

## Your Ayurvedic Meal Plan

Using the Ayurvedic Food Table by Dr. Vasant Lad, map out what foods are most balancing to you keeping in mind your current doshic state. Remember – This is your perfect meal plan, that means, YOU have to LOVE it!

*Perfect for Me FRUITS::*

*Perfect for Me VEGGIES::*

*Perfect for Me GRAINS::*

*Perfect for Me NUTS & SEEDS::*

*Perfect for Me LEGUMES::*

*Perfect for Me OILS::*

*Perfect for Me BEVERAGES::*

