



Fall - Early Winter

Best Greens:

butter lettuce, fennel, beet greens, romaine, swiss chard, baby kale leaves, sweet lettuces, lambs quarter, young nettle

Best other Green

Veggies:

fennel bulb, peas, asparagus, celery, zucchini, red, orange, and yellow peppers

Best Roots:

beets, carrots, sweet potatoes, zucchini, parsnips, radishes, winter squashes, maca, turmeric root, ginger root

Best Sprouts:

sunflower sprouts, alfalfa sprouts, clover sprouts, radish sprouts

Best Fermented Foods:

All fermented foods are great for Vata. Live culture miso, kombucha, sauerkraut, kimchee

Best Seeds/Nuts/Fats:

sesame, sunflower, avocado, olives, ghee, chia, flax, almond, pinenuts, macadamias

Best Fruits:

sweet & sour fruits: grapes, cherries, peaches, citrus, pineapples, bananas with seeds, tomatoes, cooked apples



Summer

Best Greens:

Kale, dandelion greens, collards, all lettuces, cilantro, cabbage, nettles, lambs quarter, thistle

Best other Green

Veggies:

fennel, peas, asparagus, celery, zucchini, peas

Best Roots:

burdock root, sweet potatoes, parsnips, carrots, jicama, turmeric root

Best Sprouts:

sunflower sprouts, alfalfa sprouts, clover sprouts, mung sprouts, lentil sprouts, broccoli sprouts

Best Fermented Foods:

Small amounts of homemade sauerkraut

Best Seeds/Nuts/Fats:

sunflower, coconut, avocado, ghee, chia, flax, almond, hazelnuts

Best Fruits:

sweet juicy fruits, peaches, apples, pears, berries, limes

For example, if your constitution is Pitta, eat more foods from the Pitta list



Spring - Late Winter

Best Greens:

All greens in enormous amounts, parsley, beet greens, radish greens, kale, cabbage, brussel sprouts, collards, mustard greens, nettles, dandelion

Best other Green

Veggies:

fennel, broccoli, red, yellow and orange peppers, asparagus

Best Roots:

radishes, beets, turnips, ginger root, turmeric root, burdock root, daikon

Best Sprouts:

All sprouts! radish sprouts, onion sprouts, alfalfa sprouts, broccoli sprouts, fenugreek

Best Fermented Foods:

Small amounts of spicy ferments are best: kimchee, pickled limes

Best Seeds/Nuts/Fats:

pumpkin seeds, chia, flax, corn oil, mustard oil

Best Fruits:

astringent fruits: grapefruits, pomegranate, apples, pears, tomatoes, berries, cranberries, lemons, limes

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Cate Stillman

