Ajwain Ark

Following Detox - Rejuvenation for all Doshas

- Chyawanprash 1 tsp per day
 - Ashwagandha ½ tsp per day OR Rejuva-ton
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Tridoshic Kitchari

SERVINGS: 4

PREPPING TIME: 2 HOUR

COOKING TIME: 20 MIN

INGREDIENTS

- 2 tbsp Ghee or Oil
- 1 tsp Cumin seeds
- 1 Small onion (chopped finely)
- 2.5 cm Grated Ginger
- 1 tsp Seasonal Spice Mix or
Ingredients below
- 1 tsp Salt
- 1 cup Yellow moong dal
- 1 cup Basmati rice
- 6 cups water or 4 ½ for pressure
cooker
- Fresh Coriander & Lemon Juice

DIRECTIONS

1. Soak dahl & rice for 2 hours. Wash & drain ready for use.
2. Heat ghee on medium heat, using either a pressure cooker or a heavy-bottomed pot.
3. Sauté the cumin seeds in the ghee until the seeds pop.
4. Add onions & cook until golden.
5. Add seasoning, ginger & salt & cook for 1 minute
6. Add dahl & rice & mix well.
7. Add water & cover. If using a regular pot, cover and bring it to a boil on high heat. Then turn the heat down and let it simmer until both the rice and dahl are mushy. In a pressure cooker, cook for approximately 10 mins.
8. Garnish with fresh coriander & lemon juice

NOTES

If you don't have the seasoning mix (summer/spring or winter/autumn) then use ½ tsp turmeric powder, 1 tsp cumin seeds powder, ½ tsp fennel powder, ½ tsp black pepper powder.



Green Detox Soup

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 1 tbsp Ghee or Oil
- 1 tsp Cumin seeds
- 1 tsp Fresh Ginger
- 1 Small onion (chopped finely)
- 1 tsp Seasonal Spice Mix or ingredients below
- 2 Zucchini
- 2 cups Greens beans
- 2 cups Celery
- 1 cup Coriander or Parsley
- ½ Salt
- 4 cups Water or 2 ½ cups for pressure cooker
- Lemon Juice

DIRECTIONS

1. Roughly chop zucchini, green beans, and celery. Chop the celery into 1/2-inch pieces or less to eliminate stringiness.
 2. Heat ghee on medium heat, using either a pressure cooker or a heavy-bottomed pot.
 3. Sauté the cumin seeds in the ghee until the seeds pop.
 4. Add onions & cook until golden.
 5. Add seasoning, ginger & salt & cook for 1 minute
 6. Add all the vegetables & mix well
 7. Add water & cover. If using a regular pot, cover and bring it to a boil on high heat. Then turn the heat down and let it simmer until soft. Cook for approx. 20mins or 5mins in a pressure cooker,
 8. Roughly chop your fresh herbs, and set aside.
 9. Use a stick blender to blend the vegetables into a smooth puree. You can also use a regular blender to puree, but be sure to allow the soup to cool before blending, and/or leave room for steam to escape.
- (continued below)

DIRECTIONS

10. Add fresh herbs and salt, and blend a little more
11. Garnish with fresh coriander & lemon to serve.

NOTES

If you don't have the seasoning mix then use ½ tsp turmeric powder, 1tsp cumin seeds powder, ½ tsp fennel powder, ½ tsp black pepper powder)



Oats Porriage

SERVINGS: 2

PREPPING TIME: 0 MIN

COOKING TIME: 10 MIN

INGREDIENTS

½ cup Fine oats
1 ½ -2 tbsp Ghee or oil
2 cups Warm water
Sugar/honey (as per taste)
Handful Raisins or sultanas
1 pinch Cardamom powder
½ pinch Cinnamon powder

DIRECTIONS

1. Heat oil in a small saucepan over low flame. Add fine-oats & toast for 1-2 minutes until they turn light brown.
2. Add water and keep stirring (this helps to break the lumps).
3. Add cardamom and cinnamon powder and raisins. Keep stirring for another 3-4 minutes.
4. Cook on medium flame for another 4 minutes. Serve it warm.
5. Optional – Add raw sugar and cook for another minute (Good for vata) or honey to serve

NOTES

Kitchari is traditionally eaten three times a day during an Ayurvedic cleanse, but this simple oatmeal recipe is a good alternative, if preparing kitchari before breakfast is not realistic for you. This recipe can also provide a helpful break from the kitchari monodiet—which is especially important if you tend to tire of similar foods easily.



Stewed Apples

SERVINGS: 2

PREPPING TIME: 2 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- 1 Apple
- ½ tsp Cinnamon powder
- ½ tsp Cardamon powder
- 1-2 tablespoon water

DIRECTIONS

1. Peel and dice apples into fairly uniform pieces.
2. Place a small saucepan or skillet on low heat, and add water, apples, cinnamon and cardamon. Cook, stirring regularly, for 10 minutes or until the apples have softened. Add more water to the saucepan if needed.
3. Remove from heat and serve

NOTES

It is best to avoid snacking, but if you need a little something extra, you can enjoy this simple dish or eaten for breakfast as an alternative to kitchari if feeling deprived on this monodiet cleanse.



Morning Detox Drink

SERVINGS: 1

PREPPING TIME: 4 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- ½ tsp freshly squeezed lemon
- ½ tsp finely grated ginger
(remove outer skin)
- ½ tsp raw honey
- 1-2 cups water

DIRECTIONS

1. Allow ginger to steep in 1 cup of boiling water for 1-2 mins
2. Add 1 cup of room temperature water
3. Add lemon and honey

NOTES

Stir before you drink to ensure you also drink the grated ginger which acts as roughage to scrape clean the intestines.

Never add honey to boiling hot water, wait until warm, In Ayurveda raw honey is medicine, cooked honey is poison!



CCF Tea

SERVINGS: 1

PREPPING TIME: 0 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- 1 tsp whole cumin seed
- 1 tsp whole coriander seed
- 1 tsp whole fennel seed
- 3 cups water

DIRECTIONS

1. In a small pot, combine 1 teaspoon each cumin, coriander, and fennel seeds with 3 cups of water.
2. Bring to a boil, then reduce heat and let the tea simmer for 5 minutes.
3. Remove from heat, strain, and store in a hot flask and sip throughout the day
4. For a stronger brew, boil the tea for 10 minutes.

NOTES

Drink before, during, or after meals to encourage absorption and assimilation of nutrients.



Coriander Chutney

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 bunch fresh coriander leaves
and stems
- 1/4 cup fresh lemon juice
- 1/4 cup water
- 1/4 cup grated coconut
- 2 tbsp fresh ginger root,
chopped
- 1 tsp barley malt or raw honey
- 1 tsp natural mineral salt
- 1/4 tsp fresh ground black
pepper

DIRECTIONS

1. Blend the lemon juice, water and fresh coriander until the coriander is chopped.
2. Add the remaining ingredients and blend until it is like a paste.
3. Use sparingly. This chutney can be stored in a covered container in the refrigerator for up to one week.
4. For a silkier texture, use only the leaves and the tops of the fresh coriander stalks.

NOTES

This tridoshic recipe from *The Ayurvedic Cookbook* by Amadea Morningstar is very tasty and is especially useful for reducing excess pitta.



Sesame Seed Chutney

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- 1 cup roasted and ground sesame seeds
- 1 tsp cayenne pepper
- 1/4 tsp natural mineral salt

DIRECTIONS

1. Toast the white sesame seeds in a medium frying pan over medium heat for 2-3 minutes until nice and golden.
2. Move the sesame seeds around the pan every 30 seconds or so to make sure they're evenly toasted.
3. Remove from the pan and allow to cool (around 5-10 minutes).
4. Blend all ingredients together and garnish kitchari with about 1 teaspoon of the mixture.

NOTES

This tridoshic recipe from *Ayurvedic Cooking for Self-Healing* by Usha and Vasant Lad, is especially good for people with vata and kapha imbalance.

Kitchen Shopping List

Kitchari

- Ghee or coconut oil
- Cumin seeds
- Onion
- Seasonal Spice Mix (Summer/spring or Winter/Autumn) or turmeric powder, cumin powder, fennel seed powder, black pepper
- Salt
- Yellow moong dal
- Basmati rice
- Fresh coriander
- Lemon

Morning detox drink

- Lemon
- Fresh ginger
- Honey

CCF tea

- Coriander seed
 - Fennel Seed
 - Cumin Seed
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Kitchen Shopping List (Optional Items)

Alternative breakfasts

Stewed apple

- Apples
- Cinnamon powder
- Cardamon powder

Oats porridge

- Fine oats
- Sugar/honey
- Raisins or sultanas
- Cardamom powder
- Cinnamon powder

Chutneys

Coriander chutney

- Fresh coriander
- Lemon
- Grated coconut
- Fresh ginger
- Barley malt or raw honey
- Salt
- Ground black pepper

Sesame seed chutney

- Ground sesame seeds
- Cayenne pepper
- Salt

Green Detox Soup

- Ghee or oil
 - Onion
 - Fresh ginger
 - Seasonal Spice Mix (Summer/spring or Winter/Autumn) or turmeric powder, cumin powder, fennel seed powder, black pepper
 - Zucchini
 - Greens beans
 - Celery
 - Fresh Coriander or Parsley
 - salt
 - Lemon
-

Herbal Shopping List

- Pitta: Triphala & Fennel Ark
- Vata: Triphala Ghritam & Ajwain Ark
- Kapha: Trikatu & Ajwain Ark

All doshas:

- [Chyawanprash](#)
- [Ashwagandha](#) OR [Rejuva-ton](#)

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