

KAPHA PRAKRITI

GENERAL DIET PLAN

Light • Warm • Fresh • Stimulating • Regular

Kapha-supportive principle

For a Kapha-predominant constitution, traditional Ayurvedic dietary guidance generally favors light, warm, freshly prepared and moderately spiced foods, with appropriate variety and regular meal timing. The plan below is a general educational template and should be adapted to the individual.

DAILY MEAL TIMING

TIME	MEAL	GENERAL OPTIONS
6:30–7:00 AM	Morning drink	1–2 glasses warm or room-temperature water. Optional: ginger, cumin or cinnamon infusion.
7:30–8:30 AM	Breakfast	Choose one: light vegetable poha; vegetable upma; barley/oats porridge; moong dal chilla; or light idli with vegetable sambar.
10:30–11:00 AM	Optional snack	Choose only if hungry: a small portion of apple, pear, pomegranate or another lighter fruit; or a few roasted seeds.
12:30–1:30 PM	Lunch — main meal	2 soft chapatis or a serving of barley/rice + moong dal or lighter dal + 1–2 portions of cooked vegetables. Keep oil moderate.
4:00–5:00 PM	Evening snack	Warm herbal tea, roasted makhana, roasted chana, or a small portion of fruit if hungry. Avoid making snacking continuous.
6:30–7:30 PM	Dinner	Keep it lighter than lunch: vegetable soup, moong khichdi, light dal with vegetables, or vegetable dalia.
8:30–9:00 PM	Optional night drink	If desired, choose a light caffeine-free herbal infusion. Avoid heavy food close to bedtime.

KAPHA-FRIENDLY FOOD CHOICES

CATEGORY	PREFER MORE OFTEN	USE CAUTIOUSLY / LESS OFTEN
Grains	Barley, oats, millet, buckwheat, quinoa and lighter wheat preparations.	Large portions of very heavy, refined or overly dense grain dishes.
Vegetables	Leafy greens, bitter greens, cabbage, cauliflower, broccoli, okra, radish, beans and other light cooked vegetables.	Very oily, creamy or heavily fried vegetable preparations.
Fruits	Lighter fruits such as apple, pear, pomegranate and berries; choose ripe fruit in moderate portions.	Very sweet, heavy or large portions of dried fruit; excessive very sweet fruit.
Protein	Moong dal, lighter dals, legumes as tolerated, and other personally suitable lean proteins.	Large portions of heavy, fatty or very rich protein preparations.
Fats	Small, appropriate amounts of ghee or healthy oils.	Excessive ghee, cream, butter, fried foods and very oily meals.
Spices	Ginger, black pepper, cumin, mustard seed, turmeric, cinnamon and other warming spices as appropriate.	Very mild, bland meals eaten repeatedly; excessive salt and very rich sauces.

KAPHA PRAKRITI

PRACTICAL FOOD GUIDE

SIMPLE MEAL COMBINATIONS

MEAL	OPTION 1	OPTION 2
Breakfast	Vegetable poha + warm herbal drink	Moong dal chilla + cooked vegetables
Lunch	Barley/quinoa + moong dal + mixed vegetables	Soft chapati + dal + leafy vegetables
Snack	Roasted makhana + warm herbal tea	Roasted chana + a small portion of fruit
Dinner	Vegetable soup + dalia	Light moong khichdi + cooked vegetables

WHAT TO AVOID MAKING A HABIT

HABIT	KAPHA-SUPPORTIVE ALTERNATIVE
Skipping movement and remaining sedentary	Include regular movement and an active daily routine appropriate to your ability.
Heavy, oily or fried meals	Prefer lighter cooking methods and moderate use of fats.
Frequent sweets and sugary drinks	Choose whole foods and keep very sweet foods occasional.
Large portions and continuous snacking	Eat mindfully, keep portions moderate and snack only when genuinely hungry.
Very cold or heavy foods	Prefer freshly prepared, warm and lighter meals.
Very late, heavy dinner	Make dinner earlier and lighter than lunch when practical.

SAMPLE WEEKLY ROTATION

DAY	LUNCH	DINNER
Monday	Barley + moong dal + leafy vegetables	Vegetable soup + dalia
Tuesday	Soft chapati + dal + broccoli/beans	Light moong khichdi + vegetables
Wednesday	Quinoa + dal + cabbage/cauliflower	Vegetable dalia + soup
Thursday	Chapati + moong dal + mixed vegetables	Light khichdi + cooked greens
Friday	Barley + dal + okra/radish	Vegetable soup + dalia
Saturday	Chapati + dal + mixed cooked vegetables	Moong khichdi + vegetables
Sunday	Preferred lighter grain + dal + vegetables	Light soup-based meal or khichdi

Important: This chart is a general educational guide based on traditional Ayurvedic principles, not a personalized treatment diet. Prakriti, vikriti, age, activity, season, digestion, allergies, medications and medical conditions can change dietary needs. For therapeutic use, consult a qualified Ayurvedic practitioner and/or registered dietitian.

NOURISH. BALANCE. THRIVE.