

MAY DIET TIPS


For the Northern Hemisphere



Pitta & Kapha Dosha
Fire and water
Earth and Water

General Tips:
Lighten Up
Eat fresh & vital greens
Enjoy foraging for weeds and edible flowers

Balance with lighter, rougher, and when hot - cooler qualities and the tastes of **bitter, astringent, sour, and sweet**



EAT WEEDS!

- they are exceptionally nutritious as they pull nutrients from deep in the soil
- wild weeds are free and sustainable
- the increase in phytonutrients may reduce our risk for chronic diseases
- connect to nature and increase prana



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



QUICK DIET TIPS	FAVOR
Tastes	bitter, astringent, sour, and a little sweet
Grains	lighter grains like corn, millet, amaranth, quinoa, buckwheat
Dairy, fats, oils	lighter fats and oils in moderation like ghee, sunflower oil, hemp oil, flax oil, coconut oil, soaked flax, soaked chia seeds, avocados
Beverages	fennel water, dandelion tea, cardamom water, mint water
Sweeteners	raw honey, raw maple syrup, agave, coconut sugar
Spices	cardamom, fennel, cilantro, lime zest
Nuts and Seeds	sunflower, sesame, caraway, filberts, pinons, pumpkin
Fruits	all berries, lemons, limes, melons, mangos, papaya, kiwi
Proteins	all sprouted beans, adzuki, garbanzo, fava, kidney, lentils, lima, mung, split pea. Less meat, more tofu and beans in general.

