

**Patti Garland**

*Serving Organic Ayurvedic Cuisine*

AYURVEDIC CHEF  
AND ORGANIC GARDENER



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

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### 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!*

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