

# Small guide to kitchari cleanse

Let yourself relax and kindle your digestive fire!

## THE MAGIC OF INGREDIENTS

- > Legumes (yellow and green mung beans or lentils) are easily digestible + they have an astringent quality, this helps elimination of toxins
- > Basmati rice, or another rice variation to keep blood sugar levels balanced
- > Vegetables supportive for all body types and prepared by boiling or blanching for good fibers and vitamins
- > Spices - mild spices kindle our digestive fire
- > Ghee - clarified butter\* is nourishing and rejuvenating, it increases the nutritional value of the food, good fats make foods and nutrients accessible to our bodies

\*(for a vegan diet it can be replaced with coconut oil)



## (EATING) TIMES

It makes it easier to give your body a rhythm while navigating through a new experience. Ideally are regular eating times and routines.

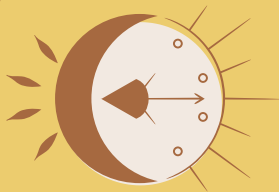
Get up and practice yoga (meditation, pranayama, asana) between 6-8 am

Breakfast 8-10 am

Lunch 12-2 pm

Dinner 6-8 pm

Bedtime 10-11 pm



## BREAKFAST - YES,NO,MAYBE :)

In the morning we are often not that hungry, our whole system has to wake up. Starting your day with a warm drink like ginger lemon tea is a gentle and alkalizing way to get things moving. Plus, we can help it by eating something warm and easy like porridge with cooked fruit, some nuts, dried fruit, and sweet spices that we like. Coffee is usually a kick start if you can't live without, having it after breakfast with milk is best.

For a lighter breakfast only cooked or baked fruit can be nice and delicious. It's a hug for your guts. If you prefer fresh juice or fresh fruit go for it. If you usually don't eat breakfast and you are happy that's cool, or if you wanna reduce it to two meals try intermediate fasting. It should feel good!



## WHAT ELSE...

- > shopping list: oats, fruits, nuts & seeds, dried fruits
- > eat only unprocessed, pure food, reduce/cut caffeine and chocolate (replace with green tea, mushroom "coffee", Brahmi tea)
- > snacking: before lunch, you might get hungry, then have fresh fruit, the same in the afternoon, chewing on some dried fruit and nuts is good then, golden milk is an option before going to bed
- > set an intention for these 3 days, what do you wanna learn or work on
- > plan free/outdoor time and gentle workout
- > if you planning social activity tell your friends about your special meals, you can also invite them in:) sharing is caring
- > reduce screen time
- > book a massage to eliminate extra toxins and relax
- > be loving towards yourself and observe your hunger

