

DoshaCoach :: Blissful Belly

Days 9-12: Replace Phase Menu Planner

MEAL PLAN FOR REPLACE PHASE				
MEAL	DAY 9	DAY 10	DAY 11	DAY 12
BREAKFAST	Fermented Veggies Spice Churna	Fermented Veggies Spice Churna	Fermented Veggies Spice Churna	Fermented Veggies Spice Churna
SNACK	ACV Elixir	ACV Elixir	ACV Elixir	ACV Elixir
LUNCH	Fermented Veggies Spice Churna	Fermented Veggies Spice Churna	Fermented Veggies Spice Churna	Fermented Veggies Spice Churna
SNACK	ACV Elixir	ACV Elixir	ACV Elixir	ACV Elixir
DINNER	Fermented Veggies Spice Churna	Fermented Veggies Spice Churna	Fermented Veggies Spice Churna	Fermented Veggies Spice Churna



DoshaCoach :: Blissful Belly

Days 9-12: Replace Phase Recipes

Sweet Takra

- ½ c. organic whole milk yogurt or greek yogurt

Savory Takra

- ½ c. organic whole milk yogurt or greek yogurt

Coconut Yogurt

- 2 (14-oz) cans additive-free coconut milk
- yogurt starter
- 2 tsp. gelatin
- 2 Tbsp. maple syrup

Kapha Kraut

- 1 large cabbage head
- 1 onion
- 2 Tbsp. fresh ginger

Pitta Kraut

- 1 large head of cabbage
- 1 onion
- 2 Tbsp. fresh mint leaves (or 1 tsp. dried mint leaves)
- OPTIONAL: 1–2 c. of thinly sliced cucumbers, cilantro, fennel bulb, chard stems

Vata Kraut

- ½ head green cabbage
- ½ head red cabbage
- 1 medium onion
- ¼ c. fresh ginger
- 2 Tbsp. salt

Breakfast Kitchari

- 1 handful of raisins
- 1 c. split yellow mung dal or whole green mung beans
- 1 c. quinoa or basmati rice
- 1 Tbsp. fresh ginger
- 1 handful fresh berries
- ¼ c. seed milk (hemp, almond, etc.)
- OPTIONAL: chia seeds, flax seeds, or hemp seeds

Thai Kitchari

- 1 c. split yellow mung dal or whole green mung beans
- 1 c. quinoa or basmati rice
- 1 onion
- 1 stalk of celery
- 2 carrots
- ¼ c. fresh ginger
- ¼ c. dried coconut
- 1 handful of cilantro or thai basil
- juice of 1 lime
- OPTIONAL: green beans, bok choy, broccoli, cabbage, asparagus

Indian Kitchari

- 1 c. split yellow mung dal or whole green mung beans
- 1 c. quinoa or basmati rice
- 1 Tbsp. fresh ginger
- 1 onion
- 1 stalk of celery
- 2 carrots
- OPTIONAL: cauliflower, chard, broccoli, green beans, zucchini, peas

