

**Patti Garland**

*Serving Organic Ayurvedic Cuisine*

PRIVATE CHEF

AYURVEDIC LIFESTYLE COACH



BLISSKITCHEN.COM

Let us be together,  
Let us eat together,  
Let us be vital together,  
Let us be radiating truth,  
radiating the light of life,  
Never shall we denounce anyone,  
Never entertain  
negativity.

> UPANISHADS <

## DAILY MENU

FRIDAY, SEPTEMBER 30, 2005

ALL DAY

Spice Water – Boil 2 quarts of water, add spice bag, brew for 5 min., pour into a Thermos and enjoy warm all day.

*(Don't swallow seeds and spices)*

LUNCH

Ginger Digestive - *Squeeze lemon on ginger slices and chew. You may swallow or not.*

*This awakens the flames of agni and prepares the body to digest its meal.*

Sliced White Radishes w/Golden Pumpkin

Basmati Rice Simmered in Coconut Milk

White Bean Soup

Pureed Swiss Chard

Lemon-Yogurt Cheesecake

Lassi

SNACK

Fresh Fruit

*Have a wonderful weekend!*

*Any morning, if you need to call me and it's urgent, contact Chris (312) 515-1630 and I'll get the message immediately.*

*My kitchen will be closed the week of October 17-21. That week I am available to come to your home and teach you how to prepare your favorite dishes, set-up your spice pantry or take you shopping. It'll be an adventure. Call me at (312) 515-1629 for available times. Blissfully yours, Patti*

*A portion of the proceeds will be donated to support the Mother Divine Program.*