

# DoshaCoach :: Blissful Belly

## Days 13-16: Rejuvenate Phase Menu Planner

MEAL PLAN FOR REJUVENATE PHASE				
MEAL	DAY 13	DAY 14	DAY 15	DAY 16
BREAKFAST	Spice Churna Water with Lemon (or Lime) Juice	Spice Churna Water with Lemon (or Lime) Juice	Spice Churna Water with Lemon (or Lime) Juice	Spice Churna Water with Lemon (or Lime) Juice
SNACK	ACV Elixir	ACV Elixir	ACV Elixir	ACV Elixir
LUNCH	Spice Churna Water with Lemon (or Lime) Juice	Spice Churna Water with Lemon (or Lime) Juice	Spice Churna Water with Lemon (or Lime) Juice	Spice Churna Water with Lemon (or Lime) Juice
SNACK	ACV Elixir	ACV Elixir	ACV Elixir	ACV Elixir
DINNER	Spice Churna Water with Lemon (or Lime) Juice	Spice Churna Water with Lemon (or Lime) Juice	Spice Churna Water with Lemon (or Lime) Juice	Spice Churna Water with Lemon (or Lime) Juice



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## Days 13-16: Rejuvenate Phase Recipes

### Tapioca Pudding

- ½ c. tapioca pearls
- 2 c. organic light coconut milk
- 2–4 drops stevia
- OPTIONAL: handful of pistachios

### Oat Bars

- 15 chopped dates
- 1 handful of raisins
- 2 handfuls sunflower seeds
- 2 c. gluten-free rolled oats

### Chickpea Pesto

- 1 bunch basil
- 1 c. cooked chickpeas
- 2 cloves of garlic
- ½ bunch Italian parsley
- ¼ c. cashews
- juice of 1 lime
- 1 Tbsp. nutritional yeast

### Saffron Asparagus Risotto

- 1 shallot
- 1 c. of Arborio rice
- 1 bunch of asparagus
- juice of a ¼ lemon
- pinch of saffron

### Curried Parsnip and Collards Soup

- 1 yellow onion
- 3 stalks of celery
- 4 parsnips
- 2 granny smith apples
- ½ inch fresh ginger
- 1 tsp. garam masala
- 1 bunch collards

### Coconut Cilantro Indian Crepes

- ½ c. white basmati rice
- ½ c. split mung beans
- ½ c. coconut flakes
- 1 bunch cilantro
- pinch of cayenne

### Roasted Butternut Squash Salad with Pine Nuts and Arugula

- 1 medium sized squash
- 1 handful fresh rosemary or 1 Tbsp. dry rosemary
- ½ red onion
- 2 Tbsp. Dijon mustard
- ¼ c. pine nuts
- 1 bunch arugula
- 2 Tbsp. balsamic vinegar

### Salsa Verde

- 1 green bell pepper
- ¼ of a jalapeno
- 2 Tbsp. apple cider vinegar or lime juice
- 1 bunch cilantro
- 1 bunch parsley
- 2 dates
- ½ c. pumpkin seeds

### Asparagus Soup with Thyme

- 1 leek
- 1 handful of shiitake mushrooms
- 1 bunch of asparagus
- 2 yukon gold potatoes
- 1 c. roasted salted tahini
- 1 handful of spinach
- 1 Tbsp. fresh thyme
- OPTIONAL: 1 tsp. tarragon

