

STEP 5: 3 MEAL OPTIONS

please choose a Meal Option below that will not cause stress or strain.

- **Kitchari** is your new best friend during the Vital SHC, and a staple for meal options.
- Kitchari is a complete protein and extremely healthy for your digestive tract.
- Eating a mono-diet allows your digestive tract to detox and then rebuild to a new healthy GI tract.
- **Remember to use plenty of ghee** in the cooking of each meal. Additionally you should put some ghee onto your ready cooked meal.

1. Nourishing Meal Option: Kitchari, steamed vegetables, other legumes, fruits & protein*

This is the most diverse Meal Option available to you on the VSHC. This is for people who are not so used to Ayurvedic food.

It's designed to be deeply nourishing even as you clear toxins out of the fat cells and escort them into your GI tract.

The base of this Meal Option is still kitchari, but if you need a change, you can substitute with a different small bean (lentils, whole mung beans, adzuki beans) and a whole grain cooked together into an easily digestible, porridge-like consistency.

To this kitchari base, you can add steamed vegetables or other gluten-free grains such as quinoa.

If needed, on this Meal Option you can add lean protein and/or eat 3-4 meals per day to keep your blood sugar and energy stable.

Fruit

If you wish to eat **fruits**, Ayurveda recommends that you always eat them separately from other foods. Additionally:

- Eat sweet fruits separately from sour fruits.
- Eat melons and bananas separately.
- Only eat all-fruit meals if you have stable blood sugar, and not everyday.
- An early dinner before sunset is the best time for an all-fruit meal.
- Fruit as an afternoon is also ok if you feel the need for a snack during this cleanse.

2. Revitalise Meal Option: Kitchari & steamed vegetables*

If you feel ready for a more limited variety of foods, you can try eating just kitchari and steamed vegetables or vegetable soup.

The Revitalise Meal Option is still nourishing in terms of giving you a multitude of minerals

and vitamins, but it is slightly more rejuvenating to the liver and other organs as it is simpler and easier to digest than that of the Nourish plan.

3. Transform Meal Option: *Kitchari only**

Please only attempt the Transform Meal Option if you have successfully done the VSHC before, if you have worked up to it in this cleanse or you are very comfortable with kitchari.

To maximise your cleanse and reap the most benefits, eat only kitchari, 2-3 meals a day.

This will be incredibly healing to your digestive tract and extremely detoxifying. When you eat a mono diet, your body can focus the energy that normally goes towards digestion to cleansing and healing other systems. This meal plan is a truly transformative option for both your body's detox process and your psychological relationship to food.

Always eat your largest serving of kitchari at midday, when your digestion is the strongest.

For dinner, eat early and eat a smaller serving.



KITCHARI (TRANSFORM MEAL) RECIPE

Serves 2.

- 2 Tbsp of ghee (inferior is coconut oil) - *use more ghee if you are doing the Vital Short Home Cleanse.*
- 1/2 cup of split yellow mung dahl
- 1/2 cup of white rice or red rice
- 2 tsp cumin seeds
- 2 tsp fennel seeds
- 5 Tbsp freshly grated ginger (to taste)
- 1tsp turmeric powder
- pinch of black pepper.
- 2-3 pinches of asafoetida (*optional*)
- 10 curry leaves
- 1 heaped tsp salt
- 1 whole onion (finely chopped) (*optional*)
- 1-3 garlic cloves (finely chopped) (*optional*)
- 4-8 cups of water (can be adjusted according to how long you soak for and desired consistency).

Method:

1. Wash mung and rice then Soak for 1-2 hours in water.
2. Strain mung & rice, add (approx. 8 cups of water) in a pot and cook. You may need to add more water as you go.
3. In a separate heavy-bottomed pan, add ghee on medium heat. Do this when the mung+ rice is nearly finished being cooked (after approximately 5-10 mins. This depends on heat and how long you soaked the dal and rice).
4. Saute cumin, fennel, curry leaves, fresh ginger and any other herbs (not powdered herbs) in ghee until the seeds start to pop.
5. Add onion & garlic (chopped finely) and cook until slightly golden.
6. Add *your "final spices"* to the pan - turmeric + pinch of black pepper + salt + hing and fry for less than thirty seconds.
7. Add pan-fried herbs to dahl and rice and mix well, infusing the spices in the dahl and rice.
8. Cook and continue to stir for a little while. You may need to add more water in for your desired texture.
9. Garnish with fresh lemon, black salt and fresh coriander.

Notes:

- Diarrhoea or inflammation in the gut - 2 parts rice, 1 part yellow mung
- If feeling depleted or constipated: 2 yellow mung, 1 rice
- Balanced state: an equal ratio of mung and rice.
- If having kitchari for dinner, best to not eat anything after (desert or milk) for full medicinal effect.
- Can add steamed vegetables or lean meat when not cleansing or for extra blood sugar support during a cleanse. (Although this isn't real kitchari).

***Add Additional Protein for Blood Sugar Balancing**

Feeling hungry, dizzy, moody, tired, nauseous, or uncomfortable? The body will not burn fat when it is under stress, so a major key during this cleanse is to **be sure you are feeling comfortable**. The best way to accomplish this is to keep the blood sugar balanced.

- If your blood sugar is imbalanced, add a little lean chicken or turkey to your meals.
- If you are crashing in between meals, make sure you are on the Nourish Plan, have a snack that is high in protein and plan to eat more protein at your next meal. Though the goal is not to snack, it can take some time to balance blood sugar to handle that much time between meals.
- It can take a few weeks to balance blood sugar, so there is no need to rush it during this cleanse. As I've mentioned, **at no time during your cleanse do we want you to feel like you are starving or suffering. It is important that your nervous system is calm.**

If this is your first time, I recommend that you begin with the Nourish Meal Option and, in future cleanses, work your way to the Rejuvenate and Transform. You will still benefit from a thorough detox if on the Nourish plan.