

PITTA PRAKRITI

GENERAL DIET PLAN

Cooling • Hydrating • Fresh • Mildly Spiced • Regular

Pitta-supportive principle

For a Pitta-predominant constitution, traditional Ayurvedic dietary guidance generally favors fresh, hydrating, naturally cooling and moderately nourishing foods, with a preference for mild spices 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 room-temperature or mildly warm water. Optional: coriander–fennel or mint infusion.
7:30–8:30 AM	Breakfast	Choose one: oats/porridge with sweet fruit; soft poha; vegetable upma; moong dal chilla; idli with mild sambar; or rice porridge.
10:30–11:00 AM	Optional snack	Sweet ripe fruit such as pear, melon or grapes; soaked almonds; or a small amount of coconut water. Take only if hungry.
12:30–1:30 PM	Lunch — main meal	Rice or soft chapati + moong dal/dal + 1–2 portions of cooked vegetables + a little ghee. Add a fresh, non-spicy side if suitable.
4:00–5:00 PM	Evening snack	Coconut water, mild herbal tea, ripe fruit, soaked nuts, roasted makhana, or a small nourishing snack.
6:30–7:30 PM	Dinner	Keep it lighter than lunch: moong khichdi, vegetable khichdi, soft dal-rice, vegetable soup with a grain, or soft dalia.
8:30–9:00 PM	Optional night drink	Room-temperature or mildly warm milk if tolerated, or a mild caffeine-free infusion. Avoid heavy food close to bedtime.

PITTA-FRIENDLY FOOD CHOICES

CATEGORY	PREFER MORE OFTEN	USE CAUTIOUSLY / LESS OFTEN
Grains	Rice, oats, wheat, barley, soft roti, dalia and well-cooked grains.	Very dry meals, heavily fried grain dishes and highly processed foods.
Vegetables	Cucumber, zucchini, pumpkin, leafy greens, asparagus, broccoli, cauliflower, okra and other fresh vegetables.	Very spicy preparations, deep-fried vegetables and excessive raw food when digestion is sensitive.
Fruits	Sweet, ripe fruits such as pear, melon, grapes, pomegranate, sweet apple and ripe mango in moderation.	Very sour, unripe or highly acidic fruits; excessive citrus if it aggravates heat or acidity.
Protein	Moong dal, well-cooked dals, suitable dairy, paneer if tolerated, and other personally suitable proteins.	Large amounts of very spicy, oily or heavily fried protein preparations.
Fats	Ghee, coconut oil and olive oil in moderate amounts.	Excessively oily, fried or very heavy meals.
Spices	Coriander, fennel, cumin, mint, cardamom, turmeric and small amounts of fresh ginger as appropriate.	Very hot spices, excessive chilli, pepper-heavy preparations and highly stimulating spice blends.

PITTA PRAKRITI

PRACTICAL FOOD GUIDE

SIMPLE MEAL COMBINATIONS

MEAL	OPTION 1	OPTION 2
Breakfast	Oats/porridge + sweet fruit + soaked almonds	Poha/upma + cooked vegetables + mild warm drink
Lunch	Rice + moong dal + zucchini/greens + ghee	Soft chapati + dal + cooked vegetables + fresh cooling side
Snack	Coconut water + ripe fruit	Roasted makhana + mild herbal tea
Dinner	Moong khichdi + cooked vegetables	Vegetable soup + soft rice/dalia + dal

WHAT TO AVOID MAKING A HABIT

HABIT	PITTA-SUPPORTIVE ALTERNATIVE
Very spicy meals	Choose mildly spiced foods and use cooling, aromatic herbs such as coriander and fennel.
Frequent very sour or salty foods	Favor naturally sweet and mildly seasoned foods; keep pickles and very salty preparations occasional.
Iced drinks and excessive cold foods	Prefer room-temperature or gently warm fluids according to comfort and digestion.
Skippping meals or long gaps	Keep meals reasonably consistent and avoid becoming excessively hungry.
Too much caffeine or stimulating drinks	Use caffeine moderately and favor calming, caffeine-free beverages.
Heavy, oily late dinner	Make dinner earlier and lighter than lunch when practical.

SAMPLE WEEKLY ROTATION

DAY	LUNCH	DINNER
Monday	Rice + moong dal + cucumber/zucchini sabzi	Moong khichdi + cooked vegetables
Tuesday	Soft chapati + dal + leafy greens	Vegetable dalia + mild soup
Wednesday	Rice + dal + pumpkin/okra	Moong khichdi + cooked greens
Thursday	Chapati + moong dal + zucchini	Soft rice + dal + vegetable soup
Friday	Rice + dal + cooked leafy greens	Vegetable khichdi + cooked vegetables
Saturday	Chapati + dal + mixed cooked vegetables	Dalia/khichdi + soup
Sunday	Rice or chapati + preferred dal + vegetables	Light warm khichdi or soup-based meal

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.