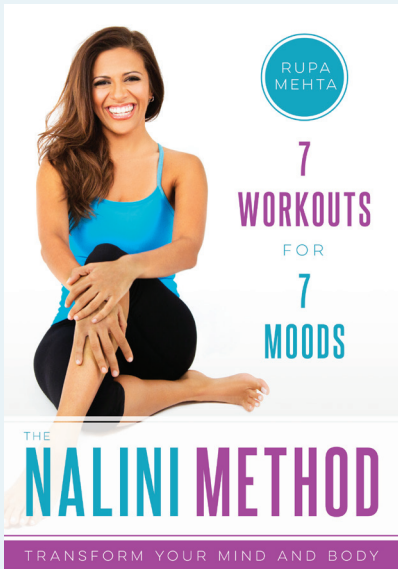


MOOD FOOD SNACKS



Thank you for pre-ordering *Nalini Method: 7 Workouts for 7 Moods!* While you wait for your book to arrive I wanted to make sure you could start eating your way to a stronger mind and body now!

In Part III of the book, I share a simple plan to help you choose foods that can make a tremendous difference to your health, depending on your mood and your body.

According to Ayurvedic science, all living creatures and their environments are composed of five basic elements: Fire, Air, Earth, Water, and Space. The predominance of these elements falls into three categories, or doshas: Vata, Pitta, and Kapha. Each person is a unique combination of these elements and their doshas. I'm a Vata/Pitta mix. Use the lists below to determine your dosha.

DOSHA: VATA

IF YOU ARE VATA, YOU TEND TO BE:

Physically

- Small-boned
- Lean and tall, may have difficulty gaining weight
- Likes to stay active

Emotionally

- Lively and enthusiastic
- Has a short attention span
- Has difficulty making decisions
- Prone to anxiety
- Hyperactive

HOW VATA RESPONDS TO THE SEVEN MOODS

■ Anger	Erratic and sudden outbursts that blow over quickly
■ Energy	Impulsive bursts, then tires easily
■ Stress	Feels constricted and overwhelmed
■ Chill	Very blissful and calm
■ Happiness	Expresses with joy and physical movement like dancing or singing
■ Doubt	Deep insecurity and not knowing what to say or do
■ Anxiety	Restless thoughts, mindless actions (nail biting, teeth grinding)

DOSHA: PITTA

IF YOU ARE PITTA, YOU TEND TO BE:

Physically

- Medium-boned
- Gains weight evenly
- Likes competitive physical activities

Emotionally

- Outgoing and assertive
- Logical, rational thinker
- Enjoys planning and organizing
- Talkative
- Prone to passionate outbursts

HOW PITTA RESPONDS TO THE SEVEN MOODS

■ Anger	Intense fury, may hold a grudge
■ Energy	Sustained, driven, and focused
■ Stress	Feels a competitive need to prove oneself while suppressing true emotions
■ Chill	Very hard to relax; occurs usually when there is nothing left to gain from fighting the feeling
■ Happiness	Often comes from achievements and sharing them
■ Doubt	Obsessed with details to confidently justify doubt to self and others
■ Anxiety	Scattered thoughts, self-harm (scratching, lip biting)

DOSHA: KAPHA

IF YOU ARE KAPHA, YOU TEND TO BE:

Physically

- Heavy-boned
- Gains weight easily, especially in the lower body
- Prefers not to work out

Emotionally

- Easygoing and friendly
- A cautious thinker
- Prefers a regular routine
- Sentimental
- Understanding

HOW KAPHA RESPONDS TO THE SEVEN MOODS

■ Anger	Rarely lasts long, mostly internalized, passive-aggressive
■ Energy	Patient, enduring
■ Stress	Needs to be in control
■ Chill	A normal state of mind
■ Happiness	Genuine goodwill and cheerful smile
■ Doubt	Self-reassurance that things really aren't so bad
■ Anxiety	Repetitive thoughts and actions (holding head in hands, gazing down)

Now that you know your dosha you can choose snacks that are optimal for your body. I consulted with talented New York City chef Roxy Naba to create snack recipes that can help balance and stabilize your moods and physical health.

The food philosophy of Ayurveda is based on the composition and qualities of foods that best create nourishment for your dosha and lead to satisfaction, healthy emotions, clear thoughts, and contentment in mind and soul. The trick is to combine foods that are compatible with each other and mix in harmonious spices and herbs, that agree with your specific dosha.

When you receive your book, you'll learn more about the six tastes of food - sweet, sour, salty, pungent, bitter, and astringent - and how to single out the specific tastes you need to increase or decrease throughout the day to have a positive effect on your disposition. For now, find your dosha below and enjoy making your snack!

PITTA

Cardamom Rice Pudding

INGREDIENTS

For Pudding:

- 1/2 cup basmati rice
- 7 cups whole milk
- 1 teaspoons ground cardamom
- 1/2 cup granulated sugar
- 1/8 teaspoon salt

For Garnish:

- shredded coconut
- dried apricots
- peeled almonds
- pomegranate seeds

DIRECTIONS

Rinse the basmati rice well and combine with milk and cardamom in a heavy bottomed saucepan over medium- high heat.

Bring to a bubble, then lower heat to a light simmer. Stir occasionally, until the rice is tender and the milk has been reduced by about half, approximately 45 min to an hour. Add the sugar and salt and continue to cook for another 10 minutes or so.

Remove from heat, and cool. As the pudding cools it will thicken.

Serve room temperature or chilled, top with shredded coconut, dried apricots, peeled almonds and pomegranate seeds.



VATA

Sweet Potato Chips with Avocado and Crystallized Ginger Dip

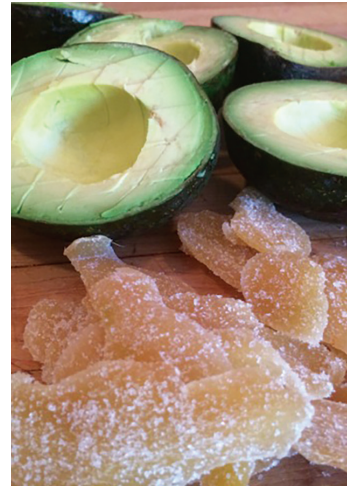
INGREDIENTS

For Sweet Potato Chips:

- 1 medium sweet potato, cleaned well and thinly sliced (about 1/8 inch)
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt or to taste

For Avocado Dip:

- 1 ripe peeled avocado
- 2 tablespoons candied ginger
- 1 tablespoon freshly grated ginger
- 1 1/2 tablespoons fresh lemon juice
- 1/2 teaspoon salt



DIRECTIONS

Preheat oven to 400 degrees. Drizzle sweet potatoes with olive oil and toss, spread evenly on a baking sheet.

Bake for about 25 minutes until edges are crispy. Remove from oven and sprinkle with salt.

Meanwhile, in a medium sized bowl, coarsely mash avocado with a fork.

Cut candied ginger into small pieces and mix together with avocado, fresh grated ginger, lemon juice and salt.



KAPHA

Spiced Popcorn with Baked Kale

INGREDIENTS

- 1 (3 1/3 ounce) bag popcorn
- 1 head kale, washed and dried
- 1 tablespoon sunflower oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon turmeric
- 1 teaspoon cumin



DIRECTIONS

Preheat the oven to 275 degrees. Remove the stem from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with sunflower oil. Bake until crispy, turning the leaves halfway through, about 20 minutes, and remove from oven.

Meanwhile, pop the popcorn and place in large bowl.

Combine all remaining spices in smaller bowl. Combine the kale and popcorn, sprinkle mixed spices over the two while mixing well.



I'd love to see your mood food snacks!

Please share with me on social media:

Tweet me: @RupaCONNECT or 'gram me: @nalinimethod #moodfood.