



Om Ayurveda

NOURISH • BALANCE • HEAL

SATTVIC DESSERT

ALMOND DESSERT



Our Almond Dessert is a light, creamy and wholesome treat made with premium almonds, natural sweetener and a hint of cardamom. Rich in nutrients and easy to digest, it nourishes the body, supports the brain and brings natural energy. A perfect dessert for everyday indulgence without guilt.

A perfect treat for all ages!



A PURE, NOURISHING & SOUL-SATISFYING TREAT

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥



- NO ONION
NO GARLIC
- NO REFINED
SUGAR
- NO ARTIFICIAL
FLAVORS OR COLORS
- NO PRESERVATIVES
- 100% NATURAL
INGREDIENTS
- SUITABLE FOR
ALL AGES

BENEFITS

- Provides instant energy and stamina
- Supports brain health and memory
- Good for heart and overall wellness
- Rich in calcium, magnesium & vitamin E
- Easy to digest and gentle on stomach
- Nourishes skin and promotes glow

**LIGHT • PURE
WHOLESOME
DELICIOUS**

INGREDIENTS (SERVES 4)



Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Soak almonds in warm water for 6–8 hours. Peel and drain.
- Blend almonds with a little milk to make a smooth paste.
- Boil milk in a heavy-bottomed pan on low flame.
- Add almond paste and stir continuously to avoid lumps.
- Cook until the mixture thickens.
- Add jaggery and mix well until it dissolves.
- Add ghee, cardamom powder and saffron. Stir and cook for 2–3 more minutes.
- Serve warm or chilled. Garnish with chopped nuts.

♥ Tastes best when served chilled.
Can be enjoyed warm in winters.

NUTRITION

(Approx. per serving)

Energy	210 kcal
Protein	6 g
Carbohydrates	24 g
Fat	10 g
Fiber	1.6 g
Calcium	120 mg
Iron	1.2 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use A2 milk for better digestion.
- For extra richness, add 1 tbsp almond slivers while serving.
- You can add a few strands of saffron soaked in warm milk for aroma.
- Add chopped dates or figs for natural sweetness and extra nutrition.
- Adjust sweetness as per your preference.
- Perfect for festivals, vrat/falahar or everyday healthy dessert.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."



PURE & NATURAL
INGREDIENTS



RICH IN NUTRIENTS
& GOODNESS



SUPPORTS IMMUNITY
& WELLNESS



BOOSTS ENERGY
NATURALLY



MADE WITH LOVE
& CARE



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The Land of Yoga & Ayurveda



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www.omayurveda.org



MADE WITH LOVE
Pure Ingredients.
Traditional Wisdom.



Om Ayurveda

NOURISH • BALANCE • HEAL

WARM. NOURISHING. CALMING.

ALMOND MILK (WARM)

SIMPLE FOOD.
POWERFUL HEALING.

A COMFORTING ELIXIR FOR BODY & MIND



NOURISHES & STRENGTHENS

Rich in healthy fats, vitamin E and minerals that nourish the body and build strength.



SUPPORTS BRAIN HEALTH

Almonds are known to improve memory, concentration and overall cognitive function.



AIDS DIGESTION

Easy to digest and helps soothe the digestive system when taken warm.



PROMOTES BETTER SLEEP

Warm almond milk helps calm the mind and promotes restful, deep sleep.



GLOWING SKIN

Vitamin E and antioxidants help nourish the skin from within and promote a natural glow.



REDUCES STRESS & ANXIETY

Calming and grounding, it helps relax the nervous system and uplifts mood.



100% NATURAL
No Preservatives
No Additives
No Chemicals

INGREDIENTS



Almonds
(Soaked)



Dates
(Optional)



Cardamom
(Optional)



Water

Simple ingredients. Pure nourishment.

HOW TO PREPARE



Soak 8–10 almonds overnight and peel.



Blend with 2 cups of water until smooth.



Strain the milk using a fine sieve or muslin cloth.



Pour into a pan and warm on low flame.



Add 1 tsp dates, a pinch of cardamom or saffron if desired.



Stir well and enjoy warm.

PERFECT FOR



Morning
Wellness



Post-Workout
Recovery



Focus &
Concentration



Better
Sleep



Immunity
Support

BEST TIME TO ENJOY



Evening / Night
for relaxation
and better sleep.



Morning
for nourishment
and energy.



DAIRY FREE
& PLANT BASED



RICH IN
VITAMIN E



GOOD SOURCE OF
HEALTHY FATS



SUPPORTS
BONE HEALTH



SUITABLE FOR
ALL AGES

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RECONNECT. REBALANCE. REJUVENATE.



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NOURISH • BALANCE • HEAL



APPLE CHUTNEY

AYURVEDIC
GOODNESS
IN EVERY
BITE

Sweet. Tangy. Nourishing.

→ A PERFECT BLEND OF TASTE & WELLNESS ←

GOODNESS OF APPLE CHUTNEY



AIDS DIGESTION

Warm spices and apples help stimulate digestion and improve gut health.



BOOSTS IMMUNITY

Rich in antioxidants, vitamin C and minerals that strengthen immunity.



HEART FRIENDLY

Apples are known to support heart health and help maintain healthy cholesterol.



WEIGHT BALANCING

Low in calories and high in fiber – keeps you full and supports weight balance.



NATURAL DETOX

Helps flush out toxins and promotes overall wellness naturally.



INGREDIENTS

- 2 Apples (finely chopped)
- 1 tbsp Jaggery (or raw honey)
- 1 tbsp Raisins
- 1 tbsp Tamarind Pulp
- 1 tsp Ginger (grated)
- 1/2 tsp Cumin Powder
- 1/2 tsp Cinnamon Powder
- 1/4 tsp Black Salt
- 1/4 tsp Rock Salt
- 1/4 tsp Black Pepper
- 1 tsp Ghee (optional)
- A pinch of Cloves (powdered)



MADE WITH LOVE & AYURVEDA

- 1 Heat ghee in a pan.
- 2 Add ginger and sauté.
- 3 Add chopped apples and cook until soft.
- 4 Add jaggery, tamarind pulp, raisins and spices.
- 5 Cook until thick and glossy.
- 6 Cool and enjoy this delicious Ayurvedic chutney!



HOMEMADE.
HEALTHY.
WHOLESUME.

PERFECT WITH



ROTI /
PARATHA



RICE &
DAL



CHEESE &
CRACKERS



SANDWICHES



CURD
RICE



100%
NATURAL



NO PRESERVATIVES
NO ARTIFICIAL
FLAVORS



REFINED SUGAR
FREE



DOSHA FRIENDLY
(PITTA PACIFYING)



BALANCES MIND
& BODY

FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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SATTVIC DESSERT

APPLE KHEER



NO ONION
NO GARLIC

Apple Kheer is a delicious, sattvic dessert made with fresh apples, milk, and natural sweetener, infused with cardamom and nuts. Creamy, aromatic and comforting – it nourishes the body, calms the mind and delights the soul.

A perfect treat for all ages!



BENEFITS

- Provides instant energy and nourishment
- Supports immunity and overall health
- Easy to digest and gentle on stomach
- Improves brain function and reduces stress
- Made with natural ingredients – pure and wholesome



INGREDIENTS (SERVES 4)



Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Wash basmati rice and soak for 20- minutes.
- In a heavy-bottomed pan, boil milk on medium flame.
- Add soaked rice and cook, stirring occasionally.
- When rice is half cooked, add chopped apple and mix well.
- Cook on low flame, stirring gently, until rice is soft and milk thickens.
- Add jaggery and mix well.
- Add cardamom powder, ghee, chopped nuts and raisins.
- Cook for another 2–3 minutes.
- Serve warm or chilled.



Tastes best when served warm.
Can be chilled for a refreshing treat.

NUTRITION

(Approx. per serving)

Energy	210 kcal
Protein	5 g
Carbohydrates	33 g
Fat	7 g
Fiber	1.2 g
Calcium	150 mg
Iron	0.4 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use sweet apples like Fuji, Gala or Red Delicious for best taste.
- For extra richness, add 1 tbsp khoya or condensed milk (optional).
- You can add a few drops of rose water or kewra water for extra aroma.
- Adjust jaggery as per your sweetness preference.
- Perfect for festivals, prasad, celebrations and family gatherings.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."



NO REFINED SUGAR



NO ARTIFICIAL
FLAVORS



NO PRESERVATIVES



100% NATURAL
INGREDIENTS



SUITABLE FOR
ALL AGES

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MADE WITH LOVE
Pure Ingredients.
Traditional Wisdom.



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NOURISH • BALANCE • HEAL



ASH GOURD CURRY

SIMPLE. SOOTHING. SATTVIC.
*Cooling, nourishing & easy to digest.
Perfect for everyday balance.*



BENEFITS

- Cooling & hydrating
- Supports digestion
- Detoxifies the body
- Light on stomach
- Balances all doshas
- Nourishing & sattvic



INGREDIENTS (SERVES 2)

- | | |
|----------------------------|-------------|
| Ash gourd (peeled & cubed) | 2 cups |
| Moong dal (optional) | 2 tbsp |
| Oil or ghee | 1 tsp |
| Mustard seeds | ½ tsp |
| Cumin seeds | ½ tsp |
| Green chili (optional) | 1 (slit) |
| Turmeric powder | ¼ tsp |
| Curry leaves | 6-8 |
| Grated coconut | 1 tbsp |
| Salt | to taste |
| Water | ½ – 1 cup |
| Fresh coriander | for garnish |



PREPARATION

- Heat oil or ghee in a pan.
- Add mustard seeds and cumin seeds. Let them splutter.
- Add green chili and curry leaves.
- Add ash gourd and sauté for 2 minutes.
- Add turmeric, salt and water. Cover and cook until soft.
- Add cooked moong dal (if using) and mix well.
- Add grated coconut and simmer for a minute. Garnish with coriander and serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
improves digestion,
cleanses the body &
keeps you light
and active.



DOSHA TIP



VATA

Add a little extra ghee
and serve warm.



PITTA

Avoid green chili and
use minimal spices.



KAPHA

Skip coconut and add
black pepper or dry
ginger.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



SIMPLE FOOD • BALANCED MIND • HAPPY YOU





Om Ayurveda

NOURISH • BALANCE • HEAL

WARM. LIGHT. PURIFYING.

ASH GOURD SOUP

SIMPLE
FOOD.
POWERFUL
HEALING.



EASY TO DIGEST

Gentle on the stomach and perfect for all age groups.



RICH IN NUTRIENTS

Good source of vitamins, minerals and hydration for overall wellness.



COOLING & SOOTHING

Ash gourd has natural cooling properties that calm the body and mind.



DETOXIFYING

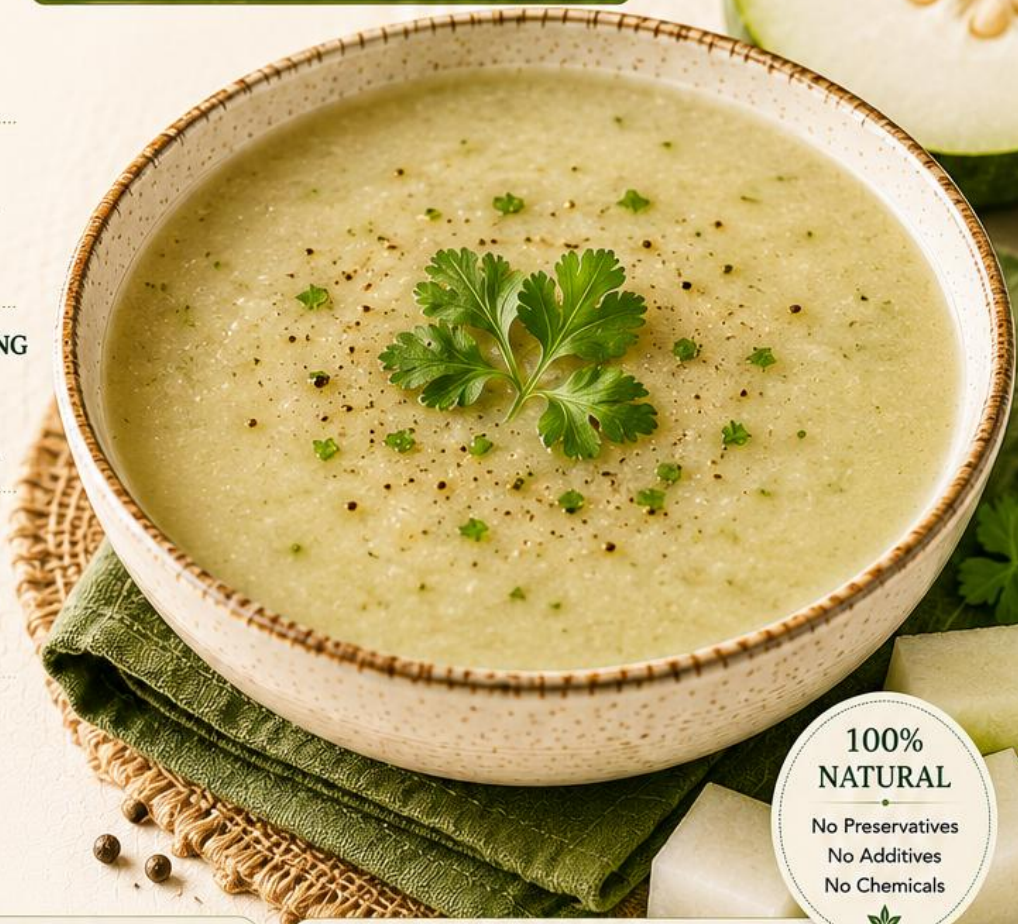
Helps flush out toxins and supports liver health naturally.



SUPPORTS WEIGHT MANAGEMENT

Low in calories and high in fiber, keeps you light and energized.

LIGHT, COOLING & EASY TO DIGEST



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Ash Gourd



Green Chili



Ginger



Coriander Leaves



Cumin Seeds



Black Pepper



Rock Salt



Curry Leaves

Simple ingredients. Pure nourishment.

TIPS

- Use fresh ash gourd for best taste and nutrition.
- Add a pinch of roasted cumin powder for extra flavor.
- Avoid heavy cream; keep it light and natural.
- Enjoy warm for comfort and better digestion.

PERFECT FOR



Light Meals



Digestion Support



Detox Days



Mind & Body Balance



PLANT
BASED



LOW CALORIE &
LIGHT ON STOMACH



RICH IN
HYDRATION



SUPPORTS
LIVER HEALTH



NATURAL
DETOX

FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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SATTVIC DESSERT

BANANA

HALWA (LIGHT)



A lighter version of the traditional delight made with ripe bananas, milk, natural sweetener and a touch of cardamom. Low in fat, easy to digest and naturally sweet – it nourishes the body, soothes the mind and fills your heart with happiness.

A perfect treat for all ages!



A LIGHT, NOURISHING & SOUL-SATISFYING TREAT

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥

- NO MAIDA
- NO REFINED SUGAR
- NO ARTIFICIAL FLAVORS
- 100% NATURAL INGREDIENTS
- SUITABLE FOR ALL AGES



LIGHT ON FAT
RICH IN GOODNESS

BENEFITS

- Provides instant energy and nourishment
- Supports immunity and overall health
- Easy to digest and gentle on stomach
- Rich in potassium, fiber and minerals
- Promotes heart health and healthy metabolism
- Made with natural ingredients – pure and wholesome

INGREDIENTS (SERVES 4)

3 cups Ripe Banana (mashed)	2 cups Low Fat Milk	1/2 cup Jaggery (or as per taste)	1 tsp Ghee (optional)	2 tbsp Chopped Nuts (almonds, cashews)	1 tbsp Raisins (optional)	1/4 tsp Cardamom Powder

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- 1 Peel ripe bananas and mash them well.
- 2 Heat a heavy-bottomed pan, add mashed bananas and sauté on low flame for 4–5 minutes.
- 3 Add milk and stir continuously.
- 4 Cook on low flame, stirring occasionally, until the mixture thickens.
- 5 Add jaggery and mix well. Cook until the halwa leaves the sides of the pan.
- 6 Add cardamom powder and mix.
- 7 In a small pan, warm ghee and roast chopped nuts and raisins.
- 8 Add roasted nuts and raisins to the halwa and mix gently. Serve warm.



Best enjoyed warm.
Can be chilled for a refreshing treat.

NUTRITION

(Approx, per serving)

	Energy	180 kcal
	Protein	3 g
	Carbohydrates	33 g
	Fat	4 g
	Fiber	2 g
	Calcium	90 mg
	Iron	0.6 mg
	Potassium	250 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use ripe, naturally sweet bananas for best taste.
- For extra richness, add 1 tsp ghee (optional).
- You can use coconut milk instead of regular milk for a unique flavor.
- Add a pinch of nutmeg powder for extra aroma.
- Adjust jaggery as per your sweetness preference.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."



NO REFINED SUGAR



NO ARTIFICIAL
FLAVORS OR COLORS



NO PRESERVATIVES



100% NATURAL
INGREDIENTS



SUITABLE FOR
ALL AGES



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DAY

17

108 DAYS
AYURVEDIC
FOOD SERIES

BARLEY PORRIDGE

WARM. NUTRITIOUS. EASY TO DIGEST.
A PERFECT AYURVEDIC MEAL ANYTIME.



BENEFITS



Easy to digest
& gentle on stomach



Strengthens
immunity



Rich in fiber &
supports gut health



Keeps you full
& nourished



Balances Vata
& Pitta doshas



Supports heart
health



INGREDIENTS

- ¼ cup barley (whole) (soaked)
- 2 cups water or milk (or a mix)
- 1–2 tsp jaggery or raw honey (optional)
- 1–2 tsp ghee
- 2–3 pods cardamom (crushed)
- A pinch of nutmeg (optional)

Simple, wholesome
and naturally nourishing.



HOW TO PREPARE

- 1 Wash barley and soak for 2–4 hours (or overnight).
- 2 Drain and rinse.
- 3 In a pot, bring water or milk to a boil.
- 4 Add barley and simmer on low heat.
- 5 Cook until soft and creamy (30–40 minutes), stirring occasionally.
- 6 Add ghee, cardamom and sweetener (if using). Stir well and serve warm.



BEST TIME TO ENJOY



BREAKFAST
OR
EARLY DINNER

Ideal for a wholesome
start to the day or a light,
comforting evening meal.



DOSHA FRIENDLY

Balances Vata & Pitta.
Grounding, hydrating &
perfect for daily nourishment.



AYURVEDIC TIP

Add a few raisins or chopped dates
for natural sweetness and extra nourishment.



SATTVIC FOOD



CLEAN & NATURAL



MINDFUL EATING



Om Ayurveda

NOURISH • BALANCE • HEAL

COOLING. HYDRATING. DETOXIFYING.

BARLEY WATER

SIMPLE
FOOD.
POWERFUL
HEALING.

NATURE'S ELIXIR FOR TOTAL WELLNESS



NATURAL HYDRATION

Helps replenish fluids, maintain electrolyte balance and keeps you refreshed.



AIDS DIGESTION

Soothes the digestive system, reduces bloating and supports gut health.



DETOXIFIES BODY

Helps flush out toxins, supports kidney function and promotes overall detoxification.



COOLING & SOOTHING

Naturally cooling in nature, helps reduce body heat and soothes acidity.



SUPPORTS HEART HEALTH

Barley is rich in beta-glucan fiber that helps maintain healthy cholesterol levels.



LIGHT & NUTRITIOUS

Low in calories, high in nutrients and perfect for daily wellness.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Barley



Cumin Seeds
(optional)



Lemon Juice
(optional)



Rock Salt
(optional)



Mint Leaves
(optional)



Water

Simple ingredients. Pure nourishment.

TIPS

- Soak barley for 6-8 hours or overnight for best results.
- Boil until the water turns slightly milky and aromatic.
- Strain and enjoy warm or chilled as per your preference.
- Add a pinch of cumin or lemon for extra benefits.
- Best consumed on an empty stomach in the morning.

PERFECT FOR



Daily
Hydration



Digestion
Support



Kidney
Health



Detox
Days



Weight
Management



LOW CALORIE
& FAT FREE



RICH IN
FIBER



SOURCE OF
MINERALS



SUPPORTS
METABOLISM



NATURALLY
ALKALIZING

FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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BEST ENJOYED
DURING THE DAY

— ∞ —
LIGHT • COOLING
REFRESHING

Refreshing
**BEETROOT
RAITA**

 A cooling, creamy and
nourishing side dish.



RICH IN NUTRIENTS

Beetroot is packed with vitamins,
minerals, iron and antioxidants
that support overall health.



COOLING & SOOTHING

Helps cool the body, balances
Pitta and soothes the digestive
system.



AIDS DIGESTION

Curd (yogurt) is probiotic-rich
and supports healthy digestion
and gut balance.



SUPPORTS IMMUNITY

The combination of beetroot
and curd strengthens immunity
and promotes wellness.



LIGHT & NUTRITIOUS

Low in calories, high in fiber
and nutrients – perfect for
a light and healthy meal.



DAYTIME DELIGHT

Enjoy during the day for a light,
cooling and gut-friendly boost.

 SIMPLE INGREDIENTS. BALANCED GOODNESS. 



SATTVIC
FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL



BOILED MOONG SALAD

→ Simple. Sattvic. Wholesome. ←



A PERFECT BALANCE OF
Protein, Fiber & Essential
Nutrients to keep you
Energized and Light.



EASY TO DIGEST
Moong is light on the
stomach and supports
healthy digestion.



RICH IN PROTEIN
Plant-based protein to
build, repair and
energize the body.



**DETOXIFYING &
PURIFYING**
Helps remove toxins
and supports natural
cleansing.



BALANCES ALL DOSHAS
A sattvic dish that
pacifies Pitta, Vata
& Kapha.



INGREDIENTS

- Boiled Moong
- Cucumber
- Tomato
- Carrot
- Onion
- Fresh Coriander
- Lemon Juice
- Black Salt
- Roasted Cumin Powder
- Olive Oil (optional)

*Goodness
in Every Bite*

Nourish your body.
Calm your mind.
Elevate your health.



**HIGH
PROTEIN**



**GLUTEN
FREE**



**LOW
CALORIE**



**100%
NATURAL**



**SATTVIC
FOOD**



MADE WITH LOVE.
INSPIRED BY AYURVEDA.



EAT LIGHT,
FEEL BRIGHT!



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📍 Rishikesh, India



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100% NATURAL

Authentic • Safe • Effective

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NOURISH • BALANCE • HEAL



Light • Fresh • Nourishing

BOILED MOONG SALAD

— Simple. Sattvic. Wholesome. —



A PERFECT BALANCE OF
Protein, Fiber & Essential
Nutrients to keep you
Energized and Light.



EASY TO DIGEST

Moong is light on the stomach
and supports healthy digestion.



RICH IN PROTEIN

Plant-based protein to build,
repair and energize the body.



DETOXIFYING & PURIFYING

Helps remove toxins and
supports natural cleansing.



BALANCES ALL DOSHAS

A sattvic dish that pacifies Pitta,
Vata & Kapha.



Goodness in Every Bite

Nourish your body. Calm your mind.
Elevate your health.

INGREDIENTS

- Boiled Moong
- Cucumber
- Tomato
- Carrot
- Onion
- Fresh Coriander
- Lemon Juice
- Black Salt
- Roasted Cumin Powder
- Olive Oil (optional)



HIGH PROTEIN



GLUTEN FREE



LOW CALORIE



100% NATURAL



SATTVIC FOOD



Made with love. Inspired by Ayurveda.

Eat light, feel bright!





Om Ayurveda

NOURISH • BALANCE • HEAL

• PURE. NATURAL. WHOLESOME. •

BOILED SWEET CORN (MODERATE)

• NATURALLY SWEET. LIGHT. SATISFYING. •

A PERFECT BALANCE OF TASTE & NUTRITION

AYURVEDIC
GOODNESS
IN EVERY
BITE



GOOD SOURCE OF ENERGY

Provides complex carbohydrates for sustained energy and keeps you active.



RICH IN NUTRIENTS

Contains vitamins B1, B5, folate, and minerals like magnesium and potassium that support overall health.



GOOD FOR DIGESTION

Dietary fiber in sweet corn supports healthy digestion and promotes gut health.



SUPPORTS IMMUNITY

Rich in antioxidants and vitamins that help strengthen immunity and protect cells.



LIGHT & SATISFYING

Low in fat and moderate in calories—perfect for a healthy lifestyle.



INGREDIENTS



Boiled Sweet Corn



Lemon Juice



Rock Salt



Black Pepper



Coriander (optional)

Simple ingredients. Pure nourishment.

100%
NATURAL

No Preservatives
No Additives
No Compromise

PERFECT IN



Corn Salad



Chaats



Soups



Stir-fries



Wraps



Buddha Bowls

TIPS FOR BEST ENJOYMENT



Consume fresh and warm for best taste and nutrition.



Avoid overcooking to retain natural sweetness and nutrients.



Store boiled corn in the refrigerator and consume within 2 days.



100%
NATURAL



NO PRESERVATIVES
NO ARTIFICIAL
COLORS



RICH IN
FIBER



GLUTEN
FREE



PLANT
BASED



GOOD FOR
WEIGHT
MANAGEMENT

• FOOD IS MEDICINE. LET NATURE NOURISH YOU. •



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NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

BOTTLE GOURD SOUP

LIGHT. SOOTHING. SATTVIC.
Hydrating, healing & easy to digest.
Perfect for all ages.



BENEFITS

- Hydrating & cooling
- Supports digestion
- Detoxifies the body
- Light on stomach
- Balances all doshas
- Nourishing & sattvic



INGREDIENTS (SERVES 2)

- Bottle gourd (peeled & chopped) 2 cups
- Ghee or olive oil 1 tsp
- Cumin seeds ½ tsp
- Black pepper (crushed) ¼ tsp
- Ginger (grated) ½ tsp
- Rock salt / Sendha namak to taste
- Water 2½ cups
- Fresh coriander for garnish



PREPARATION

- Heat ghee in a pan.
- Add cumin seeds and let them splutter.
- Add grated ginger and sauté for a few seconds.
- Add chopped bottle gourd and sauté for 2 minutes.
- Add water and cook until the gourd is soft.
- Blend lightly (optional) for a smooth soup. Add black pepper and rock salt. Simmer for a minute and garnish with coriander. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
especially during
illness, weight
management &
detox diets.



DOSHA TIP



VATA

Add a little extra ghee
and serve warm.



PITTA

Avoid black pepper,
use minimal spices.



KAPHA

Skip ghee and add
a pinch of dry ginger
or black pepper.

SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL



CARROT-BEANS SABZI

A SIMPLE, COLORFUL & NUTRITIOUS
EVERYDAY SIDE DISH.



BENEFITS



Rich in fiber & vitamins



Supports digestion



Balances all doshas



Light, nourishing
& easy to digest



INGREDIENTS (SERVES 2)

- Carrot (chopped) 1 cup
- Beans (chopped) 1 cup
- Oil or ghee 1 tsp
- Cumin seeds ½ tsp
- Mustard seeds ½ tsp
- Green chili (optional) 1 (slit)
- Turmeric powder ¼ tsp
- Salt to taste
- Fresh coconut (grated) 1 tbsp
- Coriander leaves for garnish



PREPARATION

- 1 Heat oil or ghee in a pan.
- 2 Add mustard seeds and cumin seeds. Let them splutter.
- 3 Add green chili and sauté for a few seconds.
- 4 Add chopped beans and carrots. Sauté for 2–3 minutes.
- 5 Add turmeric and salt. Cover and cook until vegetables are tender.
- 6 Sprinkle fresh coconut and mix. Garnish with coriander leaves. Serve warm.



BEST TIME

Lunch or
Dinner



GOOD FOR

All age groups,
improves digestion,
supports immunity
& overall vitality.



DOSHA TIP



VATA

Add a little ghee
and serve warm.



PITTA

Use mild spices and
avoid green chili.



KAPHA

Use less oil and add
black pepper or
ginger.



SIMPLE FOOD. BALANCED MIND. HAPPY YOU.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL

WARM. NOURISHING. IMMUNITY-BOOSTING.

CARROT-GINGER SOUP

SIMPLE
FOOD.
POWERFUL
HEALING.

LIGHT, SOOTHING & FULL OF GOODNESS



EASY TO DIGEST

Gentle on the stomach and perfect for all age groups.



BOOSTS IMMUNITY

Rich in vitamins A, C & antioxidants that help strengthen immunity.



ANTI-INFLAMMATORY

Ginger helps reduce inflammation and soothes the body.



GOOD FOR SKIN & EYES

Carrots are rich in beta-carotene that supports healthy skin & vision.



DETOXIFYING

Helps cleanse the body and supports overall well-being.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Carrots



Ginger



Onion



Garlic



Black pepper



Cumin



Olive oil/
Ghee



Rock salt

Simple ingredients. Great nourishment.

PERFECT FOR



Light
Meals



Immunity
Support



Sensitive
Stomach



Detox
Days

TIPS

- Add a pinch of black pepper to enhance nutrition.
- Adjust ginger to taste for mild to moderate warmth.
- Enjoy warm for best taste and benefits.



COMFORTING
& SOOTHING



RICH IN
NUTRIENTS



SUPPORTS
WEIGHT
MANAGEMENT



ENERGIZING
& REFRESHING



SUPPORTS OVERALL
HEALTH & WELL-BEING

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NOURISH • BALANCE • HEAL

SATTVIC DESSERT

CARROT HALWA

(MODERATE)

SIMPLE
PURE
NATURAL
SATTVIC

Carrot Halwa is a classic sattvic dessert made with fresh carrots, milk, and natural sweeteners. Slow-cooked to perfection, it is rich in flavor, color and nutrients. A perfect delight to uplift your energy and warm your heart.

BENEFITS



Rich in beta-carotene and antioxidants



Boosts immunity and vital energy



Nourishes and supports healthy digestion



Improves memory and brain function



Helps in healthy skin and good vision



Brings warmth, happiness and satisfaction



INGREDIENTS (SERVES 4)



4 cups
Grated Carrots
(fresh red carrots)



1 litre
Full Cream Milk



1/2 to 3/4 cup
Jaggery
(adjust to taste)



3-4 tbsp
Ghee
(moderate)



2- tbsp
Chopped Nuts
(almonds, cashews)



1/2 tsp
Cardamom Powder



1 tbsp
Raisins
(optional)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- 1 Wash, peel and grate the carrots.
- 2 Heat ghee in a heavy-bottomed pan on medium flame.
- 3 Add grated carrots and sauté for 5-7 minutes.
- 4 Pour in milk and mix well.
- 5 Cook on medium-low flame, stirring occasionally. Let the milk reduce and the carrots become soft.
- 6 Scrape the sides and stir often to avoid sticking.
- 7 When the mixture thickens, add jaggery. Mix well and cook until the jaggery melts completely.
- 8 Add cardamom powder, nuts and raisins. Cook for 2-3 more minutes.
- 9 Serve warm. Enjoy this nourishing and delicious carrot halwa!



Slow cooking brings out natural sweetness and a rich, smooth texture.

NUTRITION

(Approx. per serving)

Energy	260 kcal
Protein	6 g
Carbohydrates	34 g
Fat	10 g
Fiber	3 g
Calcium	160 mg
Iron	1.2 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use fresh red carrots for best color, taste and nutrition.
- Adjust jaggery as per your taste.
- Add a pinch of nutmeg or saffron for extra aroma (optional).
- For festive richness, add a spoon of khoya/mava (optional).
- Store in the refrigerator and reheat gently before serving.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."



NO REFINED SUGAR



NO ARTIFICIAL
FLAVORS OR COLORS



NO PRESERVATIVES



MADE WITH
PURE INGREDIENTS



SUITABLE FOR
ALL AGES



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NOURISH • BALANCE • HEAL



CLASSIC MOONG DAL KHICHDI

A SIMPLE. HEALING. COMPLETE MEAL.



BENEFITS



Easy to digest



Supports gut healing



Balances all doshas



Ideal for detox
& recovery



INGREDIENTS

- | | |
|---------------------------|----------|
| • Rice (white or basmati) | ½ cup |
| • Yellow moong dal | ½ cup |
| • Ghee | 1 tsp |
| • Cumin seeds | ½ tsp |
| • Turmeric powder | Pinch |
| • Rock salt / Sea salt | To taste |
| • Water | 3–4 cups |



PREPARATION

- 1 Wash rice and moong dal well.
- 2 In a pot, add ghee and cumin seeds. Let them crackle.
- 3 Add rice, dal, turmeric, salt and water. Mix well.
- 4 Cook until soft and mushy (in cooker 3–4 whistles).
- 5 Serve hot with ghee on top.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

Weak digestion,
illness recovery,
detox days &
overall healing



DOSHA TIP



VATA
Add extra ghee
for grounding



PITTA
Keep spices mild
and simple



KAPHA
Add ginger and
black pepper



SIMPLE FOOD. BALANCED MIND. HAPPY YOU.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

51.

COCONUT CHUTNEY

*Cooling, light &
sattvic side dish*



SUPPORTS DIGESTION

Easy on the stomach and
aids healthy digestion.



COOLING & NOURISHING

Coconut soothes the
body and balances
heat (Pitta).



PERFECT PAIRING

An ideal accompaniment
for idli, dosa, upma
& more.



*Made fresh with
simple, pure
ingredients for
maximum
nourishment.*



LIGHT • PURE • SATTVIC



SATTVIC FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

51.

COCONUT CHUTNEY

Cooling, light & sattvic side dish



Supports Digestion

Easy on the stomach and aids healthy digestion.



Cooling & Nourishing

Coconut soothes the body and balances heat (Pitta).

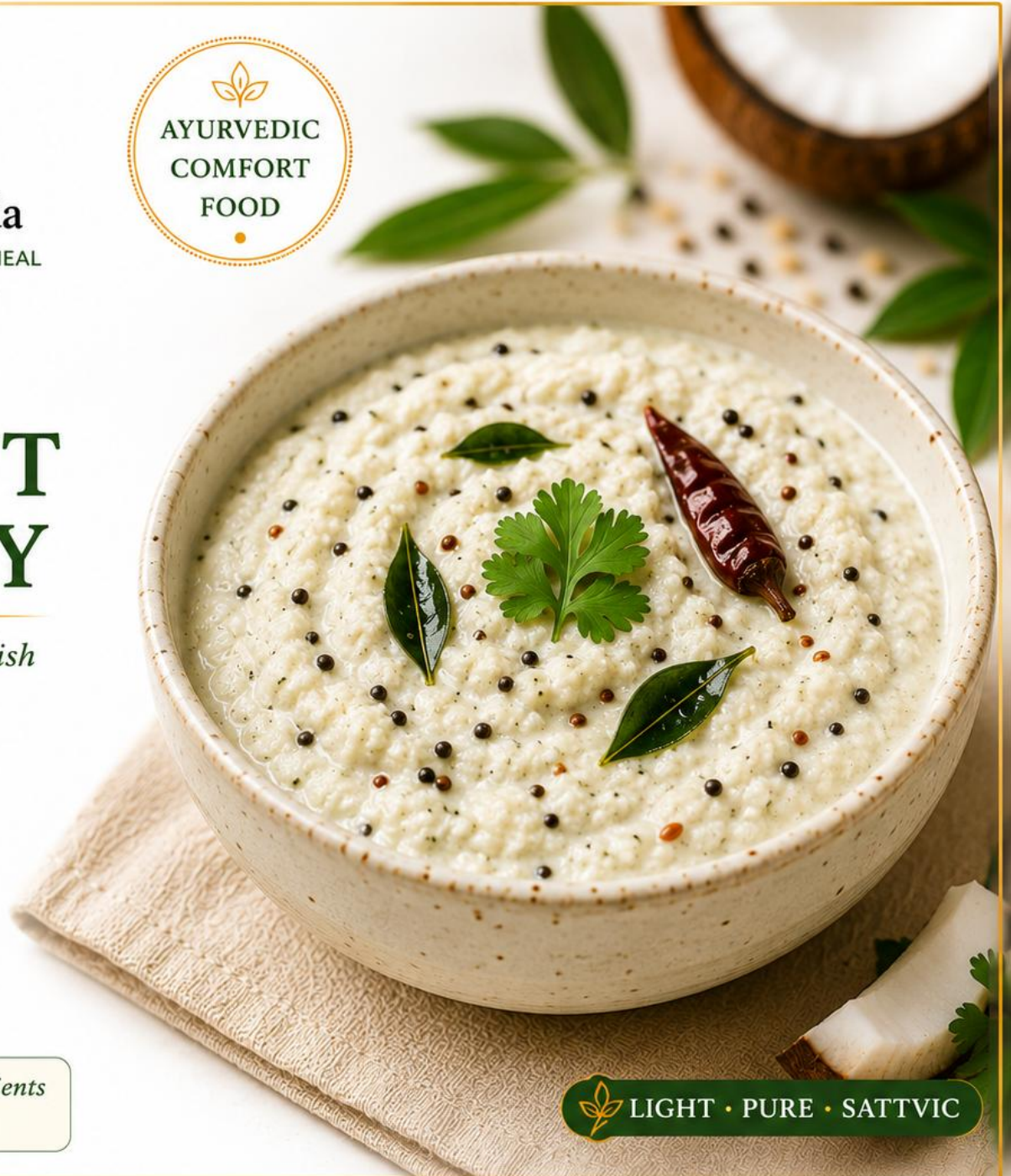


Perfect Pairing

An ideal accompaniment for idli, dosa, upma & more.



Made fresh with simple, pure ingredients for maximum nourishment.



LIGHT • PURE • SATTVIC



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL

SATTVIC DESSERT COCONUT LADDOO

SIMPLE
PURE
NATURAL
SATTVIC

A PURE, DELICIOUS & SOUL-NOURISHING TREAT

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥

Coconut Laddoo is a traditional sattvic sweet made with fresh coconut, natural sweetener and a touch of cardamom. Soft, aromatic and gently sweet – it melts in your mouth and fills your heart with happiness.

A perfect treat
for all ages!



BENEFITS

- ⚡ Provides instant energy and freshness
- 🛡️ Supports immunity and overall health
- 🦴 Rich in healthy fats and strengthens bones
- 🧠 Improves brain function and reduces stress
- 🍷 Aids digestion and keeps the body cool
- ♥ Naturally sweet, pure and guilt-free



INGREDIENTS (MAKES 12-14 LADDOOS)



2 cups
Fresh Coconut
(grated)



3/4 cup
Jaggery
(grated)



2-3 tbsp
Milk
(optional)



1 tsp
Ghee
(optional)



1/2 tsp
Cardamom
Powder



2 tbsp
Chopped Nuts
(almonds/cashews)



Pistachio
(for garnish)
(optional)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- 1 Dry roast grated coconut on low flame for 3-4 minutes, stirring continuously.
- 2 Add grated jaggery and mix well. Cook on low flame until it melts and the mixture comes together.
- 3 Add milk (if using) and mix well.
- 4 Add cardamom powder and ghee. Mix again for 1 minute.
- 5 Switch off the flame and let the mixture cool slightly.
- 6 Grease your palms with a little ghee and shape into small round laddoos.
- 7 Garnish with pistachio.
- 8 Store in an airtight container.

Best enjoyed fresh.
Can be stored for up to 7 days.

NUTRITION

(Approx. per laddoo)

Energy	110 kcal
Protein	1.4 g
Carbohydrates	13 g
Fat	6 g
Fiber	1.0 g
Calcium	18 mg
Iron	0.8 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use fresh coconut for best taste and softness.
- For extra richness, add 1 tsp more ghee.
- You can use coconut milk instead of regular milk.
- Add a pinch of saffron for a festive touch (optional).
- Perfect for festivals, prasad, lunchboxes and gifting.

"When food is pure,
the body is nourished,
the mind is clear and
the soul is light."



NO REFINED SUGAR



NO ARTIFICIAL
FLAVORS



NO PRESERVATIVES



100% NATURAL
INGREDIENTS



SUITABLE FOR
ALL AGES

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SATTVIC DESSERT COCONUT LADDOO



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- 🛡️ Supports immunity and overall health
- 🦴 Rich in healthy fats and strengthens bones
- 🧠 Improves brain function and reduces stress
- 🌀 Aids digestion and keeps the body cool
- ❤️ Naturally sweet, pure and guilt-free

A PURE, DELICIOUS & SOUL-NOURISHING TREAT

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥



INGREDIENTS (MAKES 12-14 LADDOOS)

						
2 cups Fresh Coconut (grated)	3/4 cup Jaggery (grated)	2-3 tbsp Milk (optional)	1 tsp Ghee (optional)	1/2 tsp Cardamom Powder	2 tbsp Chopped Nuts (cashews/almonds)	Pistachio (for garnish) (optional)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Take grated coconut in a pan and dry roast on low flame for 3-4 minutes, stirring continuously.
- Add grated jaggery and mix well. Cook on low flame until the jaggery melts and the mixture comes together.
- Add milk (if needed) to help the mixture bind.
- Add cardamom powder and chopped nuts.
- Mix well and cook for another 1-2 minutes.
- Switch off the flame and let it cool slightly.
- Grease your palms with a little ghee and shape the mixture into small round laddoos.
- Garnish with pistachio and let them set. Store in an airtight container.



Best enjoyed fresh and can be stored for up to 7 days.

NUTRITION

(Approx. per laddoo)

⚡ Energy	110 kcal
👤 Protein	1.5 g
🍲 Carbohydrates	13 g
🔥 Fat	6 g
🧵 Fiber	1.0 g
🦴 Calcium	18 mg
🩺 Iron	0.8 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use fresh coconut for the best flavor and softness.
- For extra richness, add 1 tsp ghee.
- You can use coconut milk instead of regular milk.
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- Perfect for festivals, prasad, lunchboxes and gifting.

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NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

53.

CORIANDER CHUTNEY

*Detoxifying green
accompaniment*



RICH IN ANTIOXIDANTS

Coriander leaves help fight free radicals and support overall wellness.



COOLING EFFECT

Naturally cooling for the body, helps balance Pitta and reduce heat.

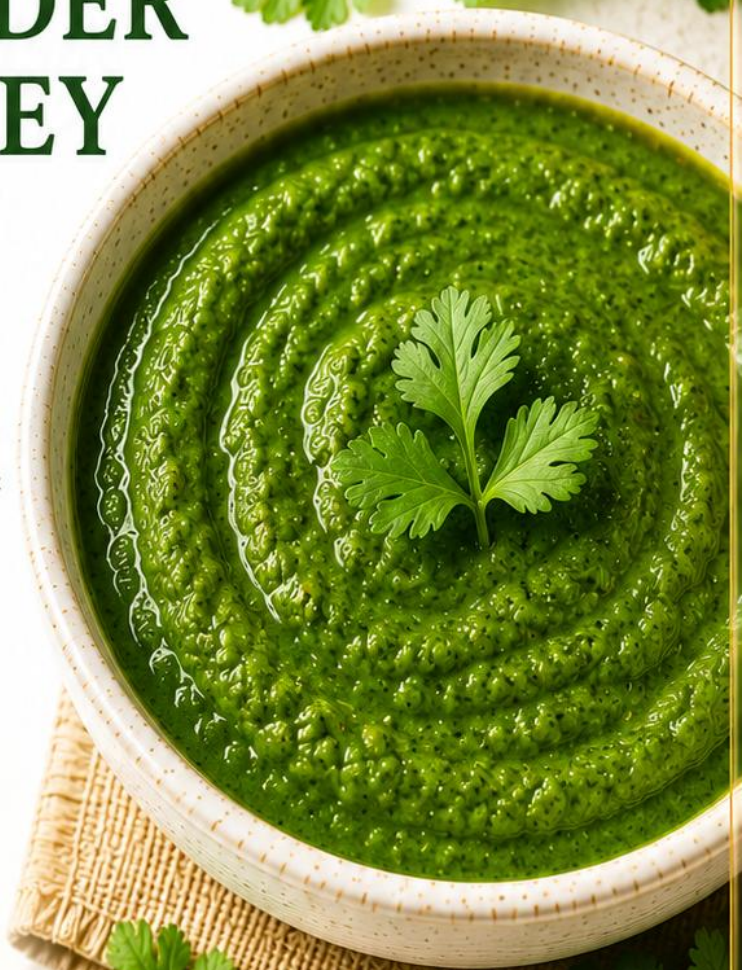


SUPPORTS GUT HEALTH

Aids digestion, reduces bloating and promotes a healthy gut.



Made with fresh coriander leaves, simple ingredients and love – for taste that heals.



LIGHT • PURE • SATTVIC



SATTVIC FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



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NOURISH • BALANCE • HEAL



BEST ENJOYED
DURING THE DAY



LIGHT • COOLING
REFRESHING

Refreshing
**CUCUMBER
RAITA**

 A cooling, creamy and
soothing side dish. 



COOLING & HYDRATING
Cucumber has high water content
that helps cool the body and
prevents dehydration.



AIDS DIGESTION
Curd (yogurt) is probiotic-rich
and supports healthy digestion
and gut balance.



SUPPORTS IMMUNITY
Packed with vitamins, minerals
and antioxidants that strengthen
immunity and overall wellness.



LIGHT & NUTRITIOUS
Low in calories, rich in nutrients
and perfect for a light, healthy
and satisfying meal.



DAYTIME DELIGHT

Best enjoyed during the day for
a light, cooling and refreshing
experience.

 SIMPLE INGREDIENTS. PURE GOODNESS. 



SATTVIC
FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL

WARM. SOOTHING. BALANCING.

CUMIN-CORIANDER TEA

SIMPLE
FOOD.
POWERFUL
HEALING.

A SIMPLE HERBAL BREW FOR EVERY DAY WELLNESS



AIDS DIGESTION

Cumin and coriander help stimulate digestive enzymes, reduce bloating and soothe the stomach.



DETOXIFIES BODY

Helps flush out toxins, supports liver function and promotes overall detoxification.



COOLING & CALMING

Naturally cooling herbs that help reduce body heat and bring balance.



BOOSTS IMMUNITY

Rich in antioxidants and phytonutrients that support immunity and wellness.



GOOD FOR HEART

Helps maintain healthy cholesterol levels and supports heart health naturally.



SUPPORTS WEIGHT MANAGEMENT

Aids metabolism and helps maintain a healthy weight when taken regularly.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Cumin Seeds
(Jeera)



Coriander Seeds
(Dhania)



Ginger
(optional)



Mint Leaves
(optional)

Simple ingredients. Pure nourishment.

HOW TO PREPARE



Boil 2 cups of water.



Add 1 tsp cumin seeds and 1 tsp coriander seeds.



Crush lightly and simmer for 10-15 minutes.



Strain and pour into a cup.



Add ginger or mint if desired. Enjoy warm.

BEST TIME TO ENJOY



Morning on an empty stomach
or after meals.



Better
Digestion



Relieves
Bloating



Natural
Detox



Boosts
Metabolism



Stress
Relief



Immunity
Support



CAFFEINE FREE
& NATURAL



RICH IN
ANTIOXIDANTS



HYDRATING &
REFRESHING



BALANCES
PITTA DOSHA



SAFE FOR DAILY
CONSUMPTION

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NOURISH • BALANCE • HEAL

• SATTVIC DESSERT •

DATE LADDOO

SIMPLE
PURE
NATURAL
SATTVIC

A NATURAL, ENERGETIC & SOUL-NOURISHING TREAT

Date Laddoo is a wholesome sattvic dessert made with naturally sweet dates, nuts and mild spices. It is rich in iron and fiber, gives instant energy, improves strength and supports overall vitality. A perfect treat for all ages!

BENEFITS

- ⚡ Instant energy booster
- 💧 Rich in iron and fiber
- 🏃 Improves stamina and reduces fatigue
- 🌀 Supports digestion and relieves constipation
- 🛡️ Strengthens immunity and overall health
- ❤️ Healthy sweet alternative for all ages



INGREDIENTS (MAKES 12-14 LADDOOS)



1 cup
Seedless Dates
(soft)



1/2 cup
Almonds



1/4 cup
Cashews



2 tbsp
Pistachios



1 tbsp
Poppy Seeds
(optional)



1 tsp
Ghee
(optional)



1/4 tsp
Cardamom
Powder

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Remove seeds from dates and chop if needed.
- In a pan, dry roast almonds and cashews on low flame for 2-3 minutes. Let them cool.
- Dry roast poppy seeds for 1 minute until fragrant.
- Coarsely grind nuts and poppy seeds.
- In a grinder, add dates and pulse till sticky and well combined.
- Add the ground nuts, cardamom powder and mix well.
- If the mixture is too dry, add 1 tsp ghee for better binding (optional).
- Grease your palms lightly and shape into small laddoos.



Store in an airtight container in the refrigerator.
Stays good for up to 10-12 days.

NUTRITION

(Approx. per laddoo)

⚡ Energy	120 kcal
🥩 Protein	2.5 g
🍲 Carbohydrates	16 g
🍔 Fat	5 g
🍷 Fiber	2 g
🍷 Iron	1.2 mg
🍷 Calcium	18 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- ➦ Add a few raisins or dried figs for extra sweetness and nutrition.
- ➦ Add a pinch of nutmeg or cinnamon powder for flavor (optional).
- ➦ For extra richness, add a little shredded coconut.
- ➦ Perfect as a post-meal sweet, for kids' tiffin or festive offering.

"When food is pure,
energy is pure. When energy
is pure, the mind is calm and
the soul is happy."



NO REFINED SUGAR



NO PRESERVATIVES



NO ARTIFICIAL
FLAVORS



100% NATURAL
INGREDIENTS



SUITABLE FOR
ALL AGES

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NOURISH • BALANCE • HEAL

SWEET. TANGY. BALANCING.

AYURVEDIC
GOODNESS
IN EVERY
BITE

DATE-TAMARIND CHUTNEY

(MILD)

A Perfect Blend of Taste & Wellness



AIDS DIGESTION

Tamarind and dates help stimulate digestive enzymes and relieve bloating naturally.



RICH IN ANTIOXIDANTS

Dates are rich in antioxidants, vitamins & minerals that help fight free radicals and boost immunity.



GOOD FOR HEART

Helps maintain healthy blood pressure and supports overall heart health.



NATURAL DETOX

Supports gentle detoxification, improves metabolism and promotes liver health.



NATURAL ENERGY

A healthy, natural sweetener that provides instant energy without refined sugar.



INGREDIENTS

- 1/2 cup Seedless Dates
- 1/4 cup Tamarind (soaked)
- 1 cup Water
- 1 tbsp Jaggery (optional)
- 1/2 tsp Roasted Cumin Powder
- 1/4 tsp Rock Salt
- 1/4 tsp Black Salt
- 1/4 tsp Black Pepper Powder
- A pinch of Hing (asafoetida)
- A pinch of Red Chilli Powder (optional)

PERFECT WITH



CHAAT &
PANI PURI



SAMOSA &
KACHORI



PAKORA &
CUTLETS



DOSA &
IDLI



SALADS &
BOWLS



WRAPS &
SANDWICHES



100%
NATURAL



NO PRESERVATIVES
NO ARTIFICIAL
FLAVORS



REFINED SUGAR
FREE



GUT FRIENDLY
& BALANCING



SATTVIC
& PURE

MADE WITH LOVE & AYURVEDA

- 1 Soak tamarind in hot water for 20 minutes.
- 2 Blend dates, tamarind, jaggery and water until smooth.
- 3 Add spices and mix well.
- 4 Adjust thickness with water.
- 5 Serve fresh and enjoy!



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100% NATURAL
Authentic • Safe • Effective

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NOURISH • BALANCE • HEAL

CLEANSE. HYDRATE. REVITALIZE.

DETOX HERBAL WATER

SIMPLE
FOOD.
POWERFUL
HEALING.



NATURAL DETOXIFIER

Helps flush out toxins, purify the blood and support liver function naturally.



AIDS DIGESTION

Ingredients like fennel and cumin help improve digestion, reduce bloating and promote gut health.



SUPPORTS WEIGHT MANAGEMENT

Boosts metabolism, reduces water retention and supports healthy weight management.



RICH IN ANTIOXIDANTS

Protects cells from damage and supports overall immunity and vitality.



HYDRATES & REJUVENATES

Keeps the body hydrated, refreshed and energized throughout the day.



BOOSTS IMMUNITY

Powerful herbs and spices help strengthen the immune system and improve resistance.



100%
NATURAL

No Preservatives
No Additives
No Chemicals



INGREDIENTS



Cumin
Seeds
(Jeera)



Fennel
Seeds
(Saunf)



Coriander
Seeds
(Dhania)



Lemon
Slices



Cucumber
Slices



Mint
Leaves

Simple ingredients. Pure nourishment.

HOW TO PREPARE



Add 1/2 tsp each cumin, fennel & coriander seeds in a jug (1 liter).



Add lemon slices, cucumber slices and a few mint leaves.



Pour fresh water and stir well.



Let it infuse for 4–6 hours or overnight in the refrigerator.



Strain (if desired) and sip throughout the day.

PERFECT FOR



Daily
Detox



Healthy
Digestion



Weight
Management



Immunity
Support



Natural
Energy



Hydration
Boost

BEST TIME TO ENJOY



Best sipped throughout the day. Ideal on an empty stomach in the morning.



Can also be enjoyed in the afternoon for refreshing hydration.



SUGAR FREE
& LOW CALORIE



RICH IN
ANTIOXIDANTS



SUPPORTS
LIVER HEALTH



AIDS NATURAL
DETOXIFICATION



SUITABLE FOR
ALL AGES

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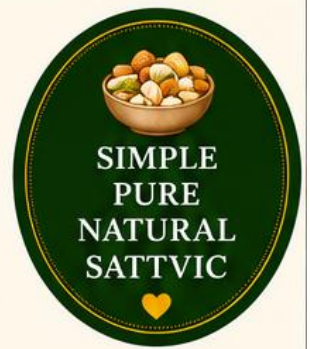


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NOURISH • BALANCE • HEAL

SATTVIC DESSERT

DRY FRUIT MILK



Dry Fruit Milk is a wholesome and delicious sattvic drink made with a blend of premium dry fruits, nuts, seeds and natural sweeteners.

Rich in nutrients, it provides natural energy, strengthens the body and supports overall well-being.

A perfect drink for all ages!



A NOURISHING, ENERGY BOOSTING & SOUL-SATISFYING DRINK

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥



- NO REFINED SUGAR
- NO ARTIFICIAL FLAVORS OR COLORS
- NO PRESERVATIVES
- 100% NATURAL INGREDIENTS
- SUITABLE FOR ALL AGES

BENEFITS

- Provides instant energy and stamina
- Strengthens immunity and overall health
- Improves brain function and memory
- Good for bones, teeth and muscles
- Easy to digest and soothes the body
- Nourishes the body and promotes vitality

INGREDIENTS (SERVES 2)

1 tbsp Almonds (soaked & sliced)	1 tbsp Cashews (soaked & sliced)	1 tbsp Pistachios (soaked & sliced)	1 tbsp Raisins	1 tbsp Melon Seeds (soaked)	A few Saffron Strands (optional)	2 cups Milk	1-2 tsp Jaggery / (Honey optional)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Soak almonds, cashews, pistachios, melon seeds and raisins for 2-4 hours.
- Boil milk on medium flame and simmer for 5-7 minutes.
- Add the soaked dry fruits (except raisins) and cook for 5 minutes.
- Add raisins, saffron and mix well.
- Add jaggery or honey and stir until well combined.
- Serve warm or chilled as per preference.

Tastes best when served warm.
Can be chilled for a refreshing treat.

NUTRITION

(Approx. per serving)

Energy	220 kcal
Protein	7 g
Carbohydrates	25 g
Fat	10 g
Fiber	2.2 g
Calcium	240 mg
Iron	1.1 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use full cream or A2 milk for best taste and nourishment.
- You can add 1 tsp poppy seeds or chia seeds for extra nutrition.
- For extra richness, add 1 tsp ghee while cooking.
- Adjust sweetness as per your preference.
- Serve during festivals, fasts, or as a daily energy drink.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."



GOOD SOURCE
OF PROTEIN



RICH IN VITAMINS
& MINERALS



BOOSTS ENERGY
NATURALLY



SUPPORTS IMMUNITY
& WELLNESS



MADE WITH LOVE
& CARE

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Pure Ingredients.
Traditional Wisdom.



Om Ayurveda

NOURISH • BALANCE • HEAL

SOOTHE. DIGEST. REFRESH.

FENNEL TEA

SIMPLE
FOOD.
POWERFUL
HEALING.

A GENTLE SIP FOR DIGESTION & WELLNESS



AIDS DIGESTION

Fennel helps stimulate digestive enzymes, reduces bloating and supports healthy digestion.



REDUCES BLOATING

Helps relieve gas, bloating and indigestion naturally.



SUPPORTS IMMUNITY

Rich in antioxidants and vitamin C that help strengthen immunity.



REFRESHES BREATH

Naturally freshens breath and supports oral health.



DETOXIFIES BODY

Helps flush out toxins and supports overall cleansing and well-being.



100%
NATURAL
No Preservatives
No Additives
No Chemicals

INGREDIENTS



Fennel Seeds
(Saunf)



Ginger
(Optional)



Jaggery or
Honey
(Optional)



Water

Simple ingredients. Pure nourishment.

HOW TO PREPARE



Boil 2 cups of water.



Add 1–2 tsp fennel seeds.



Crush lightly and simmer for 5–7 minutes.



Strain and pour into a cup.



Add jaggery or honey if desired.



Sip warm and enjoy the goodness!

PERFECT FOR



Healthy
Digestion



Relieves
Bloating



Freshens
Breath



Detox
Support



Daily
Wellness

BEST TIME TO ENJOY



After meals for
better digestion.



Evening for relaxation
and sound sleep.



CAFFEINE FREE
& NATURAL



RICH IN
ANTIOXIDANTS



SUPPORTS
GUT HEALTH



BALANCES
PITTA DOSHA



SAFE FOR
ALL AGES

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SATTVIC DESSERT

FIG DESSERT



Fig Dessert is a wholesome sattvic delicacy made with sweet, juicy figs, milk, natural sweetener and fragrant cardamom, finished with nuts and a touch of ghee. Creamy, naturally sweet and rich in nutrients – it nourishes the body, calms the mind and delights the soul.

A perfect treat for all ages!



A NOURISHING, SOUL-SATISFYING TREAT

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥

NO ONION
NO GARLIC



BENEFITS

- Provides instant energy and nourishment
- Supports immunity and overall health
- Rich in fiber, minerals and antioxidants
- Good for digestion and natural detox
- Calms the mind and promotes better sleep
- Made with natural ingredients – pure and wholesome

INGREDIENTS (SERVES 4)



10–12
Dried Figs
(chopped)



1 litre
Full Cream Milk



1/3 cup
Jaggery
(or as per taste)



1 tsp
Ghee
(optional)



2 tbsp
Chopped Nuts
(almonds, pistachios)



1/2 tsp
Cardamom
Powder



A few strands
Saffron
(optional)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Soak dried figs in warm water for 30 minutes.
- Drain and chop them into small pieces.
- Heat milk in a heavy-bottomed pan on medium flame.
- Add chopped figs and cook, stirring occasionally.
- When milk is reduced slightly and figs become soft, add jaggery and mix well.
- Add cardamom powder, saffron and mix again.
- Cook for another 5–7 minutes on low flame.
- Add ghee and chopped nuts, mix and switch off the flame.



Best enjoyed warm.
Can be chilled for a refreshing treat.

NUTRITION

(Approx. per serving)

Energy	210 kcal
Protein	5 g
Carbohydrates	33 g
Fat	7 g
Fiber	2.1 g
Calcium	160 mg
Iron	0.8 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use soft, ripe figs for best taste and texture.
- For extra richness, add 1 tbsp khoya or condensed milk (optional).
- You can add a few drops of rose water or kewra water for aroma.
- Adjust jaggery as per your sweetness preference.
- Perfect for festivals, prasads, celebrations and family gatherings.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."



NO REFINED SUGAR



NO ARTIFICIAL
FLAVORS OR COLORS



NO PRESERVATIVES



100% NATURAL
INGREDIENTS



SUITABLE FOR
ALL AGES



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NOURISH • BALANCE • HEAL

PURE. NATURAL. WHOLESOME.

FRESH COCONUT SLICES

AYURVEDIC
GOODNESS
IN EVERY
BITE

NATURALLY NOURISHING. DELICIOUSLY PURE.

A SIMPLE SUPERFOOD FOR EVERYDAY WELLNESS



BOOSTS IMMUNITY

Rich in lauric acid and antioxidants that help strengthen immunity and fight infections.



AIDS DIGESTION

High in dietary fiber that supports healthy digestion and promotes gut health.



GOOD FOR HEART

Healthy fats in coconut support heart health and help maintain good cholesterol levels.



NATURAL ENERGY

Provides quick and sustained energy to keep you active and refreshed.



HEALTHY SKIN & HAIR

Nourishes skin, improves hair health and adds a natural glow.



INGREDIENTS



Fresh
Coconut



Nothing
Added



100%
Natural



No Preservatives
No Chemicals

100%
NATURAL

No Preservatives
No Additives
No Compromise

PERFECT IN



Coconut Chutney



Curries



Salads



Smoothies



Snacks & Trail Mix



Sweets & Desserts



PLANT
BASED



RICH IN
GOOD FATS



GLUTEN
FREE



VEGAN
FRIENDLY



NO ARTIFICIAL
FLAVORS



GOOD FOR
WEIGHT
MANAGEMENT

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NOURISH • BALANCE • HEAL

DAY
9

108 DAYS
AYURVEDIC
FOOD SERIES

FRESH FRUIT BOWL

(SEASONAL, NOT MIXED HEAVY)

SIMPLE. NATURAL. NOURISHING.
A PERFECT AYURVEDIC CHOICE ANYTIME.



BENEFITS



Provides natural
vitamins & minerals



Easy to digest
& light on the
stomach



Hydrating &
refreshing



Supports immunity
& glowing skin



Balances all
three doshas



GUIDELINES

- Choose one type of fruit at a time (as per season & your body needs)
- Eat fresh, ripe & naturally sweet fruits
- Avoid combining too many fruits together
- Best eaten on an empty stomach or between meals
- Avoid fruits after heavy meals



HOW TO ENJOY

- 1 Wash and cut the fruit just before eating.
- 2 Use only one type of seasonal fruit.
- 3 Enjoy as it is – no sugar, no honey, no milk.
- 4 Chew well and eat mindfully.
- 5 Best consumed in the morning or evening.



BEST TIME TO EAT



MORNING
OR
EVENING



DOSHA FRIENDLY

Balances Pitta & Vata.
Choose sweet fruits like
banana or apple in winter
for Kapha balance.



AYURVEDIC TIP

Eat fruits alone, give them time to digest,
and let nature do the healing.



SATTVIC FOOD



CLEAN & NATURAL



HOLISTIC LIVING



Om Ayurveda

NOURISH • BALANCE • HEAL



**DAYTIME
ONLY**

Best enjoyed
during the day
for natural
well-being

Fresh **HOMEMADE CURD**

🌿 Pure. Natural. Nourishing. 🌿



GOOD FOR DIGESTION

Supports healthy digestion
and improves gut balance.



BOOSTS IMMUNITY

Rich in probiotics that help
strengthen immunity
naturally.



NATURAL & PURE

Made fresh daily using
quality milk. No additives,
no preservatives.



COOLING & SATTVIC

Helps cool the body,
balances Pitta and
promotes overall well-being.



DAYTIME ONLY

Enjoy during the day for
maximum benefits.



SIMPLE INGREDIENT. TIMELESS GOODNESS.



**SATTVIC
FOOD**



**CLEAN
INGREDIENTS**



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL

PURE. NATURAL. NOURISHING.

AYURVEDIC
GOODNESS
IN EVERY
BITE

FRESH PANEER CUBES

SOFT. PROTEIN-RICH. WHOLESOME.

Made the Traditional Way for Maximum Nutrition & Taste



HIGH IN PROTEIN

Excellent source of plant-based protein for strong muscles and energy.



BUILDS STRENGTH & IMMUNITY

Rich in calcium, phosphorus and essential nutrients for bones and immunity.



EASY TO DIGEST

Soft, fresh and gentle on the stomach. Suitable for all age groups.



100% NATURAL

Made with pure milk, no preservatives, no chemicals.



HEART HEALTHY

Low in fat and cholesterol, supports heart health and overall wellness.



INGREDIENTS



Pure Cow /
Buffalo Milk



Natural
Lemon Juice



Nothing
Else

100%
NATURAL

No Preservatives
No Additives
No Compromise

PERFECT IN



Curries



Gravies



Stir-fry



Salads



Snacks



Wraps

DELICIOUS & NUTRITIOUS DISHES



Paneer Curry



Paneer Tikka



Paneer Salad



Paneer Stir-fry



TIPS FOR FRESHNESS



Store in clean water
in the refrigerator.
Change water daily.



Consume within
3-4 days for
best freshness.



Bring to room
temperature before
cooking.



Keep away from
strong-smelling
foods.

PURE INGREDIENTS. TRADITIONAL METHOD. EXCEPTIONAL TASTE.



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NOURISH • BALANCE • HEAL



BEST ENJOYED
DURING THE DAY

LIGHT • WARM
NOURISHING

🌿 *Nourishing* 🌿

GHEE-ROASTED PUMPKIN

🌿 Simple. Wholesome. Nourishing. 🌿



RICH IN NUTRIENTS

Pumpkin is a great source of vitamins A, C, E, potassium, fiber and antioxidants.



EASY TO DIGEST

Lightly cooked with ghee, it is gentle on the stomach and easy to digest.



SUPPORTS IMMUNITY

Loaded with antioxidants and vitamin A that help strengthen immunity.



BALANCES DOSHAS

Sweet taste and warm nature of pumpkin pacify Vata and Pitta, when prepared with ghee and mild spices.



SATTVIC & NOURISHING

A light, nourishing dish that provides steady energy and supports overall well-being.



DAYTIME DELIGHT

Best enjoyed during the day for a light, warm and nourishing experience.

🌿 PURE INGREDIENTS. GENTLE COOKING. MAXIMUM GOODNESS. 🌿



SATTVIC
FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL



BEST ENJOYED
DURING THE DAY

LIGHT • FRESH
AWAKENING

🌿 *Zesty & Uplifting* 🌿

GINGER-LIME APPETIZER

A refreshing start for the senses.

🌿 Light. Zesty. Digestive. 🌿



AIDS DIGESTION

Ginger stimulates digestive fire and helps reduce bloating and discomfort.



REFRESHES & DETOXIFIES

Lime cleanses the system, supports detoxification and adds a burst of freshness.



BOOSTS IMMUNITY

Ginger and lime are rich in antioxidants and vitamin C that help strengthen immunity.



LIGHT & BALANCING

A light appetizer that awakens the palate without upsetting doshas.



SATTVIC & NOURISHING

Simple, pure ingredients that nourish the body and uplift the mind.



DAYTIME DELIGHT

Best enjoyed during the day to refresh your body, awaken your senses and support digestion.

🌿 SIMPLE INGREDIENTS. PURE GOODNESS. 🌿



SATTVIC
FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL

WARM. SOOTHING. NATURAL.

GINGER TEA (MILD)

SIMPLE
FOOD.
POWERFUL
HEALING.

A GENTLE SIP OF COMFORT & WELLNESS



SOOTHES & WARMS

Ginger helps naturally warm the body and provides soothing comfort.



AIDS DIGESTION

Supports healthy digestion, reduces bloating and relieves nausea.



SUPPORTS IMMUNITY

Rich in antioxidants and gingerols that help support natural immunity.



RELIEVES NAUSEA

Helps ease nausea and queasiness, especially in the morning.



DETOXIFIES NATURALLY

Helps flush out toxins and supports overall body cleansing.



PROMOTES WELL-BEING

Brings a sense of calm, relieves stress and uplifts your mood.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Ginger
(Fresh)



Tulsi Leaves
(Optional)



Jaggery or
Honey (Optional)



Water

Simple ingredients. Pure nourishment.

HOW TO PREPARE



Boil 2 cups of water.



Add 3-4 thin slices of fresh ginger.



Simmer on low flame for 8-10 minutes.



Strain and pour into a cup.



Add a little jaggery or honey (optional).



Sip warm and enjoy.

PERFECT FOR



Morning
Routine



Healthy
Digestion



Immunity
Support



Stress
Relief



Evening
Relaxation

BEST TIME TO ENJOY



Morning for a gentle start
& after meals for digestion.



Evening for relaxation
& better sleep.



CAFFEINE FREE



NATURAL &
SAFE



AYURVEDIC
GOODNESS



BALANCES
PITTA & KAPHA



SUITABLE FOR
ALL AGES

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NOURISH • BALANCE • HEAL

WARM. HEALING. IMMUNITY BOOSTING.

GOLDEN MILK

(TURMERIC MILK)

SIMPLE
FOOD.
POWERFUL
HEALING.

A HEALING ELIXIR FOR IMMUNITY & WELLNESS



BOOSTS IMMUNITY

Turmeric and spices help strengthen immunity and protect the body naturally.



POWERFUL ANTI-INFLAMMATORY

Turmeric contains curcumin, which helps reduce inflammation and supports overall wellness.



AIDS DIGESTION

Warm spices help improve digestion, reduce bloating and soothe the gut.



PROMOTES BETTER SLEEP

A warm cup of golden milk relaxes the body and mind for deep, restful sleep.



DETOXIFIES BODY

Supports liver function and helps flush out toxins naturally.



NOURISHES & REJUVENATES

Rich in antioxidants and nutrients that nourish the body and promote natural healing.



100%
NATURAL
No Preservatives
No Additives
No Chemicals

INGREDIENTS



Turmeric Powder (Haldi)



Ginger (Optional)



Black Pepper (Optional)



Cardamom (Optional)



Milk (Preferably A2)

Simple ingredients. Pure nourishment.

HOW TO PREPARE



Boil 2 cups of milk (or water + milk).



Add 1/2 tsp turmeric powder.



Add a pinch of black pepper, and crushed cardamom.



Add 1/2 tsp grated ginger (optional).



Add sweetener (jaggery or honey) if desired.



Simmer for 5-7 minutes on low flame.



Stir well and enjoy warm.

PERFECT FOR



Immunity Support



Healthy Joints



Digestion Support



Better Sleep



Stress Relief



Daily Wellness

BEST TIME TO ENJOY



Evening / Night
for relaxation
and better sleep.



Morning
for immunity
and energy.



ANTI-INFLAMMATORY
& ANTIOXIDANT



BALANCES
VATA & KAPHA



SUPPORTS
RESPIRATORY HEALTH



NOURISHES TISSUES
& OJAS (VITALITY)



SUITABLE FOR
ALL AGES

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OMAYURVEDA
NOURISH • BALANCE • HEAL

DAY
12

108 DAYS
AYURVEDIC
FOOD SERIES

HERBAL TEA + SOAKED ALMONDS

SIMPLE. SOOTHING. REJUVENATING.
A PERFECT AYURVEDIC HABIT ANYTIME.



BENEFITS



Boosts immunity
& overall wellness



Improves memory
& concentration



Provides
sustained energy



Nourishes the
heart & nerves



Balances Vata
& Pitta doshas



HERBAL TEA OPTIONS

- Tulsi (Holy Basil)
- Chamomile
- Peppermint
- Cumin & Coriander
- Fennel
- Ginger

Choose as per your
body type & need.



HOW TO PREPARE

- 1 Boil 1½ cups of water.
- 2 Add your choice of herb (1 tsp).
- 3 Simmer for 3–5 minutes.
- 4 Strain and sip warm.
- 5 Soak 6–8 almonds in water overnight.
- 6 Peel (optional) and eat in the morning or anytime.



BEST TIME TO ENJOY



MORNING
OR
EVENING

Ideal for a calming start
to the day or a relaxing
evening break.



DOSHA FRIENDLY

Balances Vata & Pitta.
Calms the mind
and nourishes the body.



AYURVEDIC TIP

Sip herbal tea warm. Chew almonds
well for better absorption.



SATTVIC FOOD



CLEAN & NATURAL



MINDFUL LIVING



OMAYURVEDA
NOURISH • BALANCE • HEAL

IDLI

WITH COCONUT CHUTNEY (MILD)

DAY

5

108 DAYS
AYURVEDIC
FOOD SERIES



BENEFITS



Easy to digest
& light on stomach



Fermented food
that supports
gut health



Balances all
three doshas



Provides steady
energy without
heaviness



Supports weight
management



INGREDIENTS

FOR IDLI

- 1 cup idli rice
- ½ cup urad dal (split & skinned)
- 1 tsp fenugreek seeds
- Rock salt to taste
- Water as needed

FOR COCONUT CHUTNEY

- 1 cup fresh grated coconut
- 1 green chilli (optional)
- 1 small piece ginger
- Rock salt to taste
- Water as needed
- 1 tsp oil (for tempering)
- ½ tsp mustard seeds
- Curry leaves



HOW TO PREPARE

IDLI

- 1 Rinse rice, urad dal & fenugreek seeds. Soak separately for 4–6 hours.
- 2 Drain and grind urad dal to a fluffy batter.
- 3 Grind rice to a slightly coarse batter.
- 4 Mix both batters, add salt, and ferment 8–10 hours or overnight.
- 5 Grease idli plates, pour batter and steam for 10–12 minutes.
- 6 Serve hot.

COCONUT CHUTNEY

- 1 Blend coconut, chilli, ginger, salt & water to a smooth chutney.
- 2 Heat oil, add mustard seeds and curry leaves.
- 3 Pour over chutney and mix.



BEST TIME TO EAT



BREAKFAST

7:00 AM – 9:00 AM

Ideal for a calm mind
and strong digestion.



DOSHA FRIENDLY

Balances Vata, Pitta & Kapha
when made with mild spices
and served warm.



AYURVEDIC TIP

Fermented foods like idli improve digestion
and nourish the gut microbiome.



SATTVIC FOOD



CLEAN INGREDIENTS



BALANCED LIFE



Om Ayurveda

NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD



LAUKI KOFTA

(LIGHT VERSION)

SOFT. HEALTHY. SATTVIC.

Delicate lauki koftas simmered in a mild, spiced yogurt-based gravy. Light on the stomach, nourishing & perfect for everyday meals.



BENEFITS

- Hydrating & easy to digest
- Supports weight management
- Good for digestion & gut health
- Cooling for the body
- Nourishes without heaviness
- Ideal for all age groups

INGREDIENTS (SERVES 2)

FOR KOFTAS

- Lauki (bottle gourd, grated) 2 cups
- Besan (gram flour) 2 tbsp
- Oats or suji (semolina) 2 tbsp
- Green chili (finely chopped) 1
- Ginger (grated) ½ tsp
- Cumin seeds ½ tsp
- Coriander leaves 2 tbsp
- Rock salt to taste
- Ghee or oil (for pan) 1 tsp

FOR GRAVY

- Curd (whisked) 1 cup
- Ghee or oil 1 tsp
- Cumin seeds ½ tsp
- Hing (asafoetida) a pinch
- Green chili (optional) 1 slit
- Ginger (grated) ½ tsp
- Turmeric powder ¼ tsp
- Coriander powder ½ tsp
- Rock salt to taste
- Water ½ cup
- Fresh coriander leaves for garnish

* No onion, no garlic for a sattvic preparation.

PREPARATION

TO MAKE KOFTAS

- Grate lauki and squeeze out excess water.
- In a bowl, mix lauki, besan, oats/suji, green chili, ginger, cumin, coriander leaves and salt.
- Shape into small balls.
- Heat 1 tsp ghee in a pan and lightly pan-fry koftas on low flame till golden on all sides.
- Remove and keep aside.

TO MAKE GRAVY

- Heat ghee in a pan. Add cumin seeds, hing and green chili.
- Add ginger and sauté gently.
- Add turmeric and coriander powder. Stir well.
- Lower the flame and add whisked curd slowly, stirring continuously.
- Add water and salt. Mix well and let it simmer for 3-4 minutes.
- Add koftas to the gravy. Simmer for 5 minutes on low flame.
- Garnish with coriander leaves. Serve warm.



BEST TIME

Lunch or
Light Dinner



DOSHA TIP



VATA

Add a little extra ghee and serve warm.



PITTA

Use minimal spices. Add coriander leaves liberally.



KAPHA

Use less ghee and add black pepper or roasted cumin.



GOOD FOR

Weight management, light meals, digestion, skin health & overall well-being.

SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL

WARM. HEALING. NOURISHING.

LENTIL BROTH

SIMPLE
FOOD.
POWERFUL
HEALING.



EASY TO DIGEST

Light on the stomach and perfect for all age groups.



RICH IN PROTEIN

Lentils are a great source of plant-based protein and essential nutrients.



BOOSTS IMMUNITY

Supports the immune system and helps the body fight infections.



GOOD FOR HEART

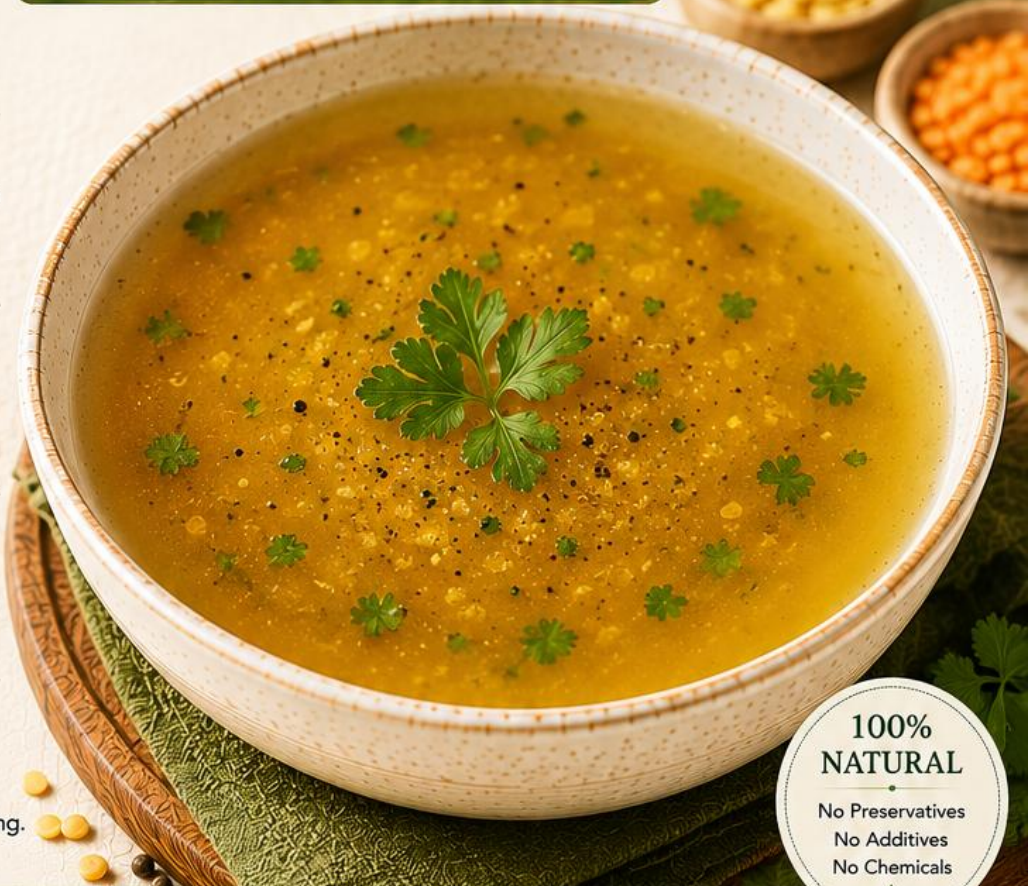
Helps maintain healthy cholesterol and supports heart wellness.



DETOXIFYING

Helps cleanse the body, flush out toxins and promotes overall well-being.

LIGHT, SOOTHING & EASY TO DIGEST



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Yellow Moong Dal



Masoor Dal



Turmeric



Ginger



Cumin Seeds



Black Pepper



Coriander Leaves



Himalayan Rock Salt



Curry Leaves



Lemon Juice



Olive Oil / Ghee (optional)



Water

Simple ingredients. Pure nourishment.

TIPS

- Rinse lentils well and cook until soft for better digestion.
- Add a pinch of turmeric for its natural healing properties.
- Use freshly crushed black pepper for enhanced absorption.
- Avoid overcooking to retain nutrients and lightness.
- Enjoy warm for best comfort and nourishment.

PERFECT FOR



Light Meals



Immunity Support



Easy Digestion



Detox Days



PLANT
BASED



HIGH IN
PROTEIN



LOW FAT &
LIGHT



RICH IN
MINERALS



SUPPORTS
GUT HEALTH

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NOURISH • BALANCE • HEAL



LENTIL SOUP WITH VEGETABLES

SIMPLE. SOOTHING. SATTVIC.

A wholesome, nourishing soup made with lentils, fresh vegetables & gentle spices for easy digestion and complete nourishment.



BENEFITS

- High in plant-based protein
- Easy to digest & light on the stomach
- Hydrates & nourishes the body
- Supports immunity & energy
- Balances all doshas
- Good for all age groups
- Ideal for recovery & convalescence



INGREDIENTS (SERVES 2-3)

- | | |
|-----------------------------------|-------------|
| Masoor dal (red lentils) | ½ cup |
| Carrot (chopped) | ½ cup |
| Bottle gourd / Zucchini (chopped) | ½ cup |
| Beans (chopped) | ¼ cup |
| Peas (fresh or frozen) | ¼ cup |
| Tomato (chopped) | 1 small |
| Ginger (grated) | ½ tsp |
| Cumin seeds | ½ tsp |
| Turmeric powder | ⅛ tsp |
| Hing (asafoetida) | a pinch |
| Black pepper (crushed) | ⅛ tsp |
| Rock salt | to taste |
| Water | 3-4 cups |
| Ghee | 1 tsp |
| Fresh coriander leaves | for garnish |

* No onion, no garlic for a sattvic preparation.



PREPARATION

- Rinse and wash the masoor dal well.
- In a pot, heat ghee. Add cumin seeds and hing. Let them splutter.
- Add grated ginger and sauté for a few seconds.
- Add chopped vegetables and tomato. Sauté gently for 2-3 minutes.
- Add turmeric and dal. Mix well.
- Add water, bring to a boil, then simmer covered for 15-20 minutes or until dal and vegetables are soft.
- Season with rock salt and black pepper. Garnish with coriander leaves. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
convalescence,
weak digestion,
detox &
daily nourishment.



DOSHA TIP



VATA

Add a little extra ghee
and serve warm.



PITTA

Keep spices mild.
Use more bottle gourd
and carrot.



KAPHA

Use less ghee.
Add black pepper
and ginger.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



SIMPLE FOOD • BALANCED MIND • HAPPY YOU





Om Ayurveda
NOURISH • BALANCE • HEAL



LENTIL SOUP WITH VEGETABLES

SIMPLE. NOURISHING. SATTVIC.
*Warm, comforting & easy to digest.
Perfect for everyday balance.*



BENEFITS

- High in plant protein & fiber
- Easy to digest & light on stomach
- Supports immunity & gut health
- Hydrating & nourishing
- Balances all doshas
- Provides steady energy
- Ideal for all age groups



INGREDIENTS (SERVES 2)

- | | | | |
|----------------------------|---------|--------------------------|------------------|
| • Moong dal or Masoor dal | ½ cup | • Bay leaf | 1 |
| • Carrot (chopped) | ¼ cup | • Curry leaves | 6–8 |
| • Beans (chopped) | ¼ cup | • Water | 3 cups |
| • Zucchini or bottle gourd | ½ cup | • Rock salt | to taste |
| • Potato (optional) | ½ cup | • Lemon juice | ½ tsp (optional) |
| • Tomato (chopped) | 1 small | • Ghee or olive oil | 1 tsp |
| • Ginger (grated) | ½ tsp | • Fresh coriander leaves | for garnish |
| • Turmeric | ½ tsp | | |
| • Cumin seeds | ½ tsp | | |
| • Black pepper (crushed) | ¼ tsp | | |

* No onion, no garlic for a sattvic preparation.



PREPARATION

- 1 Rinse dal well. In a pot, add dal, turmeric, water and cook until soft (pressure cook for 2–3 whistles or simmer).
- 2 Heat ghee in a pan. Add cumin seeds, bay leaf and curry leaves. Let them splutter.
- 3 Add grated ginger and sauté for a few seconds.
- 4 Add chopped vegetables and tomato. Sauté for 2 minutes.
- 5 Add to the cooked dal. Add salt and black pepper. Mix well.
- 6 Simmer for 8–10 minutes until vegetables are tender.
- 7 Adjust taste. Add lemon juice if using. Garnish with coriander leaves. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
especially during
recovery, fatigue,
convalescence
or low appetite.



DOSHA TIP



VATA

Add a little extra ghee
and serve warm.



PITTA

Keep spices mild.
Avoid black pepper
if sensitive.



KAPHA

Use less ghee. Add
a pinch of black
pepper or ginger.



SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



OMAYURVEDA
NOURISH • BALANCE • HEAL

108 DAYS
AYURVEDIC
FOOD SERIES

LIGHT & DIGESTIBLE BREAKFAST

20 AYURVEDIC BREAKFAST OPTIONS FOR A HEALTHY START

1 Moong dal chilla
(mild spices)



Protein-rich, light
& easy to digest.

2 Vegetable poha
(less oil,
no peanuts)



Light, nourishing
& gentle on stomach.

3 Rice porridge
(kanji)



Hydrating, soothing
& easy to digest.

4 Stewed apples
with cinnamon



Warm, calming &
great for digestion.

5 Oats with
dates & cardamom



Fiber-rich, energizing
& naturally sweet.

6 Idli with coconut
chutney (mild)



Light, fermented &
easy on the gut.

7 Ragi porridge



Calcium-rich, grounding
& strengthening.

8 Quinoa upma



High in protein, light
& gluten-free.

9 Thin vegetable
dal soup



Warm, light & great
for digestion.

10 Fresh fruit bowl
(seasonal, not
mixed heavy)



Natural, hydrating &
full of nutrients.

11 Rice flakes with
warm milk



Comforting, light &
soothing.

12 Sweet potato mash



Warm, nourishing &
easy to digest.

13 Herbal tea +
soaked almonds



Detoxifying, light &
perfect start.

14 Vegetable daliya



Wholesome, filling &
gentle on stomach.

15 Thin khichdi



Complete, balanced
& easy to digest.

16 Rice pancakes
(neer dosa style)



Light, soft &
easy to digest.

17 Warm banana
with ghee &
cardamom



Nourishing, grounding &
energy boosting.

18 Barley porridge



Rich in fiber, good
for gut health.

19 Millet porridge
(well-cooked)



Light, nutritious &
easy to digest.

20 Moong dal soup
with cumin



Protein-rich, light &
gut-friendly.

BEST TIME TO EAT
7:00 AM – 9:00 AM

- ✓ Eat warm & fresh
- ✓ Avoid cold, heavy or fried foods
- ✓ Eat mindfully & in peaceful state



DOSHA GUIDANCE



VATA
Add ghee,
warm & soft
foods



PITTA
Keep spices mild,
avoid excess
heat



KAPHA
Eat light,
reduce sweet &
heavy foods



AYURVEDIC TIP

Choose foods that are
in season, locally available
& freshly prepared.

Simple food. Strong digestion.
Healthy body. Calm mind.



SATTVIC FOOD

CLEAN INGREDIENTS

GENTLE & NOURISHING

MADE WITH LOVE

NOURISH YOUR BODY. BALANCE YOUR DOSHAS. LIVE IN HARMONY.



OMAYURVEDA
NOURISH • BALANCE • HEAL

108 DAYS
AYURVEDIC
FOOD SERIES



LIGHT & DIGESTIBLE BREAKFAST

WARM. NOURISHING. EASY TO DIGEST.

START YOUR DAY WITH FOODS THAT SUPPORT DIGESTION AND NATURAL ENERGY.



1
MOONG DAL CHILLA
(MILD SPICES)



2
VEGETABLE POHA
(LESS OIL, NO PEANUTS)



3
RICE PORRIDGE
(KANJI)



4
STEWED APPLES
WITH CINNAMON



5
OATS WITH DATES
& CARDAMOM



6
IDLI WITH
COCONUT CHUTNEY
(MILD)



7
RAGI PORRIDGE



8
QUINOA UPMA



9
THIN VEGETABLE
DAL SOUP



10
FRESH FRUIT BOWL
(SEASONAL, NOT
MIXED HEAVY)



11
RICE FLAKES
WITH WARM MILK



12
SWEET POTATO MASH



13
HERBAL TEA
+ SOAKED ALMONDS



14
VEGETABLE DALIYA



15
THIN KHICHDI



16
RICE PANCAKES
(NEER DOSA STYLE)



17
WARM BANANA
WITH GHEE & CARDAMOM



18
BARLEY PORRIDGE



19
MILLET PORRIDGE
(WELL-COOKED)



20
MOONG DAL SOUP
WITH CUMIN

BEST TIME TO EAT



7:00 AM – 9:00 AM

Always eat warm & fresh.
Avoid cold, heavy or
fried foods.

DOSHA GUIDANCE



VATA

Add ghee,
warm & soft
foods.



PITTA

Keep spices
mild, avoid
excess heat.



KAPHA

Eat light,
reduce sweet
& heavy foods.

BENEFITS OF A LIGHT BREAKFAST

- ✓ Supports healthy digestion & metabolism
- ✓ Provides sustained energy
- ✓ Keeps you light, calm & focused
- ✓ Balances all three doshas
- ✓ Supports overall well-being

SIMPLE FOOD. BALANCED MIND. HAPPY YOU.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING & HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL



BEST ENJOYED
DURING THE DAY

LIGHT • FRESH
NOURISHING

LIGHT CARROT SALAD (STEAMED)

Simple. Wholesome. Nourishing.

Lightly steamed for maximum
nutrition and easy digestion.



RICH IN NUTRIENTS

Carrots are a great source of
beta-carotene, vitamins and
essential minerals.



EASY TO DIGEST

Steamed preparation makes it
light on the stomach and gentle
on digestion.



SUPPORTS IMMUNITY

Antioxidants and vitamins help
strengthen immunity and support
overall wellness.



LIGHT & REFRESHING

Low in calories, high in fiber –
perfect for a light, healthy
and satisfying meal.



DAYTIME DELIGHT

Enjoy during the day for a light,
energizing and nourishing boost.

PURE INGREDIENTS. GENTLE COOKING. MAXIMUM GOODNESS.



SATTVIC
FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



OMAYURVEDA
NOURISH • BALANCE • HEAL

DAY
18

108 DAYS
AYURVEDIC
FOOD SERIES

MILLET PORRIDGE (WELL-COOKED)

WARM. GENTLE. DEEPLY NOURISHING.
A PERFECT AYURVEDIC MEAL ANYTIME.



BENEFITS



Easy to digest
& gentle on stomach



Provides sustained
energy



Rich in fiber,
vitamins & minerals



Nourishes &
hydrates the body



Balances Vata
& Pitta doshas



Supports gut health
& immunity



INGREDIENTS

- ½ cup millet (any variety – foxtail, little, barnyard, kodo, proso, etc.)
- 2–2½ cups water or milk (or a mix)
- 1–2 tsp ghee
- 2–3 pods cardamom (crushed)
- A pinch of nutmeg (optional)
- Sweetener as per taste (jaggery, date paste, or raw honey)

Use organic millets
whenever possible.



HOW TO PREPARE

- 1 Rinse millet well and soak for 30 minutes (optional but recommended).
- 2 Drain and add to a pot with water or milk.
- 3 Bring to a boil.
- 4 Reduce heat and simmer, stirring occasionally.
- 5 Cook until the millet is very soft and creamy (well-cooked).
- 6 Add ghee, cardamom and sweetener. Mix well.
- 7 Cook for 2–3 more minutes.
- 8 Serve warm.



BEST TIME TO ENJOY



BREAKFAST
OR
EARLY DINNER

Ideal for all ages, especially
children, elders & during
recovery.



DOSHA FRIENDLY

Balances Vata & Pitta.
Grounding, nourishing &
easy to digest.



AYURVEDIC TIP

For extra nourishment, add a few soaked almonds,
raisins or dates while cooking.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING & HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

52.

MINT CHUTNEY (MILD)

*Fresh herbal digestive
support*



REFRESHING & COOLING

Cools the body and
soothes excess heat
(Pitta).



AIDS DIGESTION

Helps reduce bloating,
gas and heaviness
after meals.

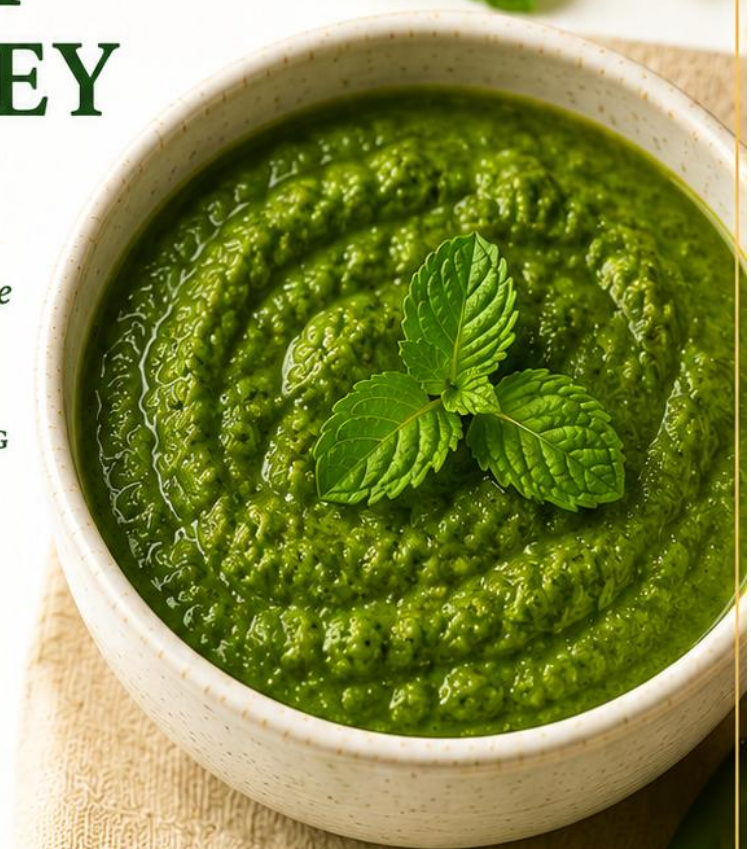


LIGHT APPETITE STIMULANT

Encourages healthy
appetite and enhances
taste naturally.



*Made with fresh mint
leaves and simple,
pure ingredients for
gentle nourishment.*



LIGHT • PURE • SATTVIC



SATTVIC FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



OMAYURVEDA
NOURISH • BALANCE • HEAL

DAY

1

108 DAYS
AYURVEDIC
FOOD SERIES

MOONG DAL CHILLA (MILD SPICES)

LIGHT. PROTEIN RICH. TRIDOSHIC FRIENDLY.



BENEFITS



Easy to digest
& gut friendly



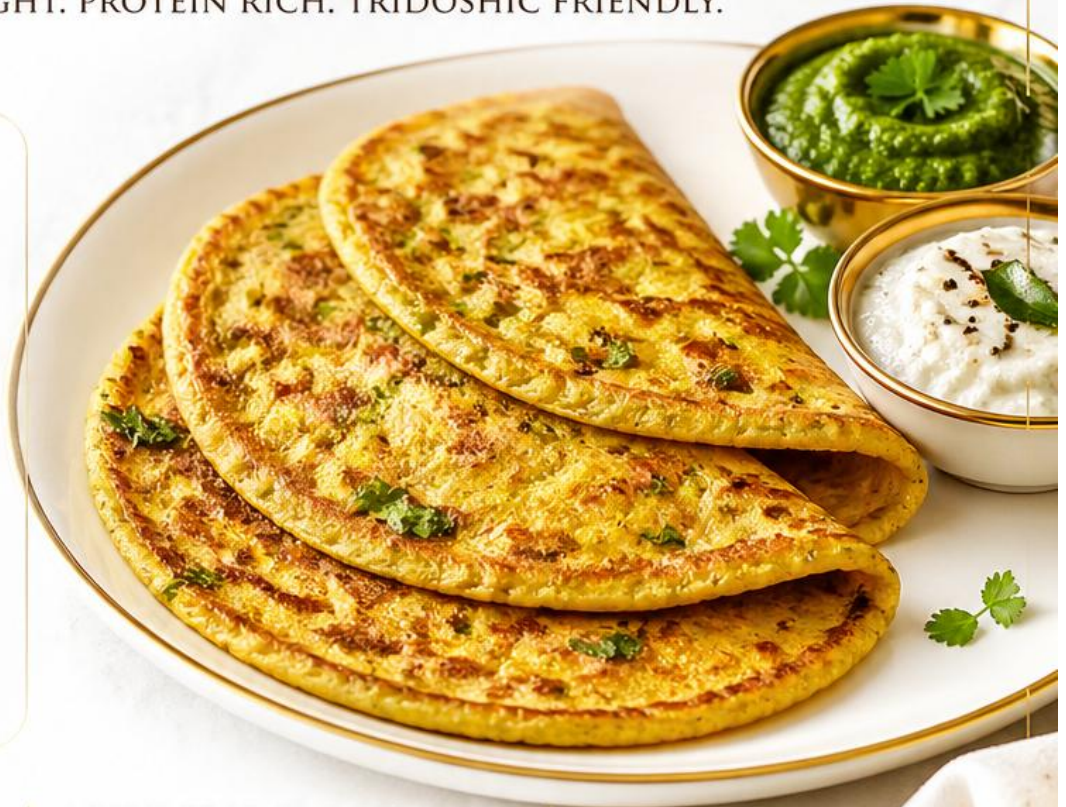
High in protein
& energy boosting



Balances all
three doshas



Detoxifies &
supports weight
management



✦ A PERFECT START TO YOUR DAY ✦



INGREDIENTS

- 1 cup yellow moong dal (soaked)
- 1 green chilli (optional)
- 1 inch ginger
- Cumin seeds (jeera)
- Rock salt to taste
- Fresh coriander
- Ghee or sesame oil
- Water as needed



HOW TO PREPARE

- ① Soak moong dal for 4-6 hours.
- ② Drain & blend to a smooth batter.
- ③ Add ginger, green chilli, cumin, salt & coriander.
- ④ Mix well. Add water to adjust consistency.
- ⑤ Heat a pan, add ghee.
- ⑥ Pour a ladle of batter & spread gently.
- ⑦ Cook on both sides till golden.
- ⑧ Serve hot with chutney.



BEST TIME TO EAT



BREAKFAST

7:00 AM – 9:00 AM



DOSHA FRIENDLY

Balances Vata, Pitta & Kapha
when made with mild spices
and cooked with love.



AYURVEDIC TIP

Add a few drops of ghee on top for better
digestion and nourishment.



SATTVIC FOOD



CLEAN INGREDIENTS



BALANCED LIFE



Om Ayurveda

NOURISH • BALANCE • HEAL

SATTVIC DESSERT

MOONG DAL

HALWA

(LIGHT GHEE)

SIMPLE
PURE
NATURAL
SATTVIC

Moong Dal Halwa is a traditional sattvic dessert made with split yellow moong dal, lightly cooked in ghee and sweetened naturally. It is easy to digest, nourishing and perfect to uplift your energy and mood.

BENEFITS



Easy to digest and gentle on the stomach



Provides lasting energy and reduces fatigue



Rich in plant protein and supports strength



Nourishes the brain and calms the mind



Lubricating and warming, ideal for all ages



Strengthens immunity and overall vitality



INGREDIENTS (SERVES 2)



1/2 cup
Moong Dal
(Yellow Split)



2-3 tbsp
Ghee
(light)



1/3 to 1/2 cup
Jaggery
(adjust to taste)



1 cup
Milk



1/4 tsp
Cardamom
Powder



2 tbsp
Chopped Nuts
(almonds, cashews,
pistachios)



A few
Saffron Strands
(optional)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- 1 Rinse moong dal and soak for 30 minutes. Drain completely and pat dry.
- 2 Dry roast the dal on low flame until it turns aromatic and light golden.
- 3 Let it cool slightly and coarsely grind it.
- 4 Heat ghee in a thick-bottomed pan. Add the dal and sauté on low flame until golden and fragrant.
- 5 Add milk slowly, stirring continuously to avoid lumps.
- 6 Cook on low heat, stirring often, until the dal is soft and the milk is absorbed.
- 7 Add grated jaggery and mix well. Cook until the halwa thickens and leaves the sides of the pan.
- 8 Add cardamom powder and saffron. Mix well and garnish with chopped nuts. Serve warm.



Patience and slow cooking bring out the rich flavor and perfect texture.

NUTRITION

(Approx. per serving)



Energy 290 kcal



Protein 8 g



Carbohydrates 38 g



Fat 10 g



Fiber 2 g



Calcium Good Source



Iron Good Source

Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use minimal ghee for a lighter version without compromising taste.
- Adjust jaggery as per your taste.
- Add a pinch of nutmeg powder for extra warmth (optional).
- Can be made without milk using water or thin coconut milk.
- Perfect for festivals, special occasions or as a wholesome treat.

"When food is pure,
the mind becomes clear
and the heart feels light."



NO REFINED SUGAR



NO ARTIFICIAL
FLAVORS



NO PRESERVATIVES



PURE & NATURAL
INGREDIENTS



SUITABLE FOR
ALL AGES



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Traditional Wisdom.



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DAY
19

108 DAYS
AYURVEDIC
FOOD SERIES

MOONG DAL SOUP WITH CUMIN

LIGHT. SOOTHING. EASY TO DIGEST.
A PERFECT AYURVEDIC MEAL ANYTIME.



BENEFITS



Easy to digest
& gentle on stomach



Rich in plant protein
& nutrients



Supports immunity
& overall wellness



Hydrating
& light



Balances Vata
& Pitta doshas



Helps in detoxification
& gut cleansing



INGREDIENTS

- ½ cup yellow moong dal (split & husked)
- 3 cups water
- ½ tsp ghee (preferably cow ghee)
- ½ tsp cumin seeds
- A pinch of asafoetida (hing)
- ¼ tsp turmeric powder
- Salt to taste
- Fresh coriander leaves (optional)

Simple, nourishing
& sattvic.



HOW TO PREPARE

- 1 Rinse moong dal well and soak for 20–30 minutes (optional).
- 2 Drain and cook dal in water with turmeric until soft and well mashed.
- 3 In a small pan, heat ghee. Add cumin seeds and let them splutter.
- 4 Add asafoetida and sauté for a few seconds.
- 5 Add this tempering to the cooked dal. Mix well.
- 6 Add salt and simmer for 2–3 minutes.
- 7 Garnish with fresh coriander leaves. Serve warm.



BEST TIME TO ENJOY



LUNCH
OR
EARLY DINNER

Ideal when you need
a light, comforting &
healing meal.



DOSHA FRIENDLY

Balances Vata & Pitta.
Light, hydrating &
perfect for all seasons.



AYURVEDIC TIP

For enhanced digestion, add a squeeze of lemon
or a dash of black pepper before serving.



SATTVIC FOOD



CLEAN & LIGHT



NOURISHING & HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL



MOONG DAL TADKA (GENTLE)

SIMPLE. NOURISHING. SATTVIC.

*Light, easy to digest & perfect
for everyday balance.*



BENEFITS

- High in plant protein
- Easy to digest
- Supports gut health
- Nourishes all tissues
- Balances all doshas
- Gives strength & energy
- Sattvic & comforting



INGREDIENTS (SERVES 2)

DAL

- Yellow moong dal – ½ cup
- Turmeric – 1/4 tsp
- Water – 2 cups
- Salt – to taste

TADKA (GENTLE)

- Ghee – 1 tsp
- Cumin seeds – ½ tsp
- Hing (asafoetida) – a pinch
- Ginger (finely chopped) – ½ tsp
- Curry leaves – 5–6
- Green chili (optional) – 1 slit
- Coriander leaves – for garnish

* No onion, no garlic for a gentle, sattvic preparation.



PREPARATION

COOK DAL

- Rinse moong dal well.
- Add dal, turmeric and water in a pressure cooker. Cook for 2–3 whistles or until soft and mushy.
- Whisk lightly. Add salt. Keep aside.

PREPARE TADKA

- Heat ghee in a small pan. Add cumin seeds and let them splutter.
- Add hing, ginger, curry leaves and green chili (if using).
- Sauté gently for a few seconds.
- Pour the tadka over the dal. Mix well.
- Garnish with coriander leaves. Serve warm.



BEST TIME

Lunch or
Light Dinner



DOSHA TIP



VATA

Add a little extra ghee and serve warm.



PITTA

Keep spices mild, avoid green chili if sensitive.



KAPHA

Use less ghee and add black pepper to aid digestion.



GOOD FOR

All age groups, convalescence, weak digestion, and active days. Provides strength without heaviness.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



SIMPLE FOOD • BALANCED MIND • HAPPY YOU





Om Ayurveda

NOURISH • BALANCE • HEAL

WARM. NOURISHING. HEALING.

MOONG SOUP

LIGHT, EASY & PROTEIN-RICH GOODNESS

SIMPLE
FOOD.
POWERFUL
HEALING.



EASY TO DIGEST

Gentle on the stomach
and perfect for all
age groups.



RICH IN PROTEIN

Moong dal is a great
source of plant protein
for strength & energy.



BOOSTS IMMUNITY

Packed with vitamins,
antioxidants & essential
nutrients.



DETOXIFYING

Helps cleanse the body
and supports overall
well-being.



LIGHT & COMFORTING

Warm, soothing &
perfect for recovery
and healing.



INGREDIENTS



Moong dal



Ginger



Garlic



Turmeric



Cumin



Black pepper



Coriander
leaves



Rock salt

PERFECT FOR



Light Meals



Recovery



Sensitive
Stomach



Detox Days

100%
NATURAL

TIPS

- Pressure cook moong dal well for easy digestion.
- Add a pinch of cumin & ginger for extra healing.
- Enjoy warm for best nourishment.

FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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DAY
4

108 DAYS
AYURVEDIC
FOOD SERIES

OATS WITH DATES & CARDAMOM

WARM. NOURISHING. SUSTAINED ENERGY.

BENEFITS



Provides
sustained energy



Aids digestion &
keeps you full



Improves focus
& mental clarity



Nourishes the body
& builds strength



Balances all
three doshas



INGREDIENTS

- ½ cup rolled oats
- 1½ cups milk or water (or a mix)
- 3–4 pitted dates (chopped)
- 2–3 green cardamom pods (powdered)
- 1 tsp ghee (optional)
- A pinch of nuts (almonds or walnuts)
- A pinch of rock salt (optional)

HOW TO PREPARE

- 1 Heat milk or water in a pan.
- 2 Add oats and stir well.
- 3 Cook on low flame, stirring occasionally.
- 4 Add chopped dates and mix well.
- 5 Add cardamom powder and cook for 2–3 minutes.
- 6 Add ghee, mix and switch off the flame.
- 7 Garnish with chopped nuts and serve warm.

BEST TIME TO EAT



BREAKFAST
7:00 AM – 9:00 AM



DOSHA FRIENDLY

Balances Vata & Pitta.
Light & grounding for Kapha
when eaten warm.



AYURVEDIC TIP

Soak oats for 10 minutes for
better digestion.



SATTVIC FOOD



CLEAN INGREDIENTS



BALANCED LIFE



Om Ayurveda
NOURISH • BALANCE • HEAL



PANEER

(LIGHTLY SPICED)

SIMPLE. NOURISHING. SATTVIC.

*High in protein, light on spices
& perfect for everyday balance.*



BENEFITS

- Excellent source of protein
- Supports muscle & tissue health
- Easy to digest (when lightly spiced)
- Strengthens bones
- Nourishes body & mind
- Balances all doshas
- Ideal for daily nourishment



INGREDIENTS (SERVES 2)

- | | |
|--------------------------|-------------|
| • Paneer (cubes) | 200 g |
| • Ghee or oil | 1 tsp |
| • Cumin seeds | ½ tsp |
| • Ginger (grated) | ½ tsp |
| • Tomato (chopped) | 1 small |
| • Turmeric | ¼ tsp |
| • Coriander powder | ½ tsp |
| • Salt | to taste |
| • Green chili (optional) | 1 slit |
| • Coriander leaves | for garnish |
| • Water | ¼ cup |



PREPARATION

- Heat ghee in a pan. Add cumin seeds and let them splutter.
- Add grated ginger and green chili. Sauté gently.
- Add chopped tomato and cook until soft.
- Add turmeric, coriander powder and salt. Mix well.
- Add paneer cubes and water. Simmer for 3–4 minutes.
- Garnish with coriander leaves. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
especially during
recovery, fatigue
or weakness.



DOSHA TIP



VATA

Add a little extra ghee
and serve warm.



PITTA

Keep spices mild,
avoid green chili
if sensitive.



KAPHA

Use minimal ghee
and add black pepper
or dry ginger.



SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL



BEST ENJOYED
DURING THE DAY

— ∞ —
LIGHT • PURE
MINDFUL

🌿 *Light & Mindful* 🌿

PICKLE

(VERY SMALL QTY)

🌿 A touch of taste.
A boost of digestion. 🌿



AIDS DIGESTION

Traditional spices and natural ingredients help stimulate digestive fire.



ENHANCES TASTE MINDFULLY

Just a small amount adds flavor and satisfaction to your meal without heaviness.



NATURAL & WHOLESOME

Made with high-quality ingredients, free from artificial preservatives and additives.



LIGHT & BALANCED

Prepared in small batches to maintain purity, balance and freshness.



DAYTIME DELIGHT

Best enjoyed during the day in small quantities for optimal digestion and lightness.

🌿 SMALL IN QUANTITY. BIG ON WELL-BEING. 🌿



SATTVIC
FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL



PLAIN RICE + RASAM (LIGHT)

SIMPLE. SOOTHING. SATTVIC.
*Easy to digest, light on stomach
& perfect for everyday balance.*



BENEFITS

- Light & easy to digest
- Hydrates & nourishes
- Supports gut health
- Balances all doshas
- Provides gentle comfort
- Perfect for convalescence



INGREDIENTS (SERVES 2)

PLAIN RICE

- Rice – 1 cup
- Water – 2 cup
- Ghee (optional) – ½ tsp

LIGHT RASAM

- Tomato – 1 small (optional)
- Tamarind – small lemon size
- Water – 2½ cups
- Rasam powder – 1 tsp
- Cumin seeds – ½ tsp
- Black pepper – ¼ tsp
- Garlic – 1 (optional)
- Curry leaves – 6–8
- Coriander leaves – for garnish
- Ghee – ½ tsp
- Salt – to taste



PREPARATION

PLAIN RICE

- Wash rice well.
- Add water and bring to a boil.
- Reduce flame and cook until soft.
- Drain any excess water. Serve hot.

LIGHT RASAM

- Soak tamarind in warm water, extract juice.
- In a pan, heat ghee. Add cumin, pepper, garlic and let splutter.
- Add curry leaves and tomato (if using).
- Add tamarind extract, water, rasam powder and salt.
- Boil for 3–4 minutes.
- Garnish with coriander leaves. Serve hot.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
especially during
fatigue, fever
recovery or
low appetite.



DOSHA TIP



VATA

Add a little ghee
and serve warm.



PITTA

Keep spices mild,
avoid extra pepper
if sensitive.



KAPHA

Reduce ghee and
use more pepper
and cumin.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING

SIMPLE FOOD • BALANCED MIND • HAPPY YOU



Om Ayurveda
NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

PUMPKIN CURRY

SIMPLE. SOOTHING. NOURISHING.

*Warm, light & sattvic
Nourishes body & mind.*



BENEFITS

-  Rich in antioxidants
-  Supports digestion
-  Gentle on stomach
-  Balances all doshas
-  Boosts immunity



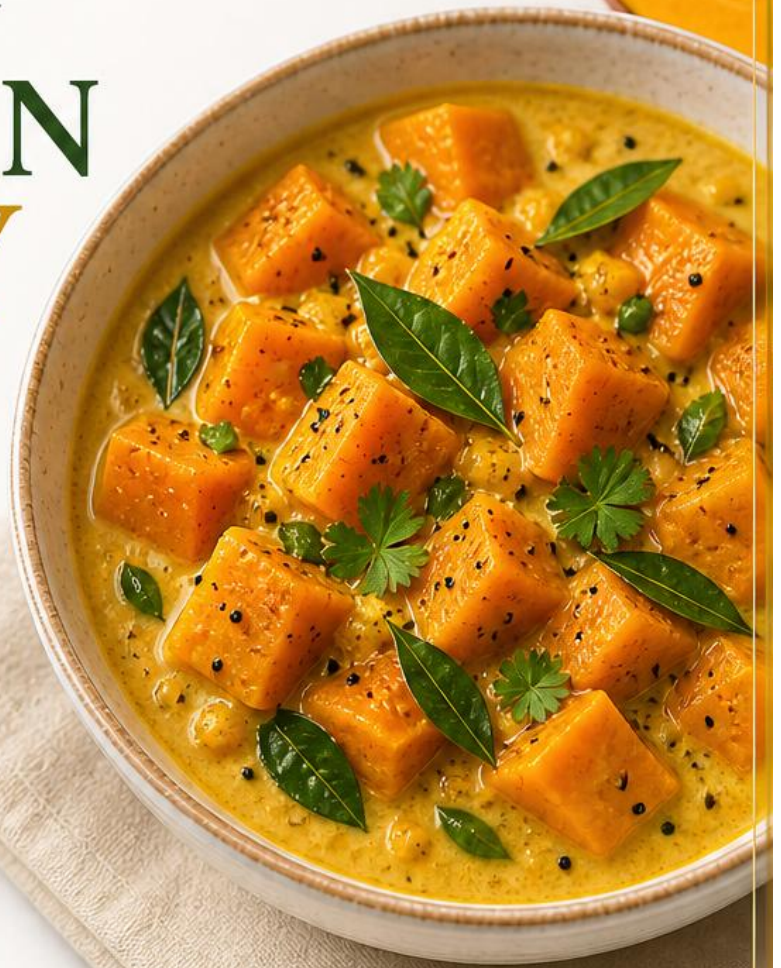
INGREDIENTS (SERVES 2)

- | | |
|------------------------|-----------|
| • Pumpkin (cubed) | 2 cups |
| • Coconut milk (light) | ½ cup |
| • Ghee or oil | 1 tsp |
| • Cumin seeds | ½ tsp |
| • Mustard seeds | ½ tsp |
| • Turmeric | ¼ tsp |
| • Curry leaves | 6–8 |
| • Ginger (grated) | ½ tsp |
| • Salt | to taste |
| • Water | ½ – 1 cup |



PREPARATION

- Heat ghee in a pan. Add mustard seeds and cumin seeds. Let them splutter.
- Add ginger and curry leaves.
- Add pumpkin, turmeric and salt. Mix well.
- Add water, cover and cook until pumpkin is soft.
- Add coconut milk and simmer on low heat for 2 minutes. Do not boil.
- Garnish with coriander leaves and serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
supports digestion,
healthy skin &
immune strength.



DOSHA TIP



VATA

Add extra ghee,
serve warm.



PITTA

Keep spices mild,
avoid chili.



KAPHA

Reduce coconut milk,
add black pepper.



SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

PUMPKIN CURRY

SIMPLE. SOOTHING. SATTVIC.
NOURISHES BODY & MIND.



BENEFITS

- Rich in beta-carotene & antioxidants
- Supports eye health & immunity
- Easy to digest & light on stomach
- Balances all doshas
- Nourishing & sattvic



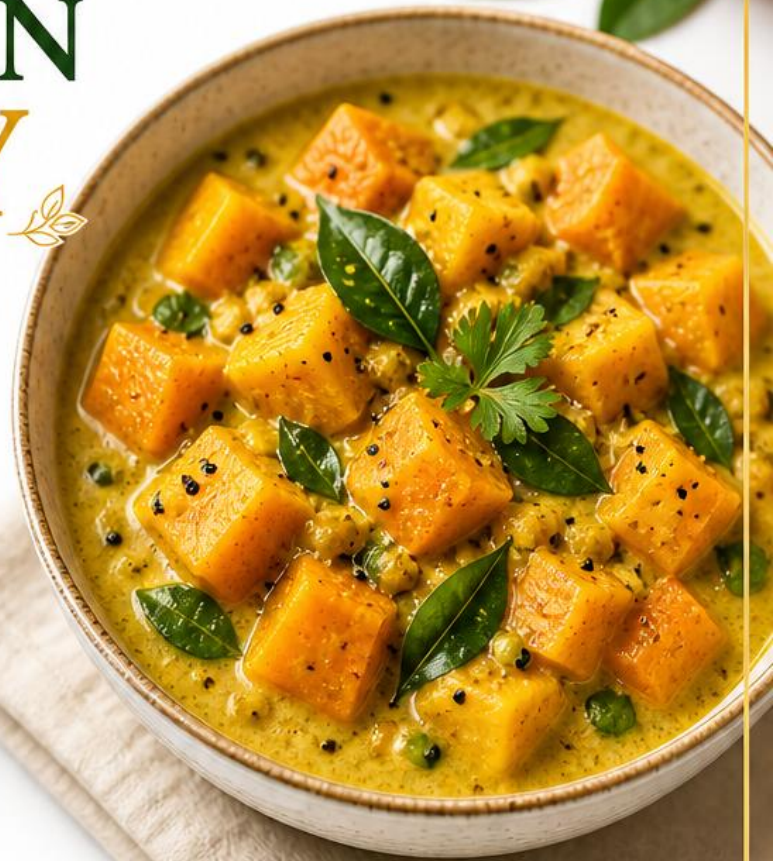
INGREDIENTS (SERVES 2)

- | | |
|------------------------|-------------|
| Pumpkin (cubed) | 2 cups |
| Coconut (grated) | 2 tbsp |
| Coconut milk (light) | ½ cup |
| Oil or ghee | 1 tsp |
| Mustard seeds | ½ tsp |
| Cumin seeds | ½ tsp |
| Turmeric powder | ¼ tsp |
| Green chili (optional) | 1 (slit) |
| Curry leaves | 6-7 |
| Rock salt / Sea salt | to taste |
| Water | ½ cup |
| Fresh coriander | for garnish |



PREPARATION

- Heat oil or ghee in a pan.
- Add mustard seeds and cumin seeds. Let them splutter.
- Add green chili and curry leaves.
- Add pumpkin cubes and sauté gently for 2 minutes.
- Add turmeric, salt and water. Cover and cook until pumpkin is soft and tender.
- Add coconut milk and grated coconut.
- Mix well and simmer for 2 minutes. Do not boil.
- Garnish with fresh coriander. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
improves digestion,
boosts immunity &
supports healthy skin.



DOSHA TIP



VATA
Add a little ghee
and serve warm.



PITTA
Keep spices mild
and avoid green chili.



KAPHA
Use less coconut
and add black pepper
for balance.



SIMPLE FOOD. BALANCED MIND. HAPPY YOU.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING

WARM. NOURISHING. SATISFYING.

PUMPKIN SOUP

SIMPLE
FOOD.
POWERFUL
HEALING.

CREAMY, COMFORTING & FULL OF GOODNESS



EASY TO DIGEST

Light on the stomach
and perfect for all
age groups.



RICH IN NUTRIENTS

High in beta-carotene,
vitamins A, C, E and
essential minerals.



BOOSTS IMMUNITY

Strengthens immunity
and helps the body
fight infections.



GOOD FOR EYES & SKIN

Supports healthy vision
and promotes glowing,
radiant skin.



DETOXIFYING

Helps cleanse the body
and supports overall
well-being.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Pumpkin



Onion



Garlic



Ginger



Olive Oil/
Ghee



Black Pepper



Rock Salt



Nutmeg
(optional)

Simple ingredients. Pure nourishment.

PERFECT FOR



Light
Meals



Immunity
Support



Sensitive
Stomach



Detox
Days

TIPS

- Blend well for a creamy texture.
- Add a dash of nutmeg for extra warmth and flavor.
- Enjoy warm for best taste and nourishment.



PLANT
BASED



NO ARTIFICIAL
COLORS OR
FLAVORS



GLUTEN
FREE



LOW FAT
& HEALTHY



RICH IN
FIBER



SUPPORTS
WEIGHT
MANAGEMENT

FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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Traditional Wisdom.

RECONNECT. REBALANCE. REJUVENATE.



OMAYURVEDA
NOURISH • BALANCE • HEAL



DAY

7

108 DAYS
AYURVEDIC
FOOD SERIES

QUINOA UPMA

LIGHT. NUTRITIOUS. BALANCED.
A PERFECT AYURVEDIC START TO YOUR DAY.



BENEFITS



Gluten-free & easy to digest



High in protein & fiber



Supports gut health & regularity



Keeps you full & energized



Balances all three doshas



INGREDIENTS

- ½ cup quinoa (rinsed)
- 1 cup water
- 1 tsp ghee or sesame oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 1 tsp urad dal
- 1 sprig curry leaves
- 1 small onion (chopped)
- 1 green chilli (chopped)
- ½ tsp grated ginger
- ½ cup mixed vegetables (carrot, beans, peas)
- Rock salt to taste
- Fresh coriander leaves
- Lemon juice (optional)



HOW TO PREPARE

- ① Rinse quinoa well and cook with 1 cup water. Keep aside.
- ② Heat ghee in a pan. Add mustard seeds, cumin seeds, urad dal and let them splutter.
- ③ Add curry leaves, green chilli, ginger and onion. Sauté until soft.
- ④ Add vegetables and cook for 3–4 minutes.
- ⑤ Add cooked quinoa and rock salt. Mix well.
- ⑥ Cook for 2–3 minutes on low flame.
- ⑦ Garnish with coriander and lemon juice.



BEST TIME TO EAT



BREAKFAST
OR EARLY DINNER

Ideal for a light, nourishing and balanced meal.



DOSHA FRIENDLY

Balances Vata & Pitta.
Light and easy for Kapha when taken warm.



AYURVEDIC TIP

Eat warm and chew well for better digestion and absorption.



SATTVIC FOOD



CLEAN & WHOLESOME



BALANCED LIVING



Om Ayurveda

NOURISH • BALANCE • HEAL

SATTVIC DESSERT

RAGI

HALWA



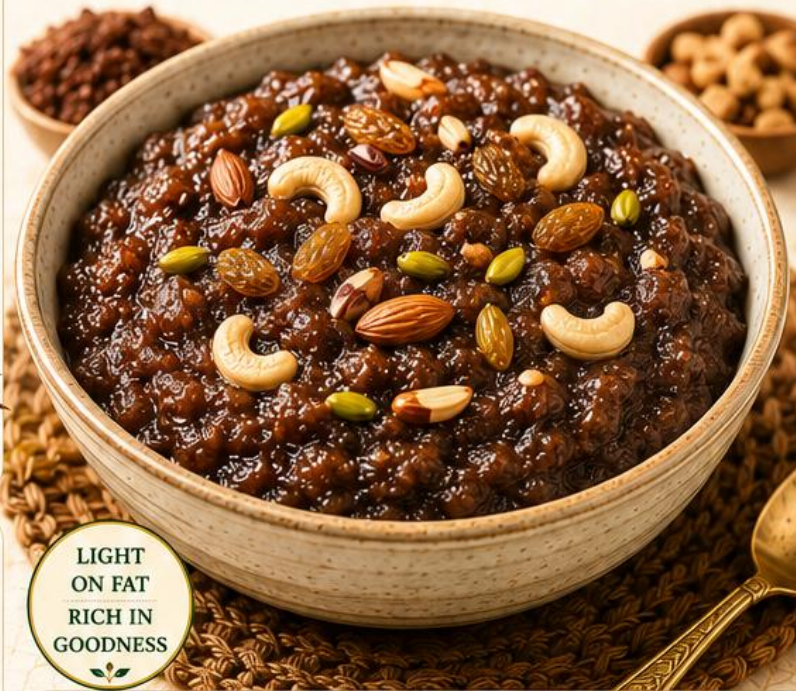
A NOURISHING, TRADITIONAL & SOUL-SATISFYING TREAT

MADE WITH LOVE • MADE FOR WELLNESS

Ragi Halwa is a wholesome sattvic dessert made with nutritious ragi (finger millet), ghee, natural sweetener and a hint of cardamom. Rich in calcium, iron and fiber, it nourishes the body, strengthens bones and keeps you energized.

A perfect treat that is light, comforting and good for all ages.

A perfect treat for all ages!



- NO ONION
NO GARLIC
- NO REFINED
SUGAR
- NO ARTIFICIAL
FLAVORS OR COLORS
- NO PRESERVATIVES
- 100% NATURAL
INGREDIENTS
- SUITABLE FOR
ALL AGES

BENEFITS

- Provides instant energy and stamina
- Rich in calcium and iron
- Strengthens bones and immunity
- Easy to digest and gentle on stomach
- Supports heart health and overall wellness
- Calms the mind and promotes better sleep
- Made with natural ingredients – pure and wholesome

LIGHT
ON FAT
RICH IN
GOODNESS

PURE • LIGHT
WHOLESOME
DELICIOUS

INGREDIENTS (SERVES 4)

1 cup Ragi Flour (finger millet flour)	2 cups Milk (or A2 Milk)	3/4 cup Jaggery (or to taste)	3 tbsp Ghee (or as per taste)	2 tbsp Cashews (chopped)	2 tbsp Raisins	1/4 tsp Cardamom Powder (elaichi)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Heat 1 tbsp ghee in a pan on low flame.
- Add ragi flour and roast, stirring continuously, until aromatic and the color changes slightly.
- In a separate pan, bring milk to a boil and then reduce to low flame.
- Gradually add the warm milk to the roasted ragi flour, stirring continuously to avoid lumps.
- Cook on low flame, stirring occasionally, until the mixture thickens.
- Add jaggery and mix well until it melts completely.
- Add cardamom powder, remaining ghee, roasted nuts and raisins.
- Cook for 2 more minutes and serve warm.

Tastes best when served warm.
Can be chilled for a refreshing treat.

NUTRITION

(Approx. per serving)

Energy	210 kcal
Protein	4 g
Carbohydrates	32 g
Fat	7 g
Fiber	3 g
Calcium	120 mg
Iron	2.2 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use A2 milk for better digestion and richness.
- For extra richness, add 1 tbsp ghee.
- Add a pinch of nutmeg powder for extra aroma.
- You can add chopped dates or figs for added nutrition.
- Adjust sweetness as per your preference.
- Perfect for breakfast, vrat/falhar or as a healthy dessert.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."

- GOOD SOURCE OF ENERGY
- RICH IN CALCIUM & IRON
- SUPPORTS DIGESTION & BONE HEALTH
- BOOSTS IMMUNITY NATURALLY
- MADE WITH LOVE & CARE

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Traditional Wisdom.



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NOURISH • BALANCE • HEAL



DAY

6

108 DAYS
AYURVEDIC
FOOD SERIES

RAGI PORRIDGE

NOURISHING. GROUNDING. STRENGTHENING.
A PERFECT AYURVEDIC START TO YOUR DAY.



BENEFITS



Strengthens bones
& teeth



Easy to digest
& gut friendly



Provides long
lasting energy



Helps in improving
hemoglobin



Balances all
three doshas



INGREDIENTS

- ¼ cup ragi flour
- 2 cups water or milk (or a mix)
- 1–2 tsp jaggery or dates (optional)
- ¼ tsp cardamom powder
- A pinch of ghee (optional)
- Chopped nuts for garnish (optional)



HOW TO PREPARE

- ① In a bowl, mix ragi flour with ¼ cup water without lumps.
- ② In a pan, bring remaining water or milk to a boil.
- ③ Lower the flame and slowly add the ragi mixture, stirring continuously.
- ④ Cook on low flame for 8–10 minutes until it thickens.
- ⑤ Add jaggery or dates and cardamom powder.
- ⑥ Add ghee if using and mix well.
- ⑦ Garnish with nuts and serve warm.



BEST TIME TO EAT



BREAKFAST
OR EVENING



DOSHA FRIENDLY

Balances Vata & Pitta.
Nourishing and strengthening
for Kapha when taken in
moderation.



AYURVEDIC TIP

Add a pinch of dry ginger powder in winter
to enhance warmth and digestion.



SATTVIC FOOD



CLEAN INGREDIENTS



HOLISTIC HEALTH



Om Ayurveda

NOURISH • BALANCE • HEAL

SATTVIC DESSERT

RAISIN PUDDING

SIMPLE
PURE
NATURAL
SATTVIC

Raisin Pudding is a classic sattvic delight made with pure milk, plump raisins and a touch of cardamom. Creamy, naturally sweet and rich in nutrition, it comforts the body, calms the mind and brings a touch of traditional goodness to your day.

A perfect treat
for all ages!



A CREAMY, NOURISHING & SOUL-SATISFYING TREAT

MADE WITH LOVE • MADE FOR WELLNESS



- NO ONION
NO GARLIC
- NO REFINED
SUGAR
- NO ARTIFICIAL
FLAVORS OR COLORS
- NO PRESERVATIVES
- 100% NATURAL
INGREDIENTS
- SUITABLE FOR
ALL AGES

LIGHT • PURE
WHOLESOME
DELICIOUS

BENEFITS

- Provides instant energy and nourishment
- Rich in iron and antioxidants
- Supports healthy digestion
- Good for heart and brain health
- Promotes better sleep and calms the mind
- Nourishes the body and enhances vitality

INGREDIENTS (SERVES 4)



1/2 cup
Raisins
(golden or black)



1 litre
Full Cream Milk
(or A2 Milk)



3 tbsp
Jaggery
(or to taste)



1 tbsp
Rice Flour
(or Custard Powder)



2 tbsp
Chopped Nuts
(almonds, pistachios)



1/4 tsp
Cardamom Powder
(elaichi)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Soak raisins in warm water for 15–20 minutes. Drain and keep aside.
- Boil milk in a heavy-bottomed pan on medium flame.
- Add rice flour (or custard powder) mixed in 2 tbsp of milk. Stir well to avoid lumps.
- Cook, stirring continuously, until the mixture thickens.
- Add jaggery and mix well till it dissolves completely.
- Add soaked raisins and cook for 3–4 minutes until they become plump.
- Add cardamom powder and chopped nuts. Mix gently.
- Cook for another 2 minutes and switch off the flame. Serve warm or chilled.

Tastes best when served chilled.
Can be enjoyed warm for a comforting treat.

NUTRITION

(Approx. per serving)

Energy	220 kcal
Protein	6 g
Carbohydrates	30 g
Fat	8 g
Fiber	1.5 g
Calcium	180 mg
Iron	0.9 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use A2 milk for better digestion.
- For extra richness, add 1 tbsp ghee.
- Soak saffron in warm milk and add a few strands for royal flavor.
- Add chopped dates or figs along with raisins for more nutrition.
- Adjust sweetness as per your preference.
- Serve topped with nuts for extra crunch.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."



PURE & NATURAL
INGREDIENTS



BOOSTS ENERGY
NATURALLY



SUPPORTS IMMUNITY
& WELLNESS



MADE WITH LOVE
& CARE



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Om Ayurveda

NOURISH • BALANCE • HEAL

SATTVIC DESSERT

RAISIN

PUDDING



Raisin Pudding is a classic sattvic delight made with milk, plump raisins and a hint of cardamom. Creamy, naturally sweet and rich in nutrition, it comforts the body, calms the mind and brings a touch of traditional goodness to your day.

A perfect treat for all ages!



A CREAMY, NOURISHING & SOUL-SATISFYING TREAT

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥



- NO REFINED SUGAR
- NO ARTIFICIAL FLAVORS OR COLORS
- NO PRESERVATIVES
- 100% NATURAL INGREDIENTS
- SUITABLE FOR ALL AGES

BENEFITS

- Provides instant energy and stamina
- Rich in iron and antioxidants
- Supports healthy digestion
- Good for heart and bone health
- Promotes healthy skin and overall wellness
- Calms the mind and promotes better sleep

INGREDIENTS (SERVES 4)



1/2 cup
Raisins
(golden or black)



1 litre
Full Cream Milk
(or A2 Milk)



3 tbsp
Jaggery Powder
(or to taste)



1 tbsp
Rice Flour
(or Custard Powder)



2 tbsp
Chopped Nuts
(almonds, pistachios)



1/4 tsp
Cardamom Powder
(elaichi)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Soak raisins in warm water for 15–20 minutes. Drain and keep aside.
- Boil milk in a heavy-bottomed pan on medium flame.
- Add rice flour (or custard powder) mixed in 2 tbsp of milk. Stir well to avoid lumps.
- Cook, stirring continuously, until the milk thickens slightly.
- Add jaggery powder and mix well till it dissolves completely.
- Add soaked raisins and cook for 3–4 minutes until they plump up.
- Add cardamom powder and chopped nuts. Mix gently.
- Cook for another 2 minutes and switch off the flame. Serve warm or chilled.

♥ Tastes best when served chilled.
Can be enjoyed warm for a comforting treat.

NUTRITION

(Approx. per serving)

Energy	220 kcal
Protein	6 g
Carbohydrates	32 g
Fat	8 g
Fiber	1.5 g
Calcium	180 mg
Iron	0.9 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- For extra richness, add 1 tbsp ghee.
- Use A2 milk for better digestion.
- You can add a few strands of saffron soaked in warm milk for a royal touch.
- Add chopped dates or figs along with raisins for more nutrition.
- Adjust sweetness as per your preference.
- Serve topped with nuts for extra crunch.

“When food is pure,
the body is nourished,
the mind is calm and
the soul is light.”



PURE & NATURAL
INGREDIENTS



NO REFINED
SUGAR



NO ARTIFICIAL
FLAVORS OR COLORS



NO
PRESERVATIVES



MADE WITH LOVE
& CARE

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NOURISH • BALANCE • HEAL

SIMPLE. PURE. REJUVENATING.

RAISIN WATER

A NATURAL TONIC FOR DAILY WELLNESS

SIMPLE
FOOD.
POWERFUL
HEALING.



BOOSTS ENERGY

Natural sugars and nutrients in raisins help boost energy levels and reduce fatigue.



AIDS DIGESTION

Helps improve digestion and relieves constipation by promoting bowel regularity.



DETOXIFIES BODY

Acts as a gentle detoxifier, helping flush out toxins and purify the blood.



PROMOTES GLOWING SKIN

Rich in antioxidants that help nourish the skin and promote a natural, healthy glow.



SUPPORTS HEART HEALTH

Potassium and polyphenols in raisins support healthy blood pressure and heart function.



STRENGTHENS BONES

Contains calcium, boron and other minerals that help maintain strong bones.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Raisins
(Black or
Green)



Water

Simple ingredients. Pure nourishment.

HOW TO PREPARE



- Soak 8–10 raisins in a cup of water overnight.
- In the morning, strain the water.
- Eat the soaked raisins.
- Drink the raisin water on an empty stomach.
- For best results, follow daily.
- Sip and feel the natural goodness!

PERFECT FOR



Daily
Detox



Better
Digestion



Boosts
Energy



Healthy
Skin



Overall
Wellness

BEST TIME TO ENJOY



Morning on an
empty stomach
for maximum benefits.



Can also be taken in
the evening for gentle
rejuvenation.



NATURAL
REHYDRATION



RICH IN
ANTIOXIDANTS



SUPPORTS
IMMUNITY



HELPS RELIEVE
CONSTIPATION



SUITABLE FOR
ALL AGES

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RECONNECT. REBALANCE. REJUVENATE.



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NOURISH • BALANCE • HEAL



RED RICE + MOONG DAL

A SIMPLE. NUTRITIOUS. BALANCING MEAL.



BENEFITS



High in fiber & minerals



Supports gut health



Provides sustained energy



Balances all doshas



Ideal for detox & weight management



INGREDIENTS (SERVES 2)

- Red rice (unpolished) ½ cup
- Yellow moong dal ½ cup
- Ghee 1 tsp
- Cumin seeds ½ tsp
- Turmeric powder ¼ tsp
- Hing (asafoetida) a pinch
- Rock salt / Sea salt to taste
- Water 3–4 cups



PREPARATION

- 1 Wash red rice and moong dal thoroughly.
- 2 Heat ghee in a pot. Add cumin seeds and hing. Sauté for a few seconds.
- 3 Add turmeric, rice and dal. Stir gently.
- 4 Add water and salt. Mix well.
- 5 Cook in a pressure cooker for 3–4 whistles or until soft and well cooked. Serve hot with ghee.



BEST TIME

Lunch
(Main Meal)



GOOD FOR

All age groups,
strength, stamina,
healthy digestion
& weight balance.



DOSHA TIP



VATA

Add extra ghee
and eat warm



PITTA

Keep spices mild
and avoid excess salt



KAPHA

Add ginger, black
pepper and eat in
moderate quantity



SIMPLE FOOD. BALANCED MIND. HAPPY YOU.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD



BEST ENJOYED
DURING THE DAY

LIGHT • COOLING
REFRESHING

Refreshing BUTTERMILK WITH CUMIN

Light • Cooling • Digestive

A traditional probiotic drink
for daily well-being.



AIDS DIGESTION

Cumin (Jeera) helps improve digestion and reduces bloating.



COOLING & HYDRATING

Naturally cooling, it helps soothe the body and prevent heat-related discomfort.



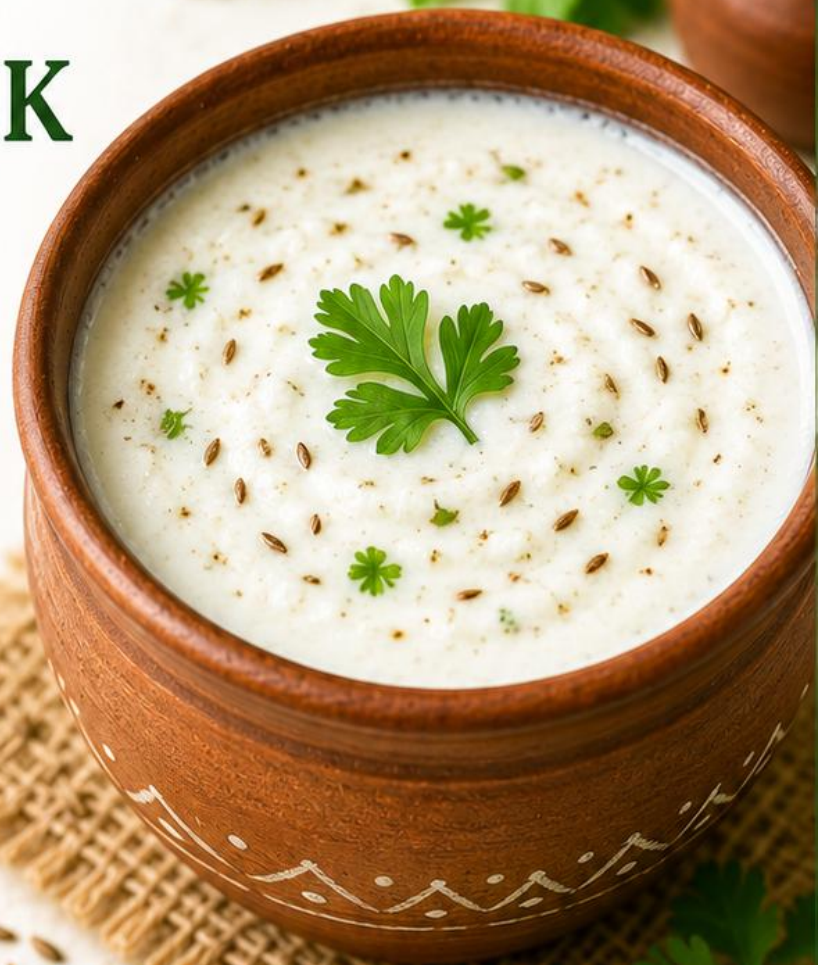
RICH IN PROBIOTICS

Supports gut health, strengthens immunity and promotes overall wellness.



LIGHT & NUTRITIOUS

Low in calories, high in nutrients – perfect for a light and healthy day.



DAYTIME ONLY

Best enjoyed during the day
for maximum benefits.

SIMPLE INGREDIENTS. TRADITIONAL GOODNESS.



SATTVIC
FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



Om Ayurveda

NOURISH • BALANCE • HEAL

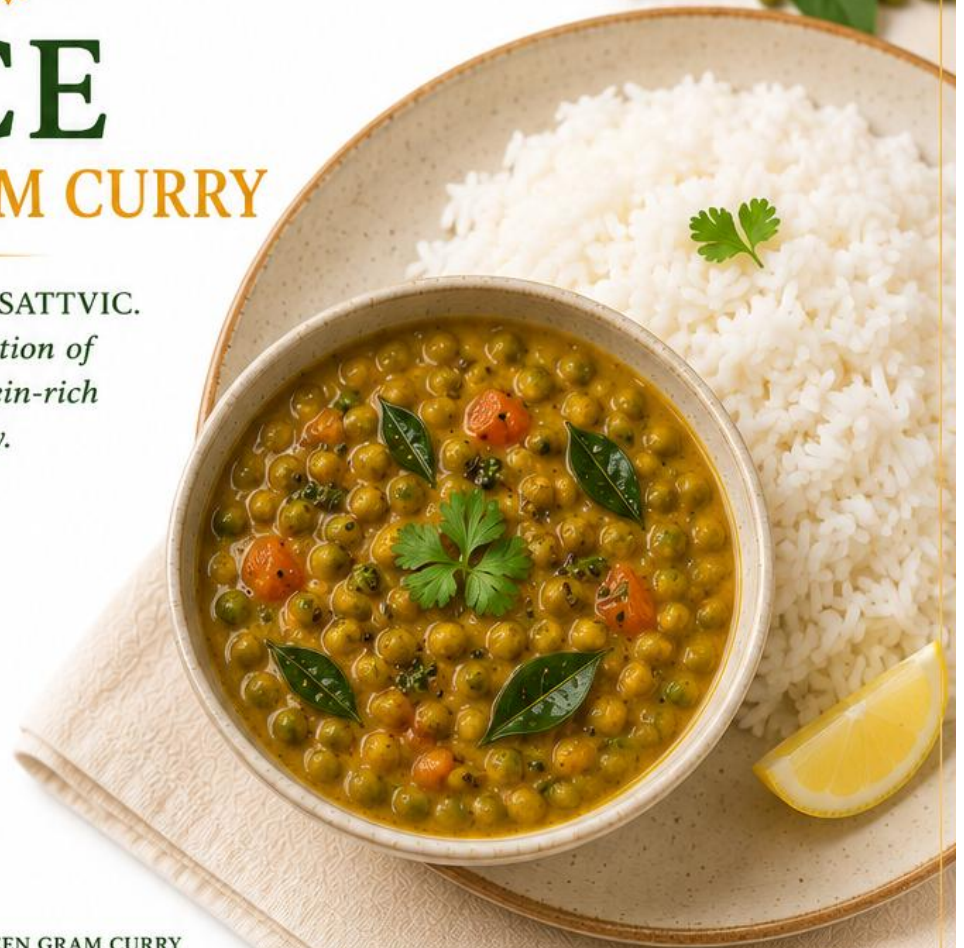


RICE

+ GREEN GRAM CURRY

SIMPLE. NOURISHING. SATTVIC.

A comforting combination of steamed rice and protein-rich green gram curry.



BENEFITS

- High in plant protein & fiber
- Easy to digest & light on stomach
- Supports muscle & tissue health
- Balances all doshas
- Keeps you full & energized
- Supports healthy skin & immunity
- Ideal for everyday nourishment



INGREDIENTS (SERVES 2)

FOR RICE

- Raw rice 1 cup
- Water 2-2½ cups
- Ghee (optional) ½ tsp
- Salt a pinch

FOR GREEN GRAM CURRY

- Green gram (whole moong) ½ cup
- Water 2 cups
- Ghee or oil 1 tsp
- Cumin seeds ½ tsp
- Ginger (grated) ½ tsp
- Green chili (optional) 1 slit
- Tomato (chopped) 1 small
- Turmeric ¼ tsp
- Hing (asafoetida) a pinch
- Salt to taste
- Fresh coriander leaves for garnish
- Curry leaves 6-8
- Lemon juice (optional) ½ tsp

* No onion, no garlic for a sattvic preparation.



PREPARATION

TO COOK RICE

- Rinse rice well.
- In a pot, add rice, water, a pinch of salt and ghee (if using).
- Cook until soft and fluffy.
- Fluff gently and keep aside.

TO COOK GREEN GRAM CURRY

- Rinse green gram and cook with water, turmeric and a pinch of salt until soft.
- Heat ghee in a pan. Add cumin seeds, hing, curry leaves and green chili. Let them splutter.
- Add grated ginger and sauté gently.
- Add chopped tomato and cook until soft.
- Add the cooked green gram, mix
- Adjust salt and add lemon juice.



BEST TIME

Lunch or
Light Dinner



DOSHA TIP



VATA

Add a little extra ghee and serve warm.



PITTA

Keep spices mild.
Avoid green chili if sensitive.



KAPHA

Use minimal ghee and add a pinch of black pepper.



GOOD FOR

All age groups, especially during recovery, fatigue or for light, balanced meals.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



SIMPLE FOOD • BALANCED MIND • HAPPY YOU





OMAYURVEDA
NOURISH • BALANCE • HEAL

DAY
10
108 DAYS
AYURVEDIC
FOOD SERIES

RICE FLAKES WITH WARM MILK

SOFT. COMFORTING. EASY TO DIGEST.
A PERFECT AYURVEDIC START TO YOUR DAY.



BENEFITS



Easy to digest
& light on stomach



Provides instant
energy



Hydrating &
nourishing



Calms the mind
& body



Balances Vata
& Pitta doshas



INGREDIENTS

- ½ cup rice flakes (poha)
- 1½ cups milk
- 1–2 tsp jaggery or honey (optional)
- 2–3 crushed cardamom seeds
- A few sliced almonds (optional)
- A pinch of ghee (optional)



HOW TO PREPARE

- 1 Rinse the rice flakes lightly & drain.
- 2 Boil the milk and reduce the flame to low.
- 3 Add the rice flakes to the warm milk.
- 4 Stir gently and cook for 2–3 minutes.
- 5 Add jaggery or honey, cardamom and mix well.
- 6 Serve warm. Top with almonds if using.



BEST TIME TO EAT



**BREAKFAST
OR EARLY DINNER**

Ideal for all ages.
Especially good for children,
the elderly, and during
recovery.



DOSHA FRIENDLY

Balances Vata & Pitta.
Soothing, grounding and
nourishing.



AYURVEDIC TIP

Use warm milk and mild spices
like cardamom for better digestion and calmness.



SATTVIC FOOD



CLEAN INGREDIENTS



GENTLE & NOURISHING



Om Ayurveda

NOURISH • BALANCE • HEAL

WARM. SOOTHING. HEALING.

RICE GRUEL (KANJI)

SIMPLE
FOOD.
POWERFUL
HEALING.

SIMPLE, NOURISHING & EASY TO DIGEST



EASY TO DIGEST

Light on the stomach
and ideal for all
age groups.



GENTLE & NOURISHING

Provides instant energy,
hydration and nourishment
for the body.



RESTORES & REJUVENATES

Helps restore strength during
illness, fatigue, or after a
detox or fast.



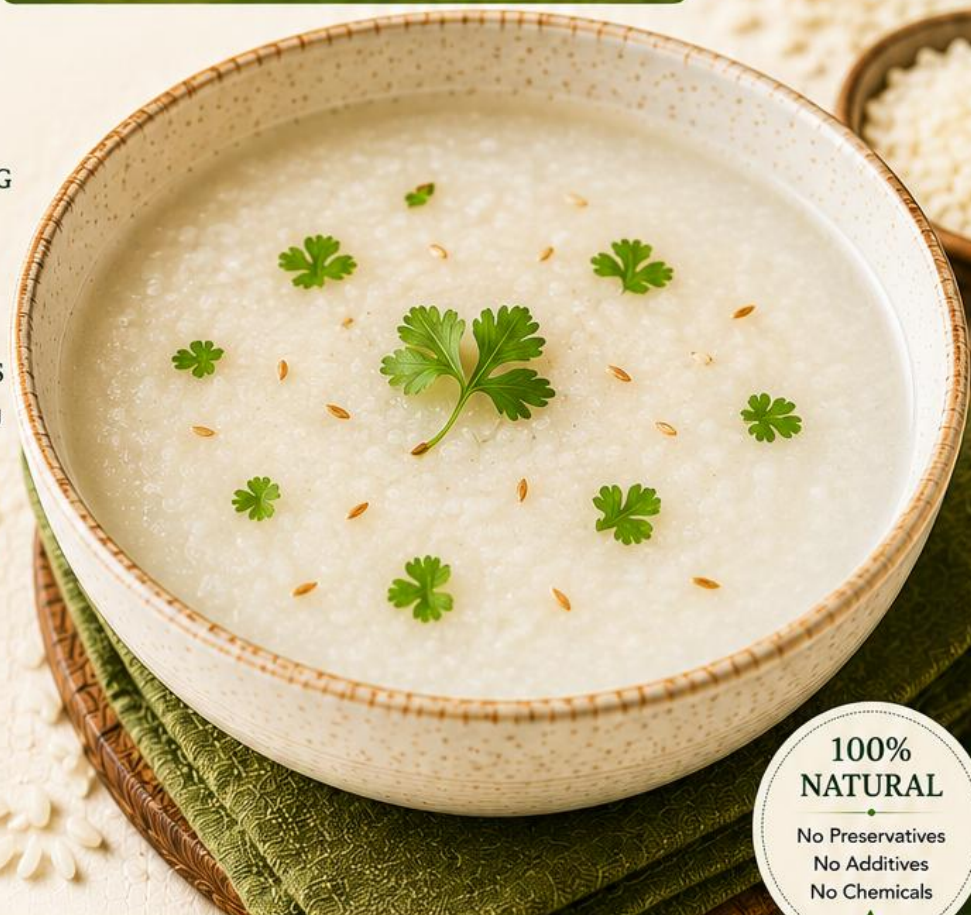
SUPPORTS GUT HEALTH

Soothes the digestive tract
and supports a healthy
gut and bowel movement.



DETOXIFYING & LIGHT

Helps flush out toxins
and supports overall
well-being.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Rice



Moong Dal
(optional)



Cumin Seeds



Coriander Leaves



Rock Salt



Ghee
(optional)



Water

Simple ingredients. Pure nourishment.

TIPS

- Cook rice well until soft and mash lightly for easy digestion.
- Add a pinch of cumin for better absorption and taste.
- Use rock salt for natural electrolytes and balance.
- Best enjoyed warm for maximum comfort and nourishment.

PERFECT FOR



Light Meals



Recovery &
Illness



Sensitive
Stomach



Detox &
Fasting Days



PLANT
BASED



LOW FAT &
LIGHT



EASY TO
DIGEST



RICH IN
ENERGY



HYDRATING &
SOOTHING



SUITABLE FOR
ALL AGES

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● SATTVIC DESSERT ●

RICE KHEER

(LIGHT JAGGERY)

SIMPLE
PURE
NATURAL
SATTVIC

A COMFORTING, NOURISHING & SOUL-SATISFYING DESSERT

Rice Kheer is a traditional sattvic dessert made with rice, milk and a touch of natural sweetness from jaggery. Light, easy to digest and deeply nourishing, it soothes the body, calms the mind and brings a sense of warmth and contentment.

BENEFITS



Easy to digest and gentle on the stomach



Nourishes the body and builds strength



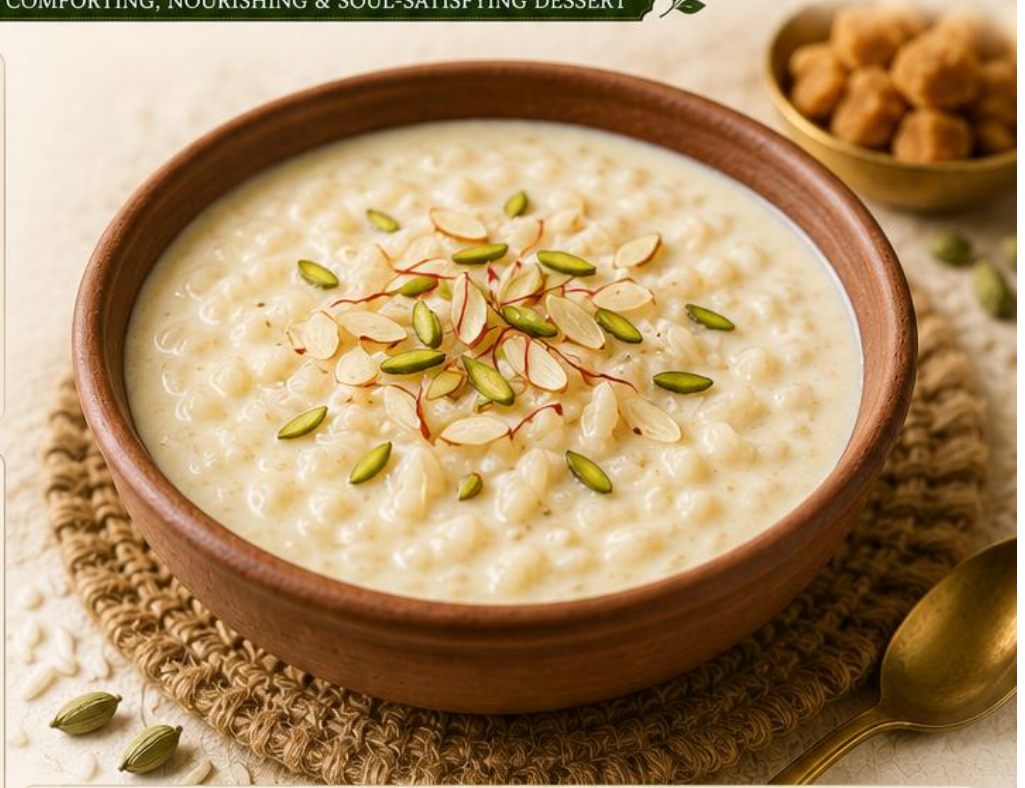
Calms the mind and promotes better sleep



Cooling and soothing, ideal for all ages



Rich in natural goodness and supports immunity



INGREDIENTS (SERVES 2)



1/4 cup
Rice



1 litre
Full cream milk
(or cow's milk)



3-4 tbsp
Jaggery
(adjust to taste)



3-4
Cardamom
(elaichi)



1 tbsp
Chopped nuts
(almonds, pistachios)



A few
Saffron strands
(optional)

● Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE



Rinse 1/4 cup rice and soak it in water for 20-30 minutes. Drain and keep aside.



Boil 1 litre of milk in a heavy-bottomed pan on medium flame.



Add the soaked rice and simmer on low flame.



Stir occasionally and cook until the rice is soft and the milk thickens (30-40 minutes).



Add jaggery and mix well. Cook for 2-3 minutes until the jaggery dissolves completely.



Add cardamom powder and saffron. Mix gently.



Garnish with chopped nuts.



Serve warm or chilled. Enjoy this wholesome and sattvic delight!

NUTRITION

(Approx. per serving)

Energy	230 kcal
Protein	6 g
Carbohydrates	34 g
Fat	8 g
Calcium	Rich
Iron	Good Source

Nutritional values are approximate and may vary with ingredients used.



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use small-grain rice or traditional short-grain rice for best texture.
- Adjust jaggery as per your taste and sweetness preference.
- Add a pinch of nutmeg powder for extra aroma (optional).
- For a vegan version, use almond or coconut milk.
- Can be served warm in winter and chilled in summer.

"Simple ingredients, prepared with love, create the sweetest nourishment."



NO REFINED SUGAR



NO ARTIFICIAL FLAVORS



NO PRESERVATIVES



100% NATURAL INGREDIENTS



SUITABLE FOR ALL AGES



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OMAYURVEDA
NOURISH • BALANCE • HEAL

DAY
15

108 DAYS
AYURVEDIC
FOOD SERIES

RICE PANCAKES (NEER DOSA STYLE)

LIGHT. SOFT. EASY TO DIGEST.
A PERFECT AYURVEDIC MEAL ANYTIME.



BENEFITS



Easy to digest
& light on stomach



Hydrating
& cooling



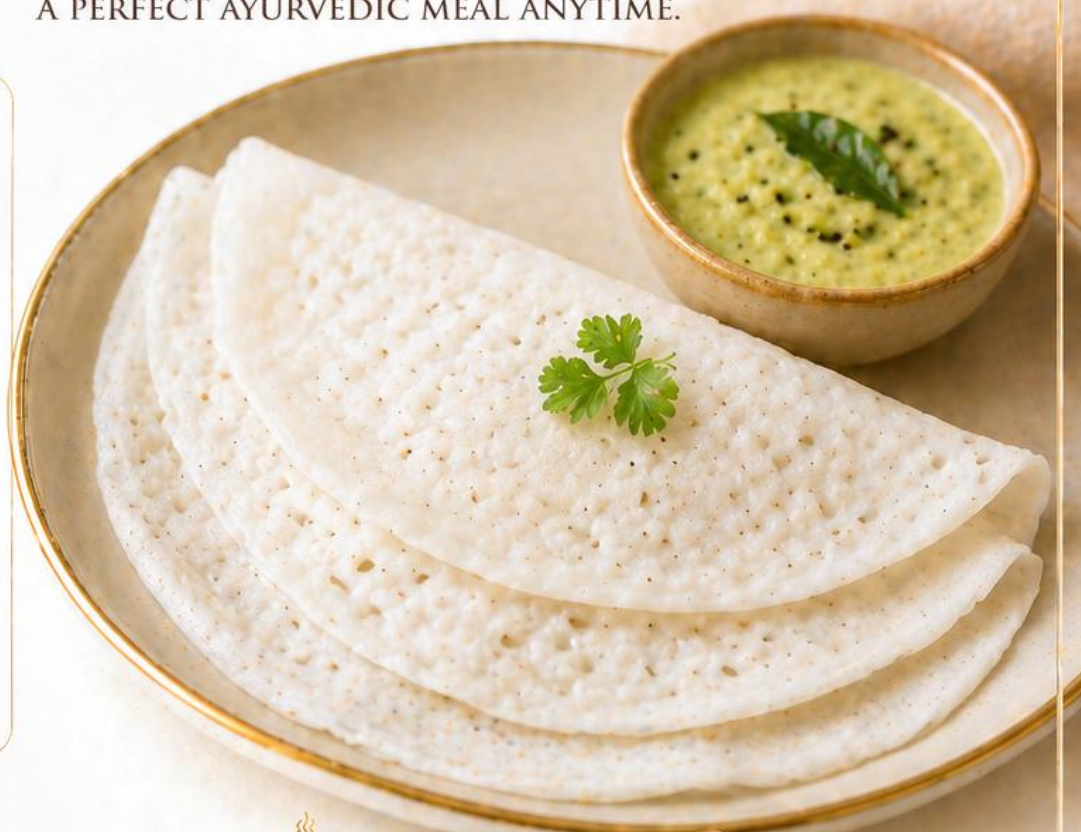
Strengthens
immunity



Nourishes
& balances



Balances Vata
& Pitta doshas



INGREDIENTS

- 1 cup rice (preferably raw rice)
Soaked for 4–5 hours
- 2–3 tbsp cooked rice
(optional, for softness)
- Salt to taste
- Water as needed

No fermentation needed.
Best when made fresh.



HOW TO PREPARE

- 1 Drain the soaked rice and blend with cooked rice, salt and enough water to a smooth, thin batter.
- 2 The batter should be very thin, like buttermilk.
- 3 Heat a non-stick or cast iron tawa.
- 4 Pour a ladle of batter and quickly spread in a circular motion.
- 5 Cover and cook for 1–2 minutes until done.
- 6 Serve hot with coconut chutney or light sambar.



BEST TIME TO EAT



BREAKFAST
OR EARLY DINNER

Ideal when you need
a light, soothing
and hydrating meal.



DOSHA FRIENDLY
Balances Vata & Pitta.
Light and cooling,
perfect for hot
and humid days.



AYURVEDIC TIP

Pairs well with coconut chutney,
mild sambar or steamed vegetables.



SATTVIC FOOD



CLEAN & LIGHT



GENTLE & NOURISHING

RICE PORRIDGE (KANJI)

HEALING. SOOTHING. EASY TO DIGEST.

BENEFITS

-  Soothes the digestive system
-  Rehydrates & nourishes the body
-  Detoxifies & removes toxins
-  Ideal during illness, fever or weakness
-  Balances all three doshas

INGREDIENTS

- ¼ cup rice (any white rice)
- 4 cups water
- A pinch of rock salt (or to taste)
- ½ tsp ghee (optional)
- Cumin seeds – ¼ tsp (optional)
- Fresh coriander leaves (optional)

HOW TO PREPARE

- 1 Wash rice thoroughly and soak for 15–20 minutes.
- 2 Add rice and water to a pot and bring to a boil.
- 3 Simmer on low flame and cook until rice is soft and mushy.
- 4 Mash lightly for a smooth consistency.
- 5 Add rock salt and cumin seeds if using.
- 6 Add ghee, mix well and serve warm.

BEST TIME TO EAT


ANY TIME
Day or Night

Ideal during illness, digestive imbalance or as a light meal.

DOSHA FRIENDLY

Balances Vata, Pitta & Kapha when made simple and served warm.



AYURVEDIC TIP

Add a few drops of ghee for extra nourishment and better absorption.



SATTVIC FOOD



GENTLE ON DIGESTION



HEALING & NOURISHING



Om Ayurveda
NOURISH • BALANCE • HEAL



RIDGE GOURD SABZI

SIMPLE. LIGHT. SATTVIC.
PERFECT FOR EVERYDAY BALANCE.



BENEFITS

- Hydrating & cooling
- Supports digestion
- Light & easy to digest
- Balances all doshas
- Nourishing & sattvic



INGREDIENTS (SERVES 2)

- Ridge gourd (peeled & chopped) 2 cups
- Oil or ghee 1 tsp
- Mustard seeds ½ tsp
- Cumin seeds ½ tsp
- Green chili (optional) 1 (slit)
- Ginger (grated) ½ tsp
- Turmeric powder ¼ tsp
- Salt to taste
- Curry leaves 6–8
- Fresh coriander for garnish



PREPARATION

- Heat oil or ghee in a pan.
- Add mustard seeds and cumin seeds. Let them splutter.
- Add green chili, ginger and curry leaves.
- Add ridge gourd and turmeric. Mix well.
- Cover and cook on low heat until soft. Stir occasionally.
- Add salt and mix. Garnish with coriander. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
supports hydration,
digestion &
overall well-being.



DOSHA TIP



VATA
Add a little ghee
and serve warm.



PITTA
Avoid green chili
and spices.



KAPHA
Use less oil and add
black pepper.

SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



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NOURISH • BALANCE • HEAL

SATTVIC DRINK SAFFRON MILK



Saffron Milk is a traditional sattvic drink made with pure milk, golden saffron and a hint of cardamom. It is naturally soothing, strengthens immunity, improves sleep, nourishes the body and mind, and brings a natural glow. A perfect drink for every day wellness and inner balance.

**A perfect drink
for all ages!**



A WARM, NOURISHING & SOUL-SATISFYING DRINK

♥ **MADE WITH LOVE** • **MADE FOR WELLNESS** ♥



- NO ONION
NO GARLIC
- NO REFINED
SUGAR
- NO ARTIFICIAL
FLAVORS OR COLORS
- NO PRESERVATIVES
- 100% NATURAL
INGREDIENTS
- SUITABLE FOR
ALL AGES

**LIGHT • PURE
WHOLE SOME
DELICIOUS**

KEY BENEFITS

- Promotes better sleep and relaxation
- Boosts immunity and vitality
- Rich in antioxidants and improves skin glow
- Supports digestion and overall wellness
- Nourishes the body, mind and nerves
- Calms the mind and reduces stress

INGREDIENTS (SERVES 2)



2 cups
Full Cream Milk
(or A2 Milk)



A few strands
Saffron
(kesar)



1-2 tsp
Jaggery
(or to taste)



2-3 pods
Cardamom
(crushed)



1 tbsp
Almonds
(sliced)



1 tbsp
Pistachios
(chopped)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Take 2 cups of milk in a heavy-bottomed pan.
- Boil on low flame, stirring occasionally.
- Add crushed cardamom and saffron strands.
- Simmer for 5-7 minutes on low flame to allow the flavors to infuse.
- Add jaggery or sweetener of choice and stir until dissolved.
- Add sliced almonds and pistachios. Mix gently.
- Serve warm & enjoy. Best had at night for better sleep.



Tastes best when served warm.
Best time: Night before sleep.

NUTRITION

(Approx. per serving)

	Energy	180 kcal
	Protein	6 g
	Carbohydrates	15 g
	Fat	8 g
	Fiber	0.5 g
	Calcium	210 mg
	Iron	0.4 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use A2 milk for maximum benefits.
- Add a pinch of nutmeg for extra calm and better sleep.
- You can add dates or figs instead of jaggery for a natural sweetness.
- Soak almonds for few hours and peel them for better digestion.
- Perfect for all ages – kids, adults and elders.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."

PURE & NATURAL
INGREDIENTS

NO REFINED
SUGAR

NO ARTIFICIAL
FLAVORS OR COLORS

NO
PRESERVATIVES

MADE WITH LOVE
& CARE

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NOURISH • BALANCE • HEAL

91-108: SATTVIC DESSERTS

SIMPLE. PURE. NOURISHING.

Wholesome sweets for body, mind and soul.

PURE
INGREDIENTS.
NATURAL
SWEETNESS.
DEEP
NOURISHMENT.

91 RICE KHEER (LIGHT JAGGERY)



Comforting, cooling and nourishing. Made with rice, milk, cardamom and a touch of jaggery.

Cooling • Strengthening
• Mind Soothing

92 MOONG DAL HALWA (LIGHT GHEE)



Mildly sweet, easy to digest and highly nourishing. Good for energy and strength.

Strengthening • Building
• Rejuvenating

93 CARROT HALWA (MODERATE)



Rich in beta-carotene and natural sweetness. Nourishes tissues and supports vitality.

Nourishing • Energizing
• Good for Eyes

94 DATE LADDUO



Naturally sweet and loaded with iron and fiber. Great for energy and stamina.

Energy Boosting • Iron Rich
• Strengthening

94 SESAME LADDUO



Calcium rich and warming. Supports bones, skin and healthy digestion.

Calcium Rich • Warming
• Strengthening

96 COCONUT LADDUO



Made with fresh coconut and jaggery. Cooling and good for the heart.

Cooling • Heart Friendly
• Satisfying

97 SWEET RICE



Fragrant and mildly sweet rice cooked with jaggery, cardamom and ghee.

Comforting • Easy to Digest
• Mood Uplifting

98 APPLE KHEER



Delicious blend of apples, milk and spices. Light, nourishing and soothing.

Light • Soothing
• Good for Digestion

99 FIG DESSERT



Sweet figs cooked with milk and spices. Helps build strength and vitality.

Strengthening • Iron Rich
• Nourishing

100 BANANA HALWA (LIGHT)



Soft, sweet and easy to digest. Provides instant energy and nourishes the body.

Energy Boosting • Easy
• Nourishing

101 DRY FRUIT MILK



Milk infused with almonds, cashews, pistachios and natural sweetness.

Rejuvenating • Brain Tonic
• Strengthening

102 RAISIN PUDDING



Soft, sweet and cooling. Supports digestion and promotes healthy weight.

Cooling • Gentle
• Nourishing

103 JAGGERY PONGAL



Traditional and wholesome sweet made with rice, moong dal, jaggery and ghee.

Strengthening • Grounding
• Auspicious

104 WHEAT HALWA (LIGHT)



Made with whole wheat, light ghee and jaggery. Good for strength.

Strengthening • Nourishing
• Easy to Digest

105 RAGI HALWA



Calcium rich and highly nourishing. Supports bones and overall vitality.

Calcium Rich • Strong Bones
• Nourishing

106 ALMOND DESSERT



Creamy, rich in healthy fats and protein. Excellent for brain and body.

Brain Nourishing • Ojas
• Rejuvenating

107 SAFFRON MILK



Warm, aromatic and soothing. Helps relax the mind and improves sleep.

Calming • Better Sleep
• Rejuvenating

108 STEWED PEAR DESSERT



Warm stewed pears with spices. Light, soothing and gentle on digestion.

Soothing • Light
• Digestive Friendly

WHY SATTVIC DESSERTS?

- Made with natural, wholesome ingredients
- Easy to digest and gentle on the body
- Nourish all tissues and promote vitality
- Bring happiness without heaviness
- Support a calm mind and balanced emotions

SATTVIC PRINCIPLES

- Fresh & Natural
- Light & Easy to Digest
- Balanced & Pure
- Cooked with Love & Care
- Good for Body, Mind & Soul

"When food is pure, the mind becomes clear.
When the mind is clear, the soul shines."

ENJOY MINDFULLY

- Eat in a calm and peaceful environment.
- Chew well and eat with gratitude.
- Choose natural sweetness over refined sugar.
- Perfect after meals or as an evening treat.

NO ARTIFICIAL COLORS

NO PRESERVATIVES

NO MAIDA

NO REFINED SUGAR

PURE & SATTVIC

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NOURISH • BALANCE • HEAL

• NUTTY. CREAMY. NOURISHING. •

AYURVEDIC
GOODNESS
IN EVERY
BITE

SESAME CHUTNEY

Simple. Sattvic. Wholesome.

A PERFECT BLEND OF TASTE & WELLNESS



AIDS DIGESTION

Sesame seeds are rich in fiber and healthy fats that support smooth digestion and gut health.



RICH IN NUTRIENTS

Loaded with calcium, iron, magnesium, and antioxidants that nourish the body.



GOOD FOR HEART

Healthy fats and lignans in sesame seeds help support heart health and reduce cholesterol.



NATURAL DETOX

Helps eliminate toxins, supports liver function and promotes overall wellness.



SUSTAINED ENERGY

Sesame seeds provide long-lasting energy and help reduce fatigue.



INGREDIENTS

- 1/4 cup White Sesame Seeds
- 2 tbsp Roasted Chana Dal
- 1 Green Chilli (adjust to taste)
- 1 small piece Ginger
- 2 cloves Garlic
- A few Curry Leaves
- 1/2 tsp Mustard Seeds
- A pinch of Asafoetida
- Salt to taste
- 1/2 tsp Lemon Juice
- Water as needed
- 1 tsp Sesame Oil (optional)

MADE WITH LOVE & AYURVEDA ♥

- 1 Dry roast sesame seeds until they pop and turn aromatic.
- 2 Add roasted chana dal and let it cool slightly.
- 3 Blend with green chilli, ginger, garlic, curry leaves, salt and water.
- 4 Temper mustard seeds and asafoetida in sesame oil.
- 5 Pour the tempering over the chutney.
- 6 Mix well and enjoy with your favorite meals!



PERFECT WITH



IDLI



DOSA



UPMA



RICE



SANDWICH



VEGGIE BOWLS



100%
NATURAL



NO PRESERVATIVES
NO ARTIFICIAL
COLORS



RICH IN
CALCIUM



SATTVIC
& PURE



GUT FRIENDLY
& BALANCING

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SATTVIC DESSERT

SESAME LADDOO

SIMPLE
PURE
NATURAL
SATTVIC

Sesame Laddoo is a traditional sattvic sweet made with roasted sesame seeds and jaggery. It is rich in calcium, iron and healthy fats, keeps the body warm, strengthens bones and improves vitality. A perfect treat for all ages!

BENEFITS

- Strengthens bones and teeth
- Rich in iron & helps improve hemoglobin
- Provides long-lasting energy and stamina
- Supports digestion and relieves constipation
- Promotes healthy skin, hair and nails
- Boosts immunity and overall health

INGREDIENTS (MAKES 12-14 LADDOOS)



1 cup
White Sesame
Seeds



3/4 cup
Jaggery
(grated)



1-2 tbsp
Ghee
(optional)



1/2 tsp
Cardamom
Powder



2 tbsp
Chopped Nuts
(almonds/cashews)
(optional)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Dry roast sesame seeds on low flame, stirring continuously, until they pop lightly and turn aromatic.
- Let them cool completely.
- In a pan, add grated jaggery and 1-2 tbsp water. Heat on low flame until jaggery melts.
- Simmer and cook until it reaches a soft ball stage (when a drop in water forms a soft ball).
- Add cardamom powder and mix well.
- Add roasted sesame seeds and mix quickly and thoroughly.
- Grease palms with a little ghee and shape into medium-sized laddoos while the mixture is still warm.

Store in an airtight container.
Stays fresh for up to 2 weeks.

NUTRITION

(Approx. per laddoo)

Energy	110 kcal
Protein	2.2 g
Carbohydrates	11 g
Fat	6 g
Fiber	1.5 g
Calcium	120 mg
Iron	1.6 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Roast sesame until it pops for better flavor and nutrition.
- Adjust jaggery to your taste.
- Add a pinch of dry ginger powder in winter for extra warmth.
- You can use a mix of white and black sesame seeds.
- Perfect for Makar Sankranti, festivals or as a healthy snack.

"When food is pure,
the body is nourished,
the mind is clear and
the soul is light."



NO REFINED SUGAR



NO ARTIFICIAL
FLAVORS



NO PRESERVATIVES



PURE & NATURAL
INGREDIENTS



SUITABLE FOR
ALL AGES



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51-70: SIDES & LIGHT ADD-ONS

Small additions. Big difference.
Light, sattvic & nourishing sides to
complete your perfect Ayurvedic meal.

51 Coconut Chutney

Cooling, light & sattvic side dish
• Supports digestion • Good with idli/dosa
• Pitta-friendly

52 Mint Chutney (Mild)

Fresh herbal digestive support
• Refreshing • Helps bloating
• Light appetite stimulant

53 Coriander Chutney

Detoxifying green accompaniment
• Rich in antioxidants • Cooling effect
• Supports gut health

54 Fresh Homemade Curd (Daytime Only)

Traditional probiotic nourishment
• Improves gut flora • Strengthens digestion
• Best consumed fresh

55 Buttermilk with Cumin

Ayurvedic digestive drink
• Reduces heaviness • Supports Agni
• Ideal after lunch

56 Light Carrot Salad (Steamed)

Gentle fiber-rich side
• Easy digestion • Eye-supportive
• Vata-friendly when warm

57 Beetroot Raita

Cooling & nourishing combination
• Supports blood health
• Mildly sweet & grounding • Good for Pitta

58 Cucumber Raita (Daytime)

Hydrating sattvic side
• Cooling • Summer-friendly
• Supports hydration

59 Steamed Vegetables

Simple healing nourishment
• Easy on stomach • High in nutrients
• Tridoshic meal support

60 Ghee-Roasted Pumpkin

Soft, grounding & comforting
• Supports immunity • Gentle sweetness
• Vata balancing

61 Light Pickle (Very Small Qty)

Digestive flavor enhancer
• Stimulates appetite • Enhances meals
• Use minimally

62 Ginger-Lime Appetizer

Classic Ayurvedic digestive starter
• Awakens Agni • Reduces bloating
• Enhances absorption

63 Boiled Moong Salad

Protein-rich light nourishment
• Easy digestion • Good detox support
• Balanced energy

64 Sprouts (Lightly Steamed)

Living nutrition support
• Rich in enzymes • Light protein source
• Better steamed for digestion

65 Apple Chutney

Sweet-tangy sattvic side
• Gentle digestion • Light sweetness
• Great for Vata

66 Date-Tamarind Chutney (Mild)

Balanced sweet-sour accompaniment
• Enhances taste naturally
• Mild digestive support • Use moderately

67 Sesame Chutney

Mineral-rich Ayurvedic side
• Strengthens tissues • Good calcium source
• Grounding for Vata

68 Fresh Paneer Cubes

Simple protein nourishment
• Soft & sattvic • Tissue-building food
• Best lightly seasoned

69 Coconut Slices

Natural healthy fat source
• Cooling effect • Nourishing
• Good summer snack

70 Boiled Sweet Corn (Moderate)

Wholesome energy side
• Mild sweetness • Satisfying & grounding
• Best in moderation for Kapha



51 Coconut Chutney



52 Mint Chutney (Mild)



53 Coriander Chutney



54 Fresh Homemade Curd (Daytime Only)



55 Buttermilk with Cumin



56 Light Carrot Salad (Steamed)



57 Beetroot Raita



58 Cucumber Raita (Daytime)



59 Steamed Vegetables



60 Ghee-Roasted Pumpkin



61 Light Pickle (Very Small Qty)



62 Ginger-Lime Appetizer



63 Boiled Moong Salad



64 Sprouts (Lightly Steamed)



65 Apple Chutney



66 Date-Tamarind Chutney (Mild)



67 Sesame Chutney



68 Fresh Paneer Cubes



69 Coconut Slices



70 Boiled Sweet Corn (Moderate)



These small additions enhance taste,
aid digestion & bring balance to your meal.



IMPROVES
DIGESTION



BALANCES
DOSHAS



LIGHT &
NOURISHING



SUPPORTS
GUT HEALTH



SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

SOFT MILLET ROTI + DAL

SIMPLE. NOURISHING. SATTVIC.

*A wholesome combination of
soft millet roti and comforting dal
– light, balanced & perfect
for everyday meals.*

BENEFITS

- Gluten-free & easy to digest
- High in fiber & plant protein
- Sustained energy & gut-friendly
- Balances all doshas
- Supports weight management
- Ideal for all age groups

INGREDIENTS (SERVES 2)

FOR MILLET ROTI

- Foxtail millet / Little millet flour 1 cup
- Warm water as needed
- Rock salt a pinch
- Ghee (optional) ½ tsp

FOR DAL

- Moong dal (yellow) ½ cup
- Water 2 cups
- Turmeric powder ½ tsp
- Salt to taste
- Ghee or oil 1 tsp
- Cumin seeds ½ tsp
- Hing (asafoetida) a pinch
- Curry leaves 5–6
- Green chili (optional) 1 slit
- Fresh coriander leaves for garnish

* No onion, no garlic for a sattvic preparation.

PREPARATION

TO MAKE MILLET ROTI

- In a bowl, mix millet flour and salt.
- Add warm water little by little and knead soft dough.
- Rest for 10 minutes.
- Make small balls and roll into soft rotis.
- Cook on a hot tawa until light brown spots appear on both sides.
- Apply a little ghee (optional) and serve warm.

TO MAKE DAL

- Rinse moong dal and cook with water, turmeric and salt until soft and mushy.
- In a pan, heat ghee. Add cumin seeds, hing, green chili and curry leaves.
- Pour this tempering over the cooked dal.
- Mix well and simmer for 2 minutes.
- Garnish with coriander leaves. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
especially during
fatigue, recovery
or for light,
balanced meals.



DOSHA TIP



VATA

Add a little extra ghee
to roti and dal.



PITTA

Avoid green chili.
Use ghee and mild
spices.



KAPHA

Use less ghee and
keep dal slightly thin.
Add ginger.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



SIMPLE FOOD • BALANCED MIND • HAPPY YOU





Om Ayurveda
NOURISH • BALANCE • HEAL

FOOD IS MEDICINE. LET NATURE NOURISH YOU.

71-90: SOUPS & HEALING FOODS

Warm. Wholesome. Healing.

AYURVEDIC
GOODNESS
IN EVERY
SIP & BITE

71 Moong soup



Light, easy to digest
& protein-rich.

72 Carrot-ginger soup



Immunity-boosting
& anti-inflammatory.

73 Pumpkin soup



Nourishing, rich in
fiber & beta-carotene.

74 Tomato soup (mild)



Comforting & classic,
gentle on the stomach.

75 Spinach soup



Iron-rich, detoxifying
& revitalizing.

76 Ash gourd soup



Cooling, hydrating
& supports digestion.

77 Vegetable clear soup



Light, hydrating &
full of essential nutrients.

78 Lentil broth



Protein-rich, strengthening
& deeply nourishing.

79 Rice gruel (kanji)



Soothing, easy to digest &
perfect for recovery.

80 Barley water



Cooling, detoxifying &
good for gut health.

81 Cumin-coriander tea



Aids digestion, reduces
bloating & refreshes.

82 Ginger tea (mild)



Soothes throat, relieves
nausea & improves immunity.

83 Tulsi tea



Adaptogenic, relieves stress
& supports immunity.

84 Fennel tea



Calming, aids digestion &
reduces acidity.

85 Almond milk (warm)



Nourishing, strengthens
body & brain.

86 Golden milk (turmeric milk)



Anti-inflammatory,
boosts immunity &
promotes restful sleep.

87 Raisin water



Natural laxative, improves
digestion & hemoglobin.

88 Detox herbal water



Cleanses, hydrates &
refreshes the body.

89 Thin dal rasam



Light, comforting &
aids digestion.

90 Vegetable broth



Healing, hydrating &
restores energy.



MADE WITH
NATURAL INGREDIENTS



NO PRESERVATIVES
NO ARTIFICIAL
FLAVORS OR COLORS



EASY TO DIGEST
GENTLE ON
THE STOMACH



BOOSTS IMMUNITY
SUPPORTS OVERALL
WELL-BEING



NOURISHES BODY
CALMS MIND
HEALS WITH NATURE

SIMPLE INGREDIENTS • TRADITIONAL WISDOM • HOLISTIC WELLNESS



RISHIKESH, INDIA
The Land of Yoga & Ayurveda



+91 7904218828



www.odayurveda.com



100% NATURAL
Authentic • Safe • Effective

RECONNECT. REBALANCE. REJUVENATE.



Om Ayurveda
NOURISH • BALANCE • HEAL



SPINACH MOONG DAL

SIMPLE. NOURISHING. SATTVIC.

*A perfect balance of protein, iron
& essential nutrients for
strength and vitality.*



BENEFITS

- Rich in plant protein & iron
- Supports immunity & energy
- Improves digestion
- Nourishing & strengthening
- Good for skin & hair
- Balances all doshas



INGREDIENTS (SERVES 2)

- | | |
|--------------------------|------------------|
| • Yellow moong dal | ½ cup |
| • Spinach (chopped) | 2 cups |
| • Ghee or olive oil | 1 tsp |
| • Cumin seeds | ½ tsp |
| • Mustard seeds | ½ tsp |
| • Garlic (optional) | 1 clove (minced) |
| • Turmeric powder | ¼ tsp |
| • Green chili (optional) | 1 (slit) |
| • Hing (asafoetida) | a pinch |
| • Salt | to taste |
| • Water | 2–2½ cups |
| • Lemon juice (optional) | ½ tsp |
| • Fresh coriander | for garnish |



PREPARATION

- 1 Rinse moong dal and cook with turmeric and water until soft and mushy.
- 2 Heat ghee in a pan. Add cumin seeds, mustard seeds and let them splutter.
- 3 Add hing, garlic (if using) and green chili.
- 4 Add chopped spinach and sauté for 2–3 minutes until wilted.
- 5 Add the cooked dal and mix well.
- 6 Add salt and simmer for 2 minutes.
- 7 Finish with lemon juice and garnish with coriander. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
especially during
fatigue, low immunity,
anemia & recovery
from illness.



DOSHA TIP



VATA

Add extra ghee
and serve warm.



PITTA

Keep spices mild
and avoid garlic
if sensitive.



KAPHA

Use less ghee and
add black pepper
or dry ginger.



SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL

WARM. NOURISHING. DETOXIFYING.

SPINACH SOUP

SIMPLE
FOOD.
POWERFUL
HEALING.

LIGHT, NUTRITIOUS & FULL OF GOODNESS



EASY TO DIGEST

Light on the stomach and perfect for all age groups.



RICH IN NUTRIENTS

Packed with iron, calcium, vitamins A, C, K and folate.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



GOOD FOR HEART

Helps maintain healthy blood pressure and supports heart health.



DETOXIFYING

Cleanses the body, supports liver function and promotes overall well-being.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Spinach



Garlic



Onion



Green Chili (optional)



Black Pepper



Cumin



Olive Oil/
Ghee



Rock Salt

Simple ingredients. Pure nourishment.

TIPS

- Blanch spinach before blending for vibrant color.
- Add a pinch of black pepper to enhance absorption of nutrients.
- Use garlic for immunity and better detox benefits.
- Enjoy warm for best comfort and nourishment.

PERFECT FOR



Light Meals



Immunity
Support



Sensitive
Stomach



Detox
Days



PLANT
BASED



LOW CALORIE
& NUTRITIOUS



RICH IN
ANTIOXIDANTS



SUPPORTS
WEIGHT MANAGEMENT



GOOD FOR
SKIN & HAIR

FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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MADE WITH LOVE

Pure Ingredients.
Traditional Wisdom.

RECONNECT. REBALANCE. REJUVENATE.



Om Ayurveda

NOURISH • BALANCE • HEAL

LIGHT
PURE
NOURISHING

SPROUTS (LIGHTLY STEAMED)

Simple. Sattvic. Wholesome.



NATURE'S LIVING NUTRITION

Lightly steamed to preserve vital nutrients while making them easy to digest.



EASY TO DIGEST

Lightly cooked to reduce gas & bloating, easy on the stomach.



HIGH IN PROTEIN

Excellent plant-based protein to build, repair & strengthen the body.



RICH IN ENZYMES

Steaming activates enzymes that support better absorption & digestion.



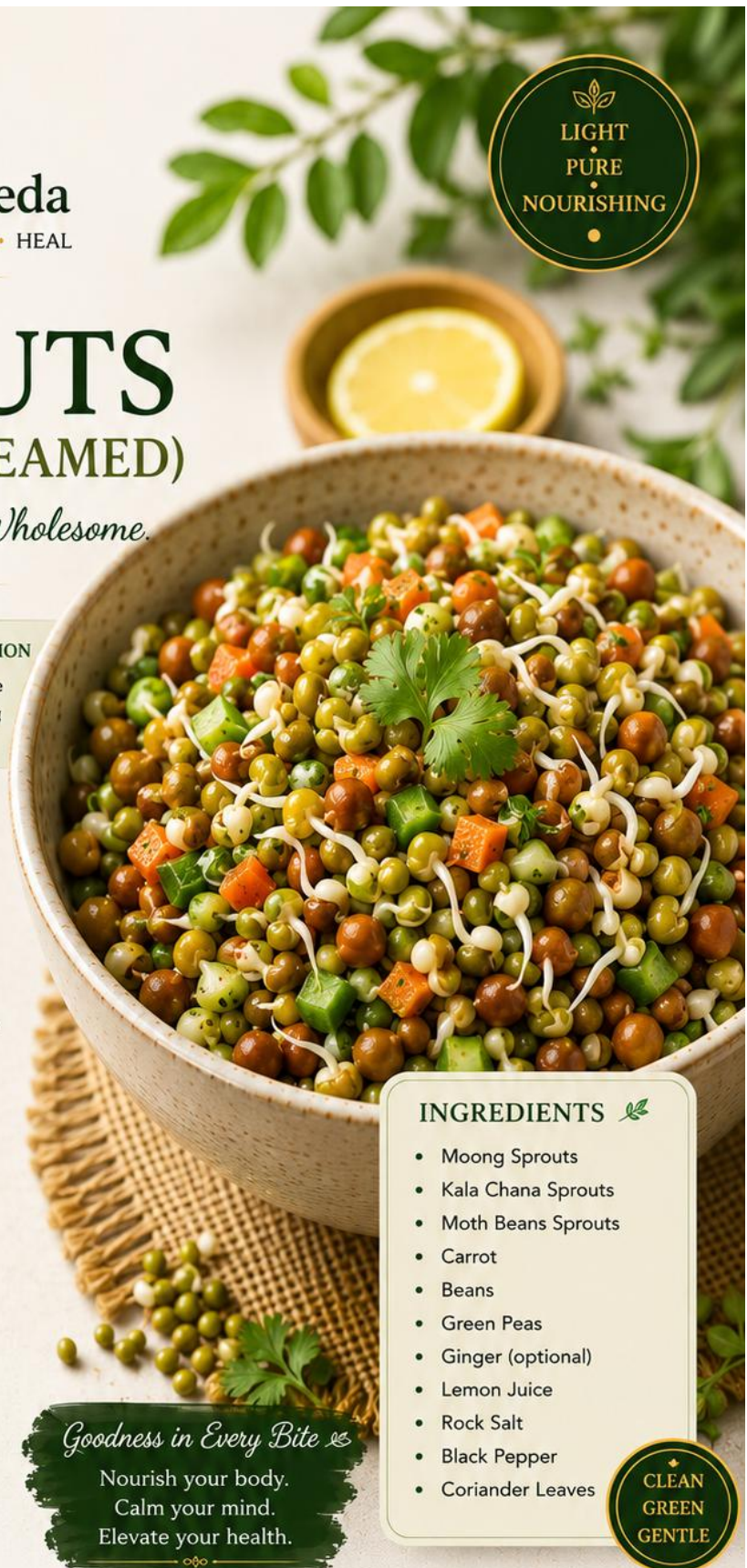
DETOXIFYING & ALKALIZING

Helps remove toxins and balances the body naturally.



BALANCES ALL DOSHAS

A light, sattvic food that pacifies Vata, Pitta & Kapha.



INGREDIENTS

- Moong Sprouts
- Kala Chana Sprouts
- Moth Beans Sprouts
- Carrot
- Beans
- Green Peas
- Ginger (optional)
- Lemon Juice
- Rock Salt
- Black Pepper
- Coriander Leaves

CLEAN
GREEN
GENTLE

Goodness in Every Bite

Nourish your body.
Calm your mind.
Elevate your health.



HIGH
PROTEIN



GLUTEN
FREE



LOW
CALORIE



100%
NATURAL



SATTVIC
FOOD



REAL FOOD. REAL NUTRITION. REAL AYURVEDA.



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NOURISH • BALANCE • HEAL

LIGHT • PURE • ENERGIZING

AYURVEDIC
LIVING

SPROUTS (LIGHTLY STEAMED)

Simple. Sattvic. Wholesome.

NOURISH YOUR BODY. ELEVATE YOUR ENERGY.



EASY TO DIGEST

Lightly steamed sprouts are gentle on the stomach and easy to absorb.



RICH IN PROTEIN

A plant-based source of high-quality protein to build & repair tissues.



BOOSTS IMMUNITY

Packed with vitamins, minerals & antioxidants that strengthen immunity.



SUPPORTS DIGESTION

Enzymes and fiber support gut health and smooth digestion.



NATURAL ENERGY

Provides sustained energy without heaviness or lethargy.



BALANCES DOSHAS

Light, sattvic and nourishing – balances all three doshas (Vata, Pitta & Kapha).



HOW WE PREPARE

Sprouts are lightly steamed for a few minutes to retain their nutrients while making them easier to digest.

STEAM. NO OVERCOOKING. JUST RIGHT.



GOODNESS IN EVERY BITE

Clean, light & nourishing food for a vibrant body and calm mind.

INGREDIENTS

- Moong Sprouts
- Moth Sprouts (optional)
- Carrot (finely chopped)
- Cucumber (finely chopped)
- Lemon Juice
- Rock Salt or Black Salt
- Fresh Coriander
- Roasted Cumin Powder
- Black Pepper (optional)



HIGH IN
PROTEIN
& FIBER



LOW
CALORIE



RICH IN
VITAMINS &
MINERALS



100%
NATURAL



NO OIL
NO FRYING



SATTVIC
FOOD

EAT LIGHT, FEEL BRIGHT!



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100% Natural
Authentic • Safe • Effective

RECONNECT. REBALANCE. REJUVENATE.

STEAMED RICE + LAUKI CURRY

SIMPLE. LIGHT. SOOTHING.
PERFECT FOR EVERY DAY.



BENEFITS



Light & easy to digest



Soothes the stomach



Cooling & hydrating



Balances Pitta & supports
overall well-being



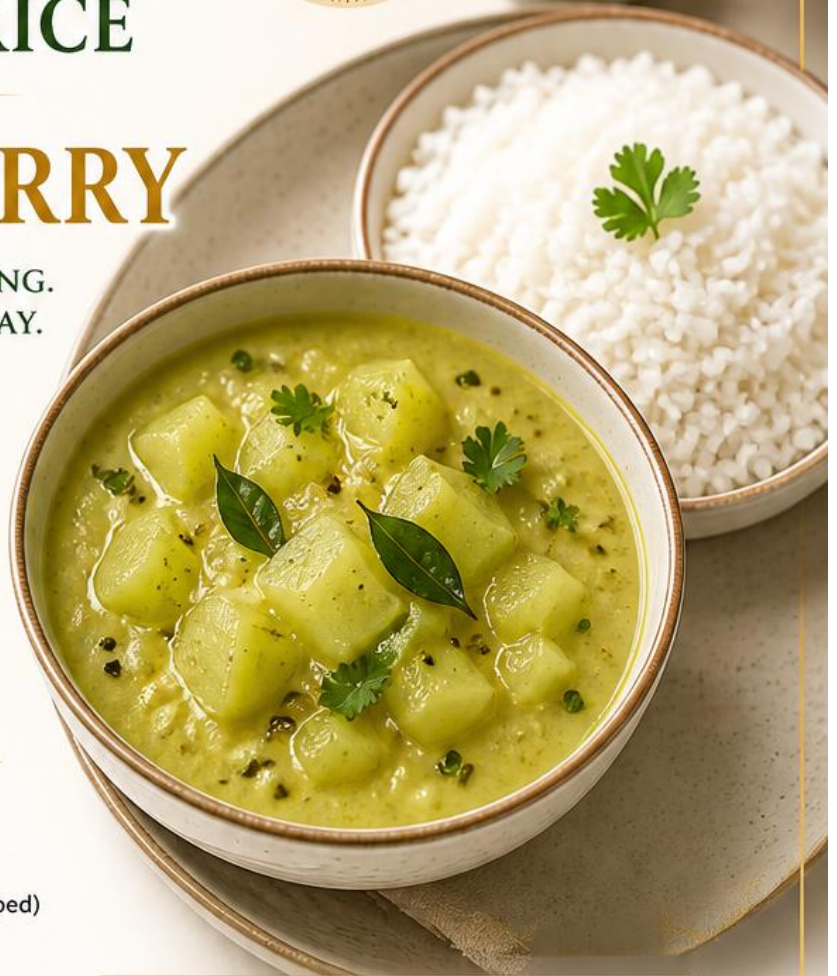
INGREDIENTS (SERVES 2)

- Rice (any variety) 1 cup
- Lauki (bottle gourd) 2 cups (chopped)
- Moong dal (optional) 2 tbsp
- Ghee or coconut oil 1 tsp
- Cumin seeds ½ tsp
- Mustard seeds ½ tsp
- Turmeric powder ¼ tsp
- Ginger (grated) ½ tsp
- Green chili (optional) 1 (slit)
- Curry leaves 6-7
- Rock salt / Sea salt to taste
- Water 1-1½ cups
- Fresh coriander for garnish



PREPARATION

- 1 Cook rice with water and a pinch of salt. Keep it soft and fluffy.
- 2 In a pan, heat ghee/oil. Add cumin, mustard seeds and ~~at the splutter~~
- 3 Add ginger, green chili and curry leaves. Saute lightly.
- 4 Add chopped lauki, turmeric, salt and water.
- 5 Cover and cook until lauki is soft and well cooked. Add cooked moong dal if using. Mix well and garnish with coriander.



BEST TIME

Lunch
(Main Meal)



GOOD FOR

Acidity, bloating,
heat, hydration,
and gentle
cleansing.



DOSHA TIP



VATA

Add ghee and a pinch
of asafoetida.



PITTA

Keep spices mild.
Add a little ghee.



KAPHA

Use less ghee.
Add black pepper
for balance.



SIMPLE FOOD. BALANCED MIND. HAPPY YOU.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL



BEST ENJOYED
DURING THE DAY



LIGHT • PURE
NOURISHING

Wholesome

STEAMED VEGETABLES

Simple. Pure. Nourishing.
Goodness in every bite.



LIGHT & EASY TO DIGEST

Steaming preserves nutrients while making vegetables light and easy to digest.



RICH IN NUTRIENTS

Loaded with vitamins, minerals, fiber and antioxidants that support overall well-being.



SUPPORTS IMMUNITY

A colourful mix of vegetables strengthens immunity and helps the body stay strong.



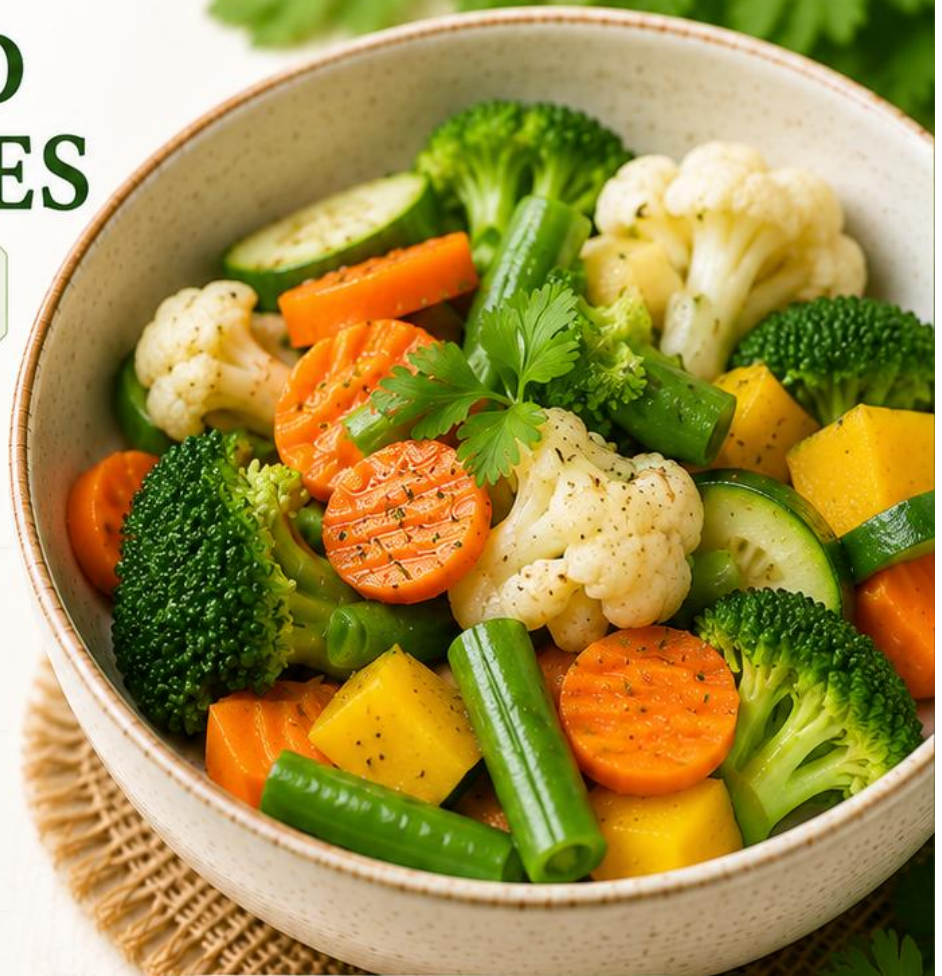
GENTLE ON THE STOMACH

Perfect for all age groups and ideal for a balanced, wholesome diet.



NATURAL & PURE

No oil, no heavy seasoning – just simple vegetables with natural goodness.



DAYTIME NOURISHMENT

Enjoy during the day for sustained energy, lightness and vitality.



PURE INGREDIENTS. GENTLE COOKING. MAXIMUM GOODNESS.



SATTVIC
FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL



BEST ENJOYED
DURING THE DAY



LIGHT • PURE
NOURISHING

Wholesome

STEAMED VEGETABLES

Simple. Pure. Nourishing.



RICH IN NUTRIENTS

Steaming helps retain essential vitamins, minerals and enzymes in vegetables.



EASY TO DIGEST

Light on the stomach and easy to digest, perfect for everyday well-being.



SUPPORTS IMMUNITY

Packed with antioxidants and phytonutrients that help strengthen immunity.



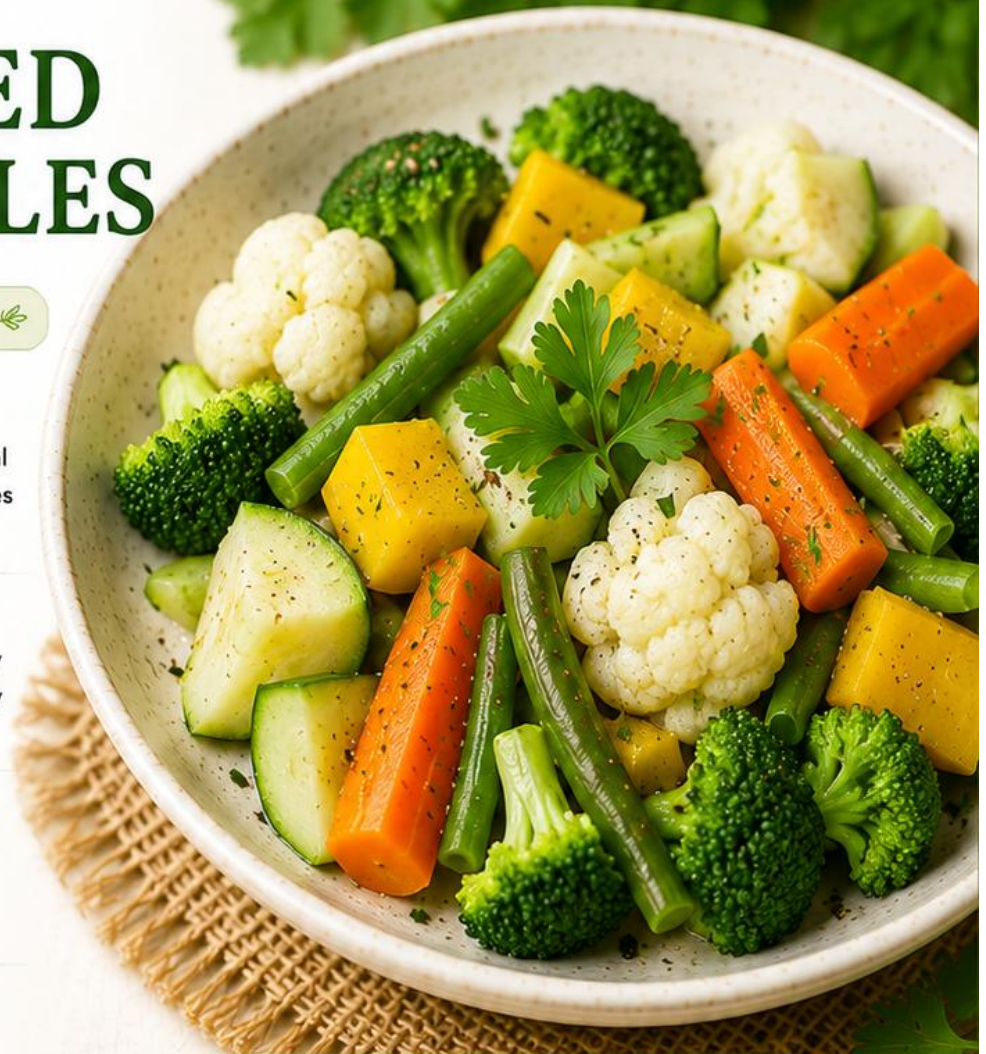
COOLING & BALANCING

Helps balance Pitta, cools the body and promotes inner harmony.



LIGHT & SATTVIC

Low in calories and high in fiber – perfect for a light, healthy and sattvic meal.



DAYTIME GOODNESS

Best enjoyed during the day for light energy, freshness and natural nourishment.

PURE INGREDIENTS. GENTLE COOKING. MAXIMUM GOODNESS.



SATTVIC
FOOD



CLEAN
INGREDIENTS



NOURISHING



HEALING

STEWED APPLES

WITH CINNAMON

WARM. SOOTHING. GUT FRIENDLY.

BENEFITS

-  Improves digestion
-  Relieves constipation
-  Detoxifies & cleanses the gut
-  Reduces heat & inflammation
-  Calms the mind & promotes restful sleep

INGREDIENTS

- 1 large apple (peeled & chopped)
- 1 cup water
- 1 small piece cinnamon stick or ½ tsp cinnamon powder
- 1-2 tsp jaggery or honey (optional)
- A pinch of cardamom powder (optional)

HOW TO PREPARE

- 1 Peel and chop the apple into small pieces.
- 2 Add apple pieces and water to a saucepan.
- 3 Add cinnamon and simmer on low flame.
- 4 Cook until apples are soft and translucent.
- 5 Add jaggery or honey if using and mix well.
- 6 Sprinkle cardamom powder and serve warm.

BEST TIME TO EAT


EARLY MORNING
ON AN EMPTY STOMACH


DOSHA FRIENDLY
Balances Vata & Pitta.
Light & warming for Kapha
when taken in small portions.

 AYURVEDIC TIP

Best eaten warm and on an empty stomach for maximum benefits.



Om Ayurveda

NOURISH • BALANCE • HEAL

SATTVIC DESSERT

STEWED

PEAR

DESSERT

A WARM, NOURISHING & SOUL-SATISFYING TREAT

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥

Stewed Pear Dessert is a comforting sattvic delight made with juicy pears, naturally sweetened and slow-cooked in aromatic spices.

Light, soothing and easy to digest, it nourishes the body, calms the mind and brings gentle warmth and sweetness to your everyday.

A perfect treat for all ages!



NO ONION
NO GARLIC



NO REFINED
SUGAR



NO ARTIFICIAL
FLAVORS OR COLORS



NO PRESERVATIVES



100% NATURAL
INGREDIENTS



SUITABLE FOR
ALL AGES



WARM • LIGHT
WHOLESUME
DELICIOUS

BENEFITS



Easy to digest
and gentle on stomach



Supports cold & cough
relief



Rich in fiber and
antioxidants



Hydrates and
nourishes the body



Promotes heart health
and better circulation



Calms the mind and
supports peaceful sleep

INGREDIENTS (SERVES 2)



2 large
Pears
(ripe, firm)



2 cups
Water



2-3 tbsp
Jaggery
(or to taste)



1/2 tsp
Cardamom
Powder



4-5 strands
Saffron
(optional)



1 tbsp
Almonds
(sliced)



1 tbsp
Pistachios
(chopped)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- 1 Peel, core and slice the pears into wedges.
- 2 In a pan, bring water to a gentle boil.
- 3 Add the pears and cook on low flame for 5 minutes.
- 4 Add jaggery, cardamom powder and saffron.
- 5 Cover and simmer on low flame for 15-20 minutes until pears are soft and syrupy.
- 6 Garnish with sliced almonds and chopped pistachios.
- 7 Serve warm or chilled. Enjoy!



Tastes best when served warm.
Can be enjoyed chilled too!

NUTRITION

(Approx. per serving)

Energy	140 kcal
Protein	1.2 g
Carbohydrates	32 g
Fat	2 g
Fiber	3 g
Calcium	24 mg
Iron	0.6 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use ripe but firm pears for best texture.
- Add a pinch of nutmeg for extra warmth.
- You can add a few raisins while cooking for extra sweetness.
- Perfect for kids, elders and anyone seeking a light dessert.
- Enjoy after meals or in the evening with a warm drink.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."



GOOD SOURCE
OF FIBER



SUPPORTS
IMMUNITY



SOOTHING &
COMFORTING



BOOSTS ENERGY
NATURALLY



MADE WITH LOVE
& CARE



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MADE WITH LOVE
Pure Ingredients.
Traditional Wisdom.



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NOURISH • BALANCE • HEAL



SWEET POTATO CURRY

SIMPLE. NOURISHING. SATTVIC.

*Naturally sweet, lightly spiced
& perfect for everyday balance.*



BENEFITS

- Rich in complex carbohydrates
- Provides lasting energy
- Supports digestion
- Nourishes body & mind
- Balances all doshas
- Good for skin & eyes
- Ideal for all age groups



INGREDIENTS (SERVES 2)

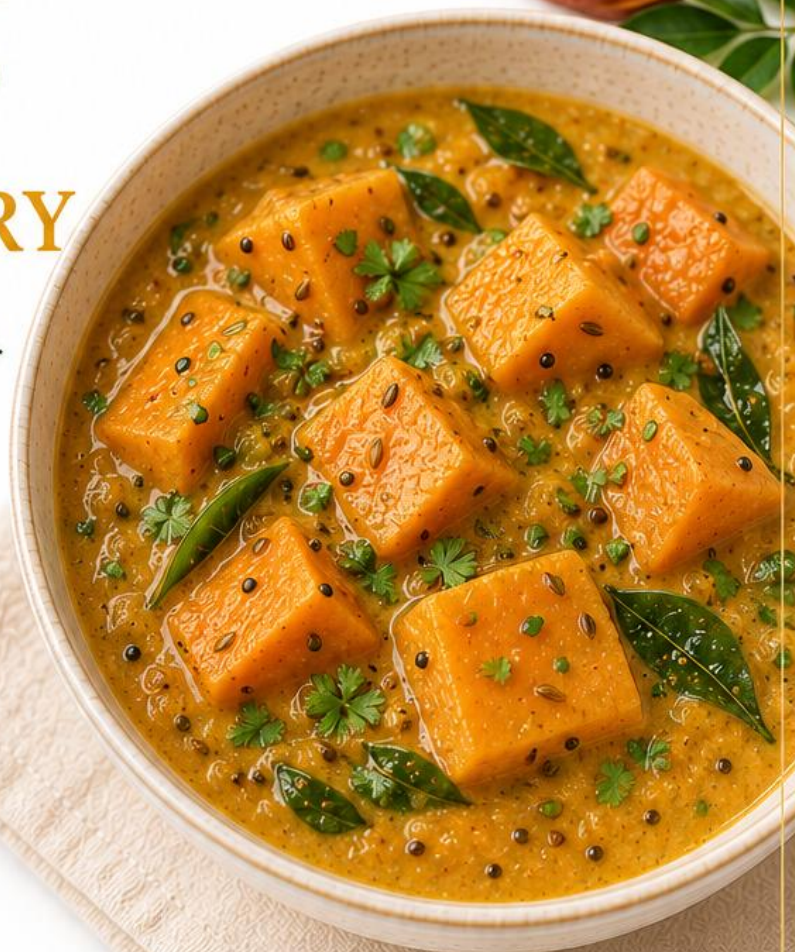
- | | |
|-------------------------------|-------------|
| Sweet potato (peeled & cubed) | 2 cups |
| Ghee or oil | 1 tsp |
| Mustard seeds | ½ tsp |
| Cumin seeds | ½ tsp |
| Hing (asafoetida) | a pinch |
| Curry leaves | 6-8 |
| Green chili (optional) | 1 slit |
| Turmeric powder | ¼ tsp |
| Rock salt | to taste |
| Water | ½-¾ cup |
| Fresh coriander leaves | for garnish |

* No onion, no garlic for a sattvic preparation.



PREPARATION

- Heat ghee in a pan. Add mustard seeds and let them splutter.
- Add cumin seeds, hing, curry leaves and green chili. Saute for a few seconds.
- Add sweet potato, turmeric and salt. Mix well.
- Add water, cover and cook on low flame until sweet potato is soft.
- Adjust salt. Garnish with coriander leaves. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
especially during
fatigue, recovery
& mental exhaustion.



DOSHA TIP



VATA

Add a little extra ghee
and serve warm.



PITTA

Keep spices mild.
Avoid green chili
if sensitive.



KAPHA

Use less ghee and
add a pinch of dry
ginger powder.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



SIMPLE FOOD • BALANCED MIND • HAPPY YOU





OMAYURVEDA
NOURISH • BALANCE • HEAL

DAY
11

108 DAYS
AYURVEDIC
FOOD SERIES

SWEET POTATO MASH

WARM. SOOTHING. NATURALLY SWEET.
A PERFECT AYURVEDIC CHOICE ANYTIME.



BENEFITS



Easy to digest
& nourishing



Rich in fiber,
vitamins &
antioxidants



Supports healthy
digestion &
elimination



Provides sustained
energy



Balances Vata
& Pitta doshas



INGREDIENTS

- 1 medium sweet potato
- ¼ cup milk or almond milk (or as needed)
- 1–2 tsp ghee (optional)
- ¼ tsp cardamom powder
- A pinch of cinnamon (optional)
- A pinch of rock salt (or to taste)



HOW TO PREPARE

- 1 Wash the sweet potato well.
- 2 Peel (optional) and cut into small chunks.
- 3 Steam or boil until soft and easily mashable.
- 4 Mash well while warm.
- 5 Add warm milk and mix until creamy.
- 6 Add ghee (if using), cardamom powder and a pinch of salt. Mix well and serve warm.



BEST TIME TO EAT



**BREAKFAST
OR EARLY DINNER**

Ideal for all ages.
Especially good for children,
the elderly, and during
recovery.



DOSHA FRIENDLY

Balances Vata & Pitta.
Nourishing, grounding
and comforting.



AYURVEDIC TIP

Add a pinch of nutmeg for extra warmth
and better sleep support.



SATTVIC FOOD



CLEAN INGREDIENTS



GENTLE & NOURISHING



Om Ayurveda

NOURISH • BALANCE • HEAL

🌿 SATTVIC DESSERT 🌿

SWEET RICE

• A WARMING, COMFORTING & SOUL-NOURISHING TREAT •

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥



Sweet Rice is a traditional sattvic dessert made with fragrant rice, milk, and jaggery or natural sweetener, flavoured with cardamom and garnished with nuts. Creamy, aromatic and delicately sweet – it brings warmth, comfort and happiness to every heart.

A perfect treat for all ages!



BENEFITS

- ⚡ Provides instant energy and nourishment
- 🛡️ Supports immunity and overall health
- 🌱 Easy to digest and gentle on the stomach
- 🧠 Improves brain function and reduces stress
- ♥ Made with natural ingredients – pure and wholesome

INGREDIENTS (SERVES 4)



🌿 Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- 1 Wash basmati rice and soak for 20–30 minutes.
- 2 In a heavy-bottomed pan, heat ghee and lightly sauté the rice for 1–2 minutes.
- 3 Add milk and bring it to a boil on medium flame, stirring occasionally.
- 4 Lower the flame and let it simmer.
- 5 Cook, stirring gently, until the rice is soft and the milk thickens.
- 6 Add jaggery and mix well. Cook for 3–4 minutes.
- 7 Add cardamom powder and saffron.
- 8 Add chopped nuts and raisins.
- 9 Mix well and cook for another minute. Serve warm or chilled.



Best enjoyed warm.
Can be chilled for a refreshing treat.

NUTRITION

(Approx. per serving)

🔥 Energy	210 kcal
👤 Protein	4 g
🍲 Carbohydrates	35 g
🔥 Fat	6 g
📦 Fiber	1 g
📦 Calcium	120 mg
📦 Iron	0.6 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- 🌿 Use basmati rice for best aroma and taste.
- 🌿 Adjust jaggery as per your sweetness preference.
- 🌿 You can add a few drops of rose water or kewra water (optional) for extra flavor.
- 🌿 For extra richness, add 1 tbsp khoya or condensed milk (optional).
- 🌿 Perfect for festivals, prasad, and family gatherings.

“When food is pure,
the body is nourished,
the mind is calm and
the soul is light.”



NO REFINED SUGAR



NO ARTIFICIAL
FLAVORS OR COLORS



NO PRESERVATIVES



100% NATURAL
INGREDIENTS



SUITABLE FOR
ALL AGES



FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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MADE WITH LOVE
Pure Ingredients.
Traditional Wisdom.



Om Ayurveda

NOURISH • BALANCE • HEAL



THE ART OF AYURVEDIC *Healing*

Ancient Wisdom for
Modern Wellness

Experience authentic Ayurvedic programs
designed to detoxify, rejuvenate and
restore natural balance of
mind, body and soul.



HEAL
CLEANSE
REJUVENATE



PANCHAKARMA THERAPY

Deep detoxification
& healing



AYURVEDIC COMFORT FOOD

Nourishing, sattvic
& delicious



HERBAL HEALING SOLUTIONS

Natural remedies for
complete well-being



YOGA & LIFESTYLE WELLNESS

Balance your body,
mind & energy



RELAX • RESTORE REJUVENATE

Experience total
relaxation



SIGNATURE PROGRAMS



7-Day Ayurvedic
Reset Program



Digestive Health
& Gut Reset



Detox &
Rejuvenation Retreat



Stress Relief &
Mind Balance



Immunity Boost &
Vitality Program



Women's Wellness
Program



PURE INGREDIENTS • GENTLE COOKING • MAXIMUM GOODNESS



Rishikesh, India

The Land of Yoga & Ayurveda



+91 7904218828

www.odayurveda.com



100% Natural

Authentic • Safe • Effective

RECONNECT. REBALANCE. REJUVENATE.



Om Ayurveda

NOURISH • BALANCE • HEAL

LIGHT. SOOTHING. EASY TO DIGEST.

THIN DAL RASAM

SIMPLE
FOOD.
POWERFUL
HEALING.

A SOUL-WARMING ELIXIR FOR GUT & WELLNESS



EASY TO DIGEST

Light and gentle on the stomach.
Helps improve digestion and
relieves heaviness.



BOOSTS AGNI (DIGESTIVE FIRE)

Spices and herbs help stimulate
appetite and enhance
digestive fire naturally.



DETOXIFIES & CLEANSSES

Helps flush out toxins, supports
liver function and promotes
natural detoxification.



SUPPORTS IMMUNITY

Rich in antioxidants and herbs
that help strengthen immunity
and fight infections.



RELIEVES COLD & CONGESTION

Pepper, cumin, garlic and herbs
help clear congestion and
support respiratory health.



HYDRATING & NOURISHING

Warm, thin and hydrating –
perfect for everyday
wellness and balance.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Toor Dal
(Moong Dal
(Optional))



Tamarind



Tomato



Garlic
(Optional)



Spices & Herbs
(Cumin, Pepper,
Curry Leaves,
Coriander)



Water

Simple ingredients. Pure nourishment.

HOW TO PREPARE



Pressure cook 2 tbsp thin dal with 2 cups water until soft.



Extract juice from a small lemon-sized tamarind.



In a pan, add 1 tsp ghee or oil.



Add 1/2 tsp mustard seeds, 1/2 tsp cumin seeds,
a pinch of asafoetida and curry leaves.



Add 1 chopped tomato, 1–2 garlic cloves (optional)
and saute till soft.



Add tamarind extract, 1.5–2 cups water and salt.



Add 1/2 tsp rasam powder or crushed pepper,
simmer for 5 minutes.



Add cooked dal water, boil once and garnish
with coriander leaves.



Serve hot and feel the warmth!

PERFECT FOR



Daily
Digestion



Relieves
Bloating



Cleanses
Body



Immunity
Support



Light Meal
or Fasting



Hydration

BEST TIME TO ENJOY



During lunch
for better digestion
and energy.



Evening when
you want something
light & soothing.



LOW CALORIE
& LIGHT



GOOD SOURCE OF
PROTEIN



SUPPORTS
GUT HEALTH



RICH IN
ANTIOXIDANTS



SUITABLE FOR
ALL AGES



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NOURISH • BALANCE • HEAL



DAY

14

108 DAYS
AYURVEDIC
FOOD SERIES

THIN KHICHDI

LIGHT. COMFORTING. EASY TO DIGEST.
A PERFECT AYURVEDIC MEAL ANYTIME.



BENEFITS



Easy to digest
& light on stomach



Detoxifying
& cleansing



Strengthens immunity
& builds resilience



Hydrating
& nourishing



Balances Vata
& Pitta doshas



INGREDIENTS

- ½ cup rice (preferably old rice)
- ½ cup yellow moong dal (split & husked)
- 1 small carrot (chopped)
- ½ small potato (optional)
- ¼ cup beans (chopped)
- ½ cup peas
- ½ tsp ghee
- ½ tsp cumin seeds
- ½ tsp turmeric powder
- A pinch of asafoetida (hing)
- Rock salt to taste
- 4–5 cups water
- Fresh coriander leaves



HOW TO PREPARE

- 1 Wash rice and moong dal together.
- 2 Heat ghee in a pot. Add cumin seeds and hing.
- 3 Add chopped vegetables and sauté for a minute.
- 4 Add rice and dal. Sauté gently for 1–2 minutes.
- 5 Add turmeric and salt.
- 6 Add 4–5 cups water.
- 7 Bring to a boil, then simmer covered.
- 8 Cook until rice and dal are very soft and mushy (15–20 minutes).
- 9 Mash lightly for a thinner consistency if needed. Adjust water and salt.



BEST TIME TO EAT



LUNCH
OR
EARLY DINNER

Ideal when you need a
light, wholesome and
easy to digest meal.



DOSHA FRIENDLY

Balances all three doshas.
Especially soothing for
Vata when warm and
mildly spiced.



AYURVEDIC TIP

Add a few drops of ghee before serving.
Chew well and eat mindfully.



SATTVIC FOOD



CLEAN & LIGHT



NOURISHING & HEALING



OMAYURVEDA
NOURISH • BALANCE • HEAL

DAY
8

108 DAYS
AYURVEDIC
FOOD SERIES

THIN VEGETABLE DAL SOUP

LIGHT. SOOTHING. EASY TO DIGEST.
A PERFECT AYURVEDIC START OR SIDE.



BENEFITS



Easy to digest
& gentle on stomach



Provides hydration
& essential nutrients



Supports immunity
& overall wellness



Detoxifies &
cleanses the body



Balances all
three doshas



INGREDIENTS

- ¼ cup moong dal (yellow split)
- 3 cups water
- ¼ cup mixed vegetables (carrot, bottle gourd, beans, or any seasonal)
- ½ tsp ghee or sesame oil
- ½ tsp cumin seeds
- 1 small piece ginger (finely chopped)
- A pinch of turmeric
- Rock salt to taste
- Fresh coriander leaves
- Lemon juice (optional)



HOW TO PREPARE

- ① Rinse moong dal and cook with water until soft.
- ② Add chopped vegetables and cook until tender.
- ③ Heat ghee in a pan. Add cumin seeds and let them splutter.
- ④ Add ginger and sauté for a few seconds.
- ⑤ Pour this tempering into the cooked dal.
- ⑥ Add turmeric and salt. Simmer for 2–3 minutes.
- ⑦ Garnish with coriander leaves and add lemon juice if using.



BEST TIME TO EAT



LUNCH OR DINNER



DOSHA FRIENDLY

Balances Vata & Pitta.
Light & hydrating for Kapha
when taken warm.



AYURVEDIC TIP

Best enjoyed warm for optimal
digestion and nourishment.



SATTVIC FOOD



CLEAN INGREDIENTS



HEALING FROM WITHIN



Om Ayurveda

NOURISH • BALANCE • HEAL

WARM. GENTLE. COMFORTING.

TOMATO SOUP (MILD)

LIGHT, SOOTHING & EASY ON THE STOMACH

SIMPLE
FOOD.
POWERFUL
HEALING.



EASY TO DIGEST

Light on the stomach and perfect for all age groups.



RICH IN ANTIOXIDANTS

Tomatoes are rich in lycopene, vitamins A & C and support overall health.



BOOSTS IMMUNITY

Helps strengthen immunity and protects the body naturally.



GOOD FOR HEART

Supports heart health and helps maintain healthy blood circulation.



DETOXIFYING

Helps cleanse the body and supports natural detoxification.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Tomatoes



Onion



Garlic



Carrot



Basil



Olive Oil



Black Pepper



Rock Salt



Cumin



Bay Leaf

Simple ingredients. Gentle nourishment.

TIPS

- Use ripe tomatoes for natural sweetness & flavor.
- Add a pinch of black pepper for better absorption of nutrients.
- Avoid cream for a lighter, more healing option.
- Enjoy warm for best comfort and nourishment.

PERFECT FOR



Light Meals



Recovery



Sensitive Stomach



Detox Days



PLANT
BASED



NO ARTIFICIAL
COLORS OR
FLAVORS



GLUTEN
FREE



LOW FAT &
LIGHT



RICH IN
VITAMINS



SUPPORTS
OVERALL
WELL-BEING

FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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NOURISH • BALANCE • HEAL

PURE. SOOTHING. IMMUNITY BOOSTING.

TULSI TEA

SIMPLE
FOOD.
POWERFUL
HEALING.

A HOLY BASIL BREW FOR EVERYDAY WELLNESS



BOOSTS IMMUNITY

Tulsi is rich in antioxidants and helps strengthen the immune system naturally.



FIGHTS STRESS

Adaptogenic properties help reduce stress, anxiety and promote mental clarity.



AIDS DIGESTION

Supports healthy digestion, reduces bloating and soothes the stomach.



SUPPORTS RESPIRATORY HEALTH

Helps relieve cough, cold and improves respiratory wellness.



DETOXIFIES BODY

Helps flush out toxins and supports overall cleansing and well-being.



100%
NATURAL
No Preservatives
No Additives
No Chemicals

INGREDIENTS



Tulsi (Holy Basil)
Leaves
(Fresh)



Ginger
(Optional)



Jaggery or
Honey
(Optional)



Water

Simple ingredients. Pure nourishment.

HOW TO PREPARE



Boil 2 cups of water.



Add 8–10 fresh tulsi leaves.



Add sliced ginger if using.



Simmer for 5–7 minutes.



Strain and pour into a cup.



Add jaggery or honey if desired.

Sip warm and enjoy the goodness!

PERFECT FOR



Immunity
Support



Stress
Relief



Respiratory
Health



Healthy
Digestion



Daily
Wellness

BEST TIME TO ENJOY



Morning on an empty
stomach or after
meals.



Evening for relaxation
and better sleep.



CAFFEINE FREE
& NATURAL



RICH IN
ANTIOXIDANTS



SUPPORTS
NATURAL HEALING



BALANCES
KAPHA & VATTA



SUITABLE FOR
ALL AGES

FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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NOURISH • BALANCE • HEAL

WARM. LIGHT. NOURISHING.

VEGETABLE BROTH

SIMPLE
FOOD.
POWERFUL
HEALING.

A COMFORTING ELIXIR FOR HEALTH & VITALITY



BOOSTS IMMUNITY

Warm vegetables and herbs strengthen the immune system and help the body fight infections.



AIDS DIGESTION

Light, warm and easy to digest. Helps soothe the stomach and promotes healthy digestion.



DETOXIFIES & CLEANSSES

Helps flush out toxins and supports liver function for natural detoxification.



HYDRATES & REPLENISHES

Restores electrolytes and fluids, keeps the body hydrated and refreshed.



COMFORTS & SOOTHES

Warm, gentle and nourishing – ideal for colds, congestion and fatigue.



NOURISHES & ENERGIZES

Packed with vitamins, minerals and phytonutrients to nourish the body and uplift energy.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Carrot



Celery



Onion



Garlic



Zucchini



Cabbage



Pumpkin



Black Pepper



Bay Leaf



Himalayan Salt



Herbs



Water

Simple ingredients. Pure nourishment.

HOW TO PREPARE



Chop all vegetables roughly.



Add to a pot with 6–7 cups of water.



Add 2–3 garlic cloves, 1 bay leaf, a pinch of black pepper and a pinch of Himalayan salt.



Bring to a boil, then simmer on low flame.



Simmer for 25–30 minutes to extract maximum nutrients.



Strain and serve hot. Enjoy warm!

PERFECT FOR



Daily
Nourishment



Light
Meals



Immunity
Support



Post-Illness
Recovery



Detox &
Cleansing



Weight
Management

BEST TIME TO ENJOY



Midday with meals
for better digestion
and nourishment.



Evening for a light,
soothing and
restful experience.



LOW CALORIE
& FAT FREE



RICH IN
VITAMINS & MINERALS



SUPPORTS
GUT HEALTH



ANTI-INFLAMMATORY
& ANTIOXIDANT



SUITABLE FOR
ALL AGES



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Pure Ingredients.
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Om Ayurveda
NOURISH • BALANCE • HEAL

WARM. NOURISHING. LIGHT & DETOXIFYING.

VEGETABLE CLEAR SOUP

SIMPLE
FOOD.
POWERFUL
HEALING.

LIGHT, REFRESHING & FULL OF GOODNESS



EASY TO DIGEST

Light on the stomach
and perfect for all
age groups.



NUTRIENT RICH

Packed with vitamins,
minerals and antioxidants
from fresh vegetables.



BOOSTS IMMUNITY

Helps strengthen immunity
and protects the body
naturally.



DETOXIFYING

Helps cleanse the body,
flush out toxins and
support overall well-being.



HYDRATING & LIGHT

Hydrates the body, keeps
you light, active and
refreshed.



100%
NATURAL

No Preservatives
No Additives
No Chemicals

INGREDIENTS



Carrot



Beans



Zucchini



Cabbage



Pumpkin



Capsicum



French Beans



Celery



Sweet Corn



Fresh Coriander



Black Pepper



Cumin Seeds



Rock Salt



Olive Oil



Lemon Juice

Simple ingredients. Pure nourishment.

TIPS

- Use fresh, seasonal vegetables for best flavor and nutrition.
- Add a pinch of black pepper and roasted cumin for enhanced taste and digestion.
- Avoid overcooking the vegetables to retain nutrients.
- Enjoy warm for maximum comfort and nourishment.

PERFECT FOR



Light Meals



Immunity
Support



Easy
Digestion



Detox
Days



LOW CALORIE
& FAT FREE



RICH IN
VITAMINS



HIGH IN
FIBER



SUPPORTS
Hydration



SUPPORTS
WEIGHT MANAGEMENT

FOOD IS MEDICINE. LET NATURE NOURISH YOU.



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OMAYURVEDA
NOURISH • BALANCE • HEAL

DAY
13

108 DAYS
AYURVEDIC
FOOD SERIES

VEGETABLE DALIYA

NOURISHING. WHOLESOME. EASY TO DIGEST.
A PERFECT AYURVEDIC MEAL ANYTIME.



BENEFITS



Easy to digest &
& light on stomach



Provides sustained
energy



Rich in fiber,
vitamins & minerals



Supports weight
management



Balances Vata
& Pitta doshas



INGREDIENTS

- ½ cup daliya (broken wheat)
- 1 tbsp ghee or sesame oil
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- 1 pinch asafoetida (hing)
- 1 small onion (chopped)
- 1 small carrot (chopped)
- ¼ cup beans (chopped)
- ½ cup peas
- 1 small potato (diced)
- ½ tsp turmeric powder
- Rock salt to taste
- 2½ cups water
- Fresh coriander leaves
- Lemon juice (optional)



HOW TO PREPARE

- 1 Rinse daliya and drain.
- 2 Heat ghee in a pan. Add cumin seeds and mustard seeds. Let them splutter.
- 3 Add hing and chopped onion. Sauté until translucent.
- 4 Add all chopped vegetables and sauté for 2–3 minutes.
- 5 Add turmeric and mix well.
- 6 Add daliya and stir for a minute.
- 7 Add water and salt. Bring to a boil.
- 8 Reduce heat, cover and cook until daliya is soft and water is absorbed. Garnish with coriander leaves and lemon juice if using.



BEST TIME TO EAT



LUNCH
OR
EARLY DINNER



DOSHA FRIENDLY

Balances Vata & Pitta.
Grounding, nourishing
& perfect for everyday
nutrition.



AYURVEDIC TIP

Add a pinch of black pepper or ginger
to enhance digestion if needed.



SATTVIC FOOD



CLEAN INGREDIENTS



HEALING FROM WITHIN



Om Ayurveda

NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

VEGETABLE HANDVO (LIGHT & NOURISHING)

SIMPLE. NOURISHING. SATTVIC.

*A wholesome Gujarati delicacy
made with lentils, rice and
vegetables – healthy, light
& perfect for everyday meals.*

BENEFITS

- High in plant protein & fiber
- Fermented for better digestion
- Light on stomach & gut-friendly
- Nourishing & sustaining
- Supports weight management
- Ideal for all age groups

INGREDIENTS (SERVES 2-3)

FOR BATTER

- | | |
|--------------------------------|--------------|
| • Urad dal (split black gram) | ¼ cup |
| • Chana dal (Bengal gram) | ¼ cup |
| • Poha (Flattened rice) | 2 tbsp |
| • Curd (whisked) | ¼ cup |
| • Water | as needed |
| • Salt | to taste |
| • Ginger (grated) | ¼ tsp |
| • Green chili (finely chopped) | 1 (optional) |
| • Turmeric powder | ¼ tsp |
| • Fruit salt or Eno | ¼ tsp |

FOR VEGETABLES

- | | |
|-----------------------------|---------|
| • Carrot (grated) | ¼ cup |
| • Beans (finely chopped) | ¼ cup |
| • Bottle gourd (grated) | ¼ cup |
| • Green peas | 2 tbsp |
| • Cabbage (finely chopped) | ¼ cup |
| • Capsicum (finely chopped) | 2 tbsp |
| • Coriander leaves | 2 tbsp |
| • Lemon juice | 1 tsp |
| • Oil or ghee | 1-2 tsp |
| • Mustard seeds | ¼ tsp |
| • Sesame seeds | 1 tsp |
| • Curry leaves | 6-8 |
| • Asafoetida | a pinch |

* No onion, no garlic for a sattvic preparation.

PREPARATION

- 1 Wash and soak urad dal, chana dal, rice and poha together for 4-6 hours.
- 2 Drain and grind to a thick, slightly coarse batter. Add curd, salt, ginger, chili and turmeric. Mix well. Rest for 6-8 hours or overnight to ferment.
- 3 Add chopped/grated vegetables and coriander leaves. Mix gently.
- 4 Just before cooking, add fruit salt or Eno. Mix lightly.
- 5 Heat oil in a pan. Add mustard seeds, sesame seeds, asafoetida and curry leaves.
- 6 Pour the batter in the pan. Spread evenly.
- 7 Cook on low flame, covered, for 15-20 minutes or until golden and cooked through.
- 8 Cut into wedges and serve warm with green chutney or curd.

SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



BEST TIME

Breakfast or
Light Dinner



GOOD FOR

All age groups,
especially during
recovery, fatigue
or for light,
balanced meals.



DOSHA TIP



VATA

Use a little extra ghee
and serve warm.



PITTA

Use mild spices.
Avoid green chili
if sensitive.



KAPHA

Use less oil. Add
a pinch of black
pepper or ginger.





OMAYURVEDA

NOURISH • BALANCE • HEAL



AYURVEDIC
COMFORT
FOOD

VEGETABLE KHICHDI

A SIMPLE. NOURISHING. COMPLETE MEAL.



BENEFITS



Easy to digest



Nourishes & strengthens



Balances all doshas



Perfect for detox
& everyday meals



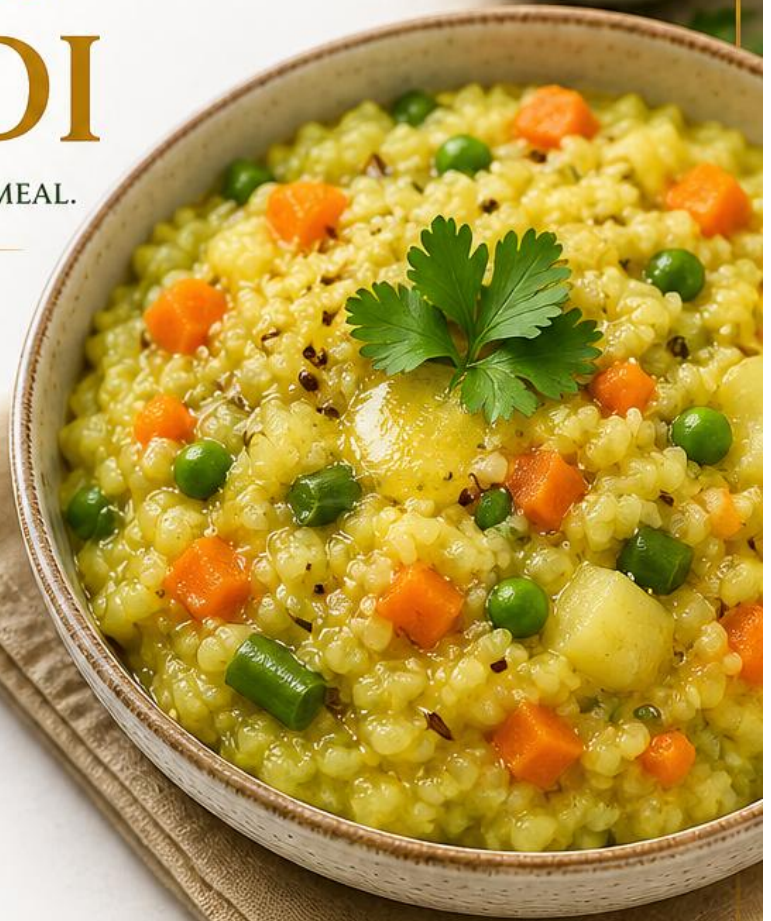
INGREDIENTS (SERVES 2)

- Rice (or brown rice) ½ cup
- Moong dal (yellow) ½ cup
- Mixed vegetables (carrot, beans, peas, potatoes) 1 cup
- Ghee 1 tsp
- Cumin seeds ½ tsp
- Turmeric powder ¼ tsp
- Ginger (grated) ½ tsp
- Hing (asafoetida) a pinch
- Rock salt / Sea salt to taste
- Water 3–4 cups



PREPARATION

- 1 Wash rice and moong dal well.
- 2 Heat ghee in a pot. Add cumin, hing and ginger. Sauté for a few seconds.
- 3 Add chopped vegetables. Sauté lightly.
- 4 Add rice, dal, turmeric, salt and water. Mix well.
- 5 Cook until soft and mushy (3–4 whistles in a pressure cooker). Serve hot with ghee.



BEST TIME

Lunch
(Main Meal)



GOOD FOR

All age groups,
convalescence,
weak digestion,
detox days



DOSHA TIP



VATA
Add extra ghee
and serve warm



PITTA
Keep spices mild
and add veggies
like zucchini, carrot



KAPHA
Add ginger, black
pepper and avoid
potatoes



SIMPLE FOOD. BALANCED MIND. HAPPY YOU.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL



VEGETABLE KORMA (LIGHT)

SIMPLE. SOOTHING. SATTVIC.

A light, mildly spiced dish made with fresh vegetables & gentle spices for complete nourishment.



BENEFITS

- Nourishing & wholesome
- Easy to digest
- Supports immunity
- Balances all doshas
- Provides sustained energy
- Good for body & mind



INGREDIENTS (SERVES 2)

- | | |
|---|---------------|
| • Mixed vegetables (carrot, beans, cauliflower, peas, potato) | 2 cups |
| • Ghee or oil | 1 tsp |
| • Cumin seeds | ½ tsp |
| • Bay leaf | 1 |
| • Cinnamon | 1 small piece |
| • Green cardamom | 1 |
| • Ginger (grated) | ½ tsp |
| • Cashew nuts (soaked) | 8–10 |
| • Water | ½ cup |
| • Milk or light coconut milk | ½ cup |
| • Turmeric | ¼ tsp |
| • Coriander powder | ½ tsp |
| • Rock salt | to taste |
| • Coriander leaves | for garnish |

* No onion, no garlic for a light, sattvic preparation.



PREPARATION

- 1 Heat ghee in a pan. Add cumin, bay leaf, cinnamon & cardamom.
- 2 Add grated ginger and sauté gently.
- 3 Add vegetables and sauté for 2–3 minutes.
- 4 Add turmeric, coriander powder, salt and water. Cover and cook until vegetables are soft.
- 5 Blend soaked cashews with milk to make a smooth paste.
- 6 Add the cashew paste to the cooked vegetables. Simmer for 2–3 minutes on low flame.
- 7 Garnish with coriander leaves. Serve warm.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups, convalescence, weakness, and daily nourishment. Supports digestion & overall well-being.



DOSHA TIP



VATA

Add a little extra ghee and serve warm.



PITTA

Keep spices mild. Avoid more cardamom or garam masala.



KAPHA

Use less ghee, add black pepper or dry ginger powder.



SIMPLE FOOD • BALANCED MIND • HAPPY YOU



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING

VEGETABLE POHA

(LESS OIL, NO PEANUTS)

LIGHT. NUTRITIOUS. TRIDOSHIC FRIENDLY.

BENEFITS



Easy to digest
& gut friendly



Provides steady
energy



Light on the stomach
& supports weight
management



Balances all
three doshas



Rich in vitamins
& minerals



INGREDIENTS

- 1 cup thick poha (flattened rice)
- ½ cup carrots (finely chopped)
- ½ cup beans (finely chopped)
- ¼ cup green peas
- 1 green chilli (finely chopped)
- 1 inch ginger (grated)
- 7–8 curry leaves
- ½ tsp mustard seeds
- ¼ tsp turmeric powder
- Rock salt to taste
- 2 tsp oil or ghee
- Fresh coriander for garnish
- Lemon juice (optional)

HOW TO PREPARE

- 1 Rinse poha gently and keep aside.
- 2 Heat oil in a pan. Add mustard seeds and let them splutter.
- 3 Add curry leaves, ginger and green chilli. Sauté lightly.
- 4 Add chopped vegetables and cook for 2–3 minutes.
- 5 Add turmeric and rock salt. Mix well.
- 6 Add rinsed poha and mix gently.
- 7 Cook for 2 minutes on low flame.
- 8 Garnish with coriander and a squeeze of lemon juice. Serve warm.

BEST TIME TO EAT

BREAKFAST
7:00 AM – 9:00 AM

DOSHA FRIENDLY

Balances Vata, Pitta & Kapha
when made with less oil
and mild spices.



AYURVEDIC TIP

Use minimal oil and mild spices for a light
and easily digestible meal.



SATTVIC FOOD



CLEAN INGREDIENTS



BALANCED LIFE



Om Ayurveda
NOURISH • BALANCE • HEAL

AYURVEDIC
COMFORT
FOOD

VEGETABLE STEW

(LIGHT COCONUT)

WARM. SOOTHING. NOURISHING.
PERFECT FOR EVERY DAY.



BENEFITS

- Light & easy to digest
- Hydrates & cools the body
- Nourishes and strengthens
- Balances all doshas
- Ideal for detox & everyday meals



INGREDIENTS (SERVES 2)

- Mixed vegetables (carrot, beans, peas, potato, pumpkin, etc.) 2 cups
- Coconut milk (thin) 1 cup
- Water 1 cup
- Coconut oil or ghee 1 tsp
- Mustard seeds ½ tsp
- Cumin seeds ½ tsp
- Ginger (grated) ½ tsp
- Curry leaves 6–8
- Turmeric powder ¼ tsp
- Rock salt / Sea salt to taste



PREPARATION

- Chop all vegetables into bite-sized pieces.
- Heat oil/ghee in a pan. Add mustard seeds, cumin seeds and let them splutter.
- Add grated ginger and curry leaves. Saute lightly.
- Add vegetables, turmeric and salt. Mix well.
- Add water and cook until vegetables are soft.
- Add thin coconut milk, simmer for 2–3 minutes. Do not boil. Serve warm.



BEST TIME

Lunch or
Light Dinner



DOSHA TIP



VATA
Use a little more ghee. Serve warm.



PITTA
Use mild spices.
Coconut helps cool.



KAPHA
Use less coconut milk.
Add black pepper if needed.



GOOD FOR

All age groups,
weak digestion,
recovery days,
hydration &
overall balance.



SIMPLE FOOD. BALANCED MIND. HAPPY YOU.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



Om Ayurveda
NOURISH • BALANCE • HEAL



VEGETABLE STEW

(LIGHT COCONUT)

WARMING, LIGHT & EASY TO DIGEST.
NOURISHES EVERY CELL.



BENEFITS



Light & easy to digest



Hydrating & nourishing



Balances all doshas



Soothes the stomach



Perfect for detox & recovery



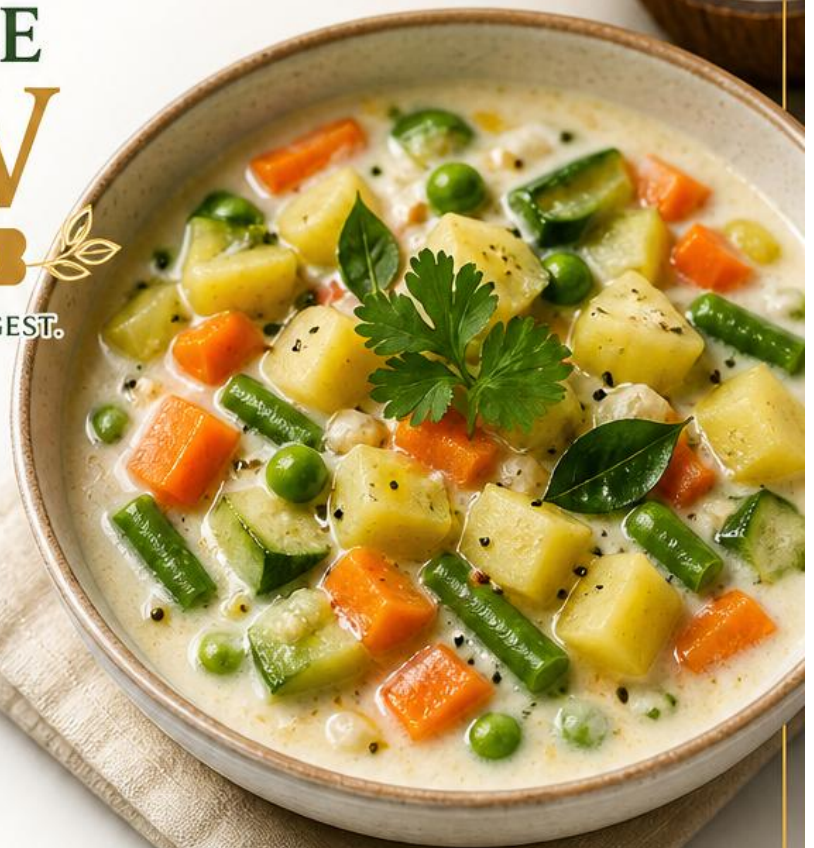
INGREDIENTS (SERVES 2)

- Mixed vegetables (carrot, beans, peas, zucchini, potato) 2 cups
- Coconut milk (light) ½ cup
- Water 1 cup
- Coconut oil or ghee 1 tsp
- Cumin seeds ½ tsp
- Mustard seeds ½ tsp
- Ginger (grated) ½ tsp
- Curry leaves 6-7
- Turmeric powder ¼ tsp
- Rock salt / Sea salt to taste



PREPARATION

- Heat coconut oil in a pan. Add mustard seeds and cumin seeds. Let them splutter.
- Add grated ginger and curry leaves. Sauté gently.
- Add all the vegetables and sauté for 2 minutes.
- Add water, turmeric and salt. Cook until vegetables are tender.
- Add light coconut milk and simmer for 2 minutes. Do not boil.
- Serve warm with rice or enjoy as a light meal.



BEST TIME

Lunch or
Light Dinner



GOOD FOR

All age groups,
weak digestion,
detox days,
convalescence.



DOSHA TIP



VATA
Add a little ghee and
serve warm.



PITTA
Use mild spices and
add more veggies.



KAPHA
Add black pepper
and reduce coconut
milk slightly.



SIMPLE FOOD. BALANCED MIND. HAPPY YOU.



SATTVIC FOOD



CLEAN INGREDIENTS



NOURISHING



HEALING



OMAYURVEDA
NOURISH • BALANCE • HEAL

DAY

16

108 DAYS
AYURVEDIC
FOOD SERIES

WARM BANANA WITH GHEE & CARDAMOM

SIMPLE. SOOTHING. SATTVIC.
A PERFECT AYURVEDIC TREAT ANYTIME.



BENEFITS



Easy to digest
& nourishing



Soothes Vata
& calms the mind



Provides natural
energy



Supports healthy
bowel movement



Rich in potassium
& minerals



Balances Vata
& Pitta doshas



INGREDIENTS

- 1 ripe banana
- 1–2 tsp ghee (preferably cow ghee)
- 2–3 pods cardamom
- A pinch of black pepper (optional)
- A pinch of nutmeg (optional)

Sweet, warm and
deeply comforting.



HOW TO PREPARE

- 1 Peel and slice the banana into thick rounds.
- 2 Heat ghee in a pan on low flame.
- 3 Add crushed cardamom seeds and sauté for a few seconds.
- 4 Add banana slices and cook gently for 1–2 minutes on each side.
- 5 Remove from heat. Add a pinch of black pepper or nutmeg if using. Serve warm.



BEST TIME TO ENJOY



MORNING
OR
EVENING

Perfect as a wholesome
snack, light dessert or
pre-sleep food.



DOSHA FRIENDLY

Especially good for Vata.
Soothing for Pitta.
Use in moderation for Kapha.



AYURVEDIC TIP

Best enjoyed warm. Helps pacify Vata, calm the nervous system and promotes restful sleep.



SATTVIC FOOD



CLEAN INGREDIENTS



GENTLE & NOURISHING



Om Ayurveda

NOURISH • BALANCE • HEAL

SATTVIC DESSERT

WHEAT

HALWA (LIGHT)

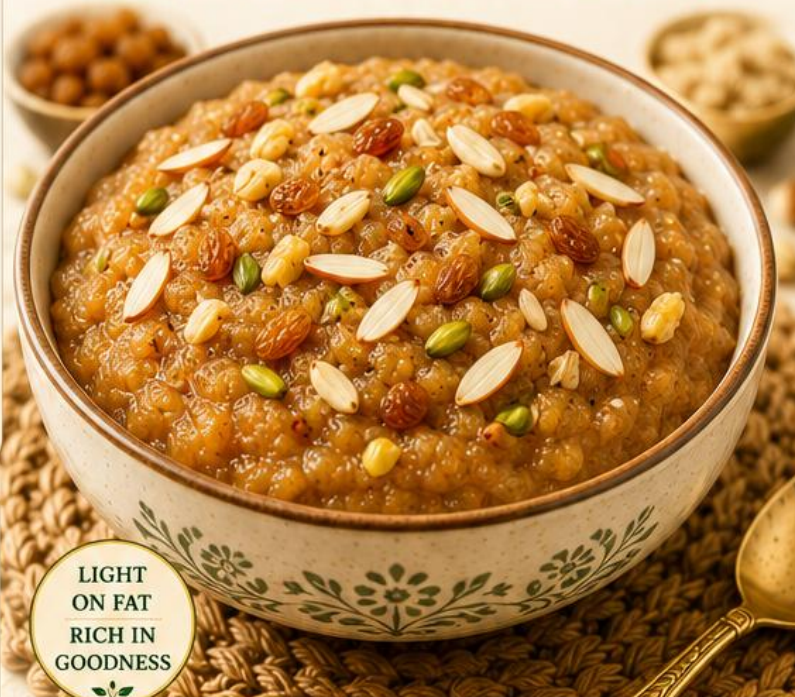
SIMPLE
PURE
NATURAL
SATTVIC

A LIGHT, NOURISHING & SOUL-SATISFYING TREAT

♥ MADE WITH LOVE • MADE FOR WELLNESS ♥

Wheat Halwa (Light) is a wholesome sattvic dessert made with whole wheat, ghee, natural sweetener and a touch of cardamom. Low in fat yet rich in taste, it is easy to digest, nourishes the body and calms the mind. A perfect treat that brings comfort and goodness to your day.

A perfect treat
for all ages!



- NO ONION
NO GARLIC
- NO REFINED SUGAR
- NO ARTIFICIAL
FLAVORS OR COLORS
- NO PRESERVATIVES
- 100% NATURAL
INGREDIENTS
- SUITABLE FOR
ALL AGES

BENEFITS

- Provides instant energy and nourishment
- Rich in fiber, vitamins and minerals
- Easy to digest and gentle on stomach
- Supports heart health and overall wellness
- Calms the mind and promotes better sleep.
- Made with natural ingredients – pure and wholesome

LIGHT
ON FAT
RICH IN
GOODNESS

PURE • LIGHT
WHOLESUME
DELICIOUS

INGREDIENTS (SERVES 4)

1/2 cup Broken Wheat (dalia / cracked wheat)	2 cups Low Fat Milk (or A2 Milk)	2 tbsp Ghee (optional)	1/2 cup Jaggery (or as per taste)	2 tbsp Raisins (optional)	2 tbsp Chopped Nuts (almonds, cashews)	1/4 tsp Cardamom Powder (elaichi)

Use organic, natural and fresh ingredients for best results.

HOW TO PREPARE

- Dry roast broken wheat in a pan on low flame until aromatic and lightly golden.
- Add 1 tbsp ghee and roast for another 1 minute.
- Add milk gradually, stirring continuously to avoid lumps.
- Cook on low flame, stirring occasionally, until wheat is soft and the mixture thickens.
- In a separate pan, heat remaining ghee and lightly roast raisins and nuts.
- Add roasted nuts and raisins to the halwa.
- Add jaggery and mix well until fully dissolved.
- Add cardamom powder and mix gently. Cook for 1 more minute and serve warm.

♥ Tastes best when served warm.
Can be chilled for a refreshing treat.

NUTRITION

(Approx. per serving)

Energy	190 kcal
Protein	4 g
Carbohydrates	28 g
Fat	6 g
Fiber	2.1 g
Calcium	120 mg
Iron	1.1 mg



Food is medicine.
Choose natural. Choose sattvic.

TIPS & VARIATIONS

- Use A2 milk for better digestion and richness.
- For extra richness, add 1 tbsp ghee.
- You can add a few strands of saffron soaked in warm milk for aroma and color.
- Add chopped dates or figs for extra nutrition.
- Adjust sweetness as per your preference.
- Perfect for festivals, vrat/faral, or everyday healthy dessert.

"When food is pure,
the body is nourished,
the mind is calm and
the soul is light."

- GOOD SOURCE OF ENERGY
- RICH IN FIBER & MINERALS
- SUPPORTS DIGESTION & WELLNESS
- BOOSTS IMMUNITY NATURALLY
- MADE WITH LOVE & CARE

RISHIKESH, INDIA
The Land of Yoga & Ayurveda

FOOD IS MEDICINE. LET NATURE NOURISH YOU.

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MADE WITH LOVE
Pure Ingredients.
Traditional Wisdom.