

MARCH DIET TIPS

For the Northern Hemisphere



Gunas
(qualities)
cold, wet, heavy, dull,
slow, sticky, slimy,
dense, liquid, static

Balance with
lighter and rougher
qualities and the
tastes of
**pungent, bitter,
and a little
astringent**



LIGHTEN UP!
Enjoy clear broth soups filled with leafy greens. Spice it up! Start adding some cleansing juices and salads. If you have a lot of vata warm the juices and marinate/cook the salads. Lighten up to help your body transition into summer.



**Reduce sugar, gluten,
dairy, heavy grains,
heavy fats and oils.**



QUICK DIET TIPS	FAVOR
Tastes	pungent (spicy), bitter, astringent
Grains	lighter grains like corn, millet, rye, quinoa, brown rice, buckwheat
Dairy, fats, oils	lighter fats and oils in moderation like ghee, low fat yogurt, goat milk, sunflower oil, hemp oil, flax oil, coconut oil
Beverages	kombucha, dry wines, chai, ginger, black tea, cinnamon, clove tea, orange peel tea
Sweeteners	raw honey, raw maple syrup, molasses
Spices	cumin, cayenne, chilis, turmeric, ginger, mustard, tarragon, mexican spices
Nuts and Seeds	sunflower, sesame, caraway, filberts, pinons, pumpkin
Fruits	apples, all berries, all dried fruit, grapefruit, lemons, limes, papayas, pears, pomegranates
Proteins	all sprouted beans, adzuki, garbanzo, fava, kidney, lentils, lima, mung, split pea. Lean meat and fish like chicken, freshwater fish and turkey. Duck, eggs, lamb and ocean fish in moderation.

