

Late Winter/Spring - Quick Eating Guide

Balancing Mantra:

- **Warm** - Enjoy foods that are cooked, warm or hot; using ingredients with heating qualities
- **Dry**- Foods that are dry like leafy greens, cruciferous veggies. legumes, buckwheat, hard aged cheeses)
- **Light** - Lighten up with light/clear soups, salads, steamed or grilled veggies, light on the sauces.
- **Stimulating**- Including spices that really warm and stimulate, like black pepper, chillies, ginger, mustard,

Foods/Tastes to Enjoy:

Spring tastes/qualities to favor: bitter, pungent, astringent, easy to digest, and warm

Spring spices to favor: coriander, cardamom, asafoetida, fennel, mint, turmeric (late summer)

- **Pungent**- Peppers, chillies, onions, garlic, cayenne, black pepper, cloves, ginger, mustard, cumin, cloves, cardamom, turmeric, anise, cinnamon, oregano, thyme, mint, radish
- **Bitter**- Green leafy vegetables, green and yellow vegetables, kale, celery, spinach, cabbage, broccoli, sprouts, beets, zucchini, eggplant, turmeric, fenugreek, dandelion root, olives, coffee
- **Astringent**- Lentils, beans, grains (rye, buckwheat, quinoa), green apples, cauliflower, broccoli, artichoke, asparagus, turnips, pomegranates, cranberries, pears, dried fruits, turmeric, coffee, tea.

Foods to Avoid:

Cold, heavy, wet or oily, sweet, sour, or overly salty foods

Ice cream, heavy cream, dairy, sour foods and fruits, fried foods, avocados, bananas, sweet potatoes, pumpkin, red meat, salt, nuts, overly soft, sticky or gooey foods.

Tips for success...

Eat your greens - Greens are one of the most perfect foods for this season and chances are good you'll be craving them after a long winter. Salads with a warm element and steamed leafy greens are a great foundation for the late winter/spring diet!

Lighten up - Ayurvedic cleansing typically takes place during the spring and autumn seasons. Create a simple ritual of fasting, eating a lighter meal, or skipping a meal all together if you're feeling anything but light, clear and energized.

Spice it up for flavor- Cutting back on salt, fats and oils means that spices are a great go to in spring to add flavor to your foods! They also exactly what's needed to create balance! Nearly all spices are great for this time of year so experiment and enjoy!