

JUNE DIET TIPS

For the Northern Hemisphere



Pitta Dosha
Fire and water

General Tips:

Keep it dry, mild, and nourishing.
Cool down and clear out with fresh, vital greens, and fruits
Stay hydrated

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



CHILL OUT WITH...

- aloe vera juice
- bitter greens and herbs like mint or cilantro
- cucumbers and limes
- fruits like sweet and sour berries, honeydew, mango, and watermelon
- coconut water
- swimming, moon bathing, and taking time to relax.



Juices and raw fruits provide quick boosts of energy and help you cool down hot headed emotions. Be careful not to disturb your digestion with too much cold or frozen food.

QUICK DIET TIPS	FAVOR
Tastes	bitter, astringent, and sweet
Grains	lighter grains like corn, millet, amaranth, quinoa, buckwheat, couscous, crackers, granola, wild rice, rice cakes, seitan, spelt
Dairy, fats, oils	lighter fats and oils in moderation like ghee, sunflower oil, flax oil, coconut oil, olive oil, primrose oil, walnut oil, soaked flax, soaked chia seeds, avocados, unsalted butter, soft and unsalted cheese, cottage cheese, goat's milk, goat's cheese, yogurt without fruit, ice cream in moderation
Beverages	fennel water, dandelion tea, rose tea, hibiscus tea, mint water
Sweeteners	date sugar, fruit juice concentrates, maple syrup, coconut sugar, sucanat, turbinado
Spices	fresh basil, cardamom, coriander, dill, fennel, mint, neem leaves, orange peel, parsley, peppermint, tarragon, saffron
Nuts and Seeds	soaked and peeled almonds, coconut, soaked flax seeds, buttered popcorn, pumpkin seeds, sunflower seeds
Fruits	all berries, lemons, limes, melons, mangos, papaya, kiwi
Proteins	adzuki, black, garganzo, kidney, lentils, lima, mung, dal, navy, pinto, split peas, tempeh, tofu, white beans, white chicken, egg whites, rabbit, shrimp, white turkey, venison

