

VEGAN PROTEIN SOURCES CATEGORIZED BY DOSHA

PARTIAL LIST

PROTEIN SOURCES	VATA	PITTA	KAPHA
TOFU	Moist cooking method, spiced; never cold	All tofu	Baked and spiced, never cold
TEMPEH	In stew or soup, braised	Occasional	Baked and spiced
SEITAN	Moist cooking method	All	Baked and spiced
TEXTURED VEGETABLE PROTEIN (TVP)	In a stew, soup, or chili	All	All
LENTILS	Red	All lentils except red	All lentils
BEANS	Mung, tur dal, urad dal	All beans except tur and urad	All except kidney and urad dal
SOY MILK	Served warm/spiced	Cool	Served warm/spiced
NUTS and SEEDS	Most nuts and seeds. Soaked nuts best	Soaked almonds, flax, pumpkin, sunflower, hemp seeds	Soaked almonds, flax, pumpkin, sunflower seeds
EDAMAME	In moderation and well-cooked, served with oil, salt, and spices	Unsalted	Warm and unsalted with spices
SPELT and TEFF	In sweet, moist, baked goods	In baked goods	In baked goods
GREEN PEAS	Cooked	All	Cooked
SPIRULINA	Blended in liquid or shake	Blended in liquid or shake	Blended in liquid or shake
OATS	Cooked as a cereal	Cooked as a cereal	Steel-cut
SPROUTED GRAINS	Bread, eat with oil, vegan butter, or nut butter	Bread, toasted lightly	Well-toasted
QUINOA	Cooked and eaten in moist preparations	Cooked	Cooked and drained of excess moisture
AMARANTH	Cooked as a cereal	Cooked as a cereal	Cooked as a cereal
NUTRITIONAL YEAST	Sprinkled on food provides essential B-12	Sprinkled on food provides essential B-12	Sprinkled on food provides essential B-12

NON-DAIRY MILK OPTIONS BY DOSHA

PARTIAL LIST

PLANT-BASED MILK	VATA (warm and spiced)	PITTA (enjoy cool)	KAPHA (diluted, warm, spiced)
Soy Milk	Good	Good	Good
Coconut Milk	Good	Excellent	Fair
Almond Milk	Excellent	Good	Good
Oat Milk	Excellent	Excellent	Fair
Cashew Milk	Excellent	Excellent	Fair
Flax Milk	Good	Good	Excellent
Hemp Milk	Excellent	Excellent	Good



VEGAN ANUPANA CHOICES BY DOSHA

PARTIAL LIST

PLEASE NOTE THAT VEGAN SUBSTITUTES **DO NOT** HAVE THE PRABHAVA OF THE TRADITIONAL SUBSTANCES.

VATA

TRADITIONAL ANUPANA	VEGAN ANUPANA	RECEIVING DHATU/SROTAS
Ghee	Sesame oil, vegan ghee (see recipe)	Rakta, Meda, Majja Dhatus
Milk	Almond milk, soy milk, oat milk, coconut milk	Rasa, Mamsa, Asthi Dhatus, Mano Vaha Srotas
Honey	Brown rice syrup, maple syrup, jaggery	Meda Dhatu
Chyavanprash	Vegan chyavanprash	Shukra Dhatu
Ghee with Honey	Sesame oil or vegan ghee with brown rice syrup	Mamsa, Prana Vaha Srotas
Warm Milk	Warm almond, soy, oat milk	Purisha Vaha srotas
Hot Milk	Hot almond, soy, oat milk	Prana Vaha Srotas

PITTA

TRADITIONAL ANUPANA	VEGAN ANUPANA	RECEIVING DHATU/SROTAS
Ghee	Coconut oil, vegan ghee (see recipe)	Rakta, Meda, Majja Dhatus
Milk	Coconut milk, almond milk, oat milk	Rasa, Rakta, Asthi Dhatu, Mano Vaha Srotas
Honey	Maple syrup or brown rice syrup	Prana Vaha Srotas
Chyavanprash	Vegan chyavanprash	Shukra Dhatu
Ghee with Honey	Coconut oil or vegan ghee with maple syrup	Prana Vaha Srotas, Mamsa Dhatu
Warm Milk	Warm coconut, almond, oat milk	Anna Vaha Srotas. Purisha Vaha Srotas
Shatavari Ghee	Vegan Shatavari Ghee (see recipe below)	Stanya Vaha Srotas

KAPHA

TRADITIONAL ANUPANA	VEGAN ANUPANA	RECEIVING DHATU/SROTAS
Ghee	Flaxseed oil, vegan ghee (see recipe)	Rakta
Honey	Jaggery, molasses	Meda Dhatu, Prana Vaha Srotas, Stanya Vaha Srotas, Mano Vaha Srotas
Chyavanprash	Vegan Chyavanprash	Shukra
Ghee with Honey	Sesame oil or vegan ghee with raw agave nectar	Mamsa, Prana Vaha Srotas

RECIPES

VEGAN GHEE (One Cup)

5 Tbsp organic extra-virgin olive oil or avocado oil, 2 Tbsp organic coconut oil,
2 Tbsp organic almond oil, 1 Tbsp organic sesame oil
Combine ingredients in a mixing bowl.

VEGAN SHATAVARI GHEE

Boil 6 Tbsp Shatavari with one quart of water and reduce to one cup.
Strain Shatavari through cheesecloth and save the liquid.
Put liquid and 1 cup of vegan ghee (above) in a pan and cook over low heat until the water has evaporated.
Cool and transfer to a jar.