



# **Eat Right for Your Shape: 120 Delicious Healthy Ayurvedic Recipes for a Brand New You**

*Lee Holmes*

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**Eat Right for Your Shape: 120 Delicious Healthy Ayurvedic Recipes for a Brand New You** Lee Holmes  
Take the Ayurvedic path to good health and abundant natural energy. You will achieve your ideal weight and shape with *Eat Right for Your Shape*.

*Eat Right for Your Shape* takes a fresh look at the **ancient Indian healing system** of Ayurveda and applies it to the way we eat. In Ayurvedic practice, identifying your unique body type or "**dosha**" and keeping it in balance is the key to maintaining your weight and overall health.

This practical guide and cookbook will help you to achieve the ideal weight for your body type, connect with your constitutional needs, and understand how to bring about harmony in your life through food, nutrition, and mindfulness. An extensive introductory section to Ayurveda features tips, tables of **dosha-specific foods**, and meal planners as well as **yoga exercises** illustrated with **step-by-step photographs**.

The recipes section includes shopping lists and over **120 delicious seasonal dishes**. At-a-glance symbols indicate which dosha each recipe is suitable for, and which dishes are appropriate during intermittent fasting.

## Eat Right for Your Shape: 120 Delicious Healthy Ayurvedic Recipes for a Brand New You Details

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## **From Reader Review Eat Right for Your Shape: 120 Delicious Healthy Ayurvedic Recipes for a Brand New You for online ebook**

**Marianne Donovan says**

"Eat Right for Your Shape: 120 Delicious Healthy Ayurvedic Recipes for a Brand New You" by Lee Holmes is the kind of cookbook that I love. It is written with easy to follow instructions and each recipe is accompanied by a gorgeous full page full color photo so you know what you are supposed to end up with at the end. I must admit that I was not really familiar with the ancient Indian healing system of Ayurveda, but this book provides an excellent simplified explanation of the ideas behind the practice and offers some easy beginner yoga poses completely illustrated and advice on identifying your unique body type (dosha) and keeping balance and harmony in your life. Food is broken down into seasons and there is advice on intermittent fasting and suggested menus. Each recipe is coded for the dosha it is appropriate for, the flavor palate if the recipe is diet friendly. My previous exposure to Indian foods was limited to some flat breads and curries, and this cookbook opened up a whole new set of recipes for me that I can not wait to explore further.

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