



Yoga of Food

Living the Food Yogi Lifestyle

©Aine Mc Ateer (Food Writer & Personal Chef)

Be wise – alkalize!

Start the day right –
cleanse, detoxify &
alkalize

- Lemon water
 - Apple cider vinegar
 - Green juice
- Green superfood powder/capsules



Morning Cleansing Rituals

Tongue Scraping



Benefits

- Removes coating that can lead to bad breath
- Clears toxins & bacteria from tongue
- Enhances sense of taste
- Promotes overall digestive health
- Stimulates internal organs via points on tongue

Morning Cleansing Rituals

Oil Pulling



Benefits:

- Promotes good oral hygiene
- Whitens teeth & cleans tongue
- Eradicates bad breath
- Strengthens gums & jaws
- Can heal cracked lips
- Detoxifies & boosts immunity

Your Daily Buzz

Limit caffeine

- Try cold brew coffee

Caffeinated teas

- Yerba mate
- White tea
- Green tea



Eat Well



- Limit consumption of animal & dairy products
- Omit refined & processed foods
- Opt for whole foods & plant foods
- Omit white sugar & limit consumption of other sugars
- Include healthy fats in diet

Healthy Digestion



Chew your foods

Practise moderation

Don't skip meals

Eat 'little & often'

Digestive enzymes, prebiotics & probiotics

Hydration



Drink pure water

Use teas therapeutically

Avoid sodas & sugar laden drinks

Limit alcohol consumption

Electrolytes

Empower Yourself!



Learn to cook

Give thanks

Be flexible

Enjoy & embrace your new vitality

Strive to live your yoga!

Ayurveda

- **Ayurveda:** An ancient Indian medical system, meaning ‘science of life’ and the art of harmonious healthy living. According to Ayurveda there are said to be 3 ‘doshas’ or constitutional types; VATA air & ether; PITTA fire & water; KAPHA earth & water.
- **Prakruti:** Each person is born with a unique blend of the 3 doshas and this is your ‘prakruti’ meaning nature or original constitution; it includes inherited traits, individual characteristics and tendencies.
- The starting point of any Ayurvedic treatment is to determine your dosha with a simple questionnaire. You will probably be a mix of each of the doshas but often one will dominate.

Aine's Recipes

A novel way to eat
your greens



Soba noodles & dashi
broth



Aine's Recipes

Vegetable Pancakes with micro greens



Omelette & Chips!



Aine's Recipes

Challah Bread



Sourdough Buns



Aine's Recipes

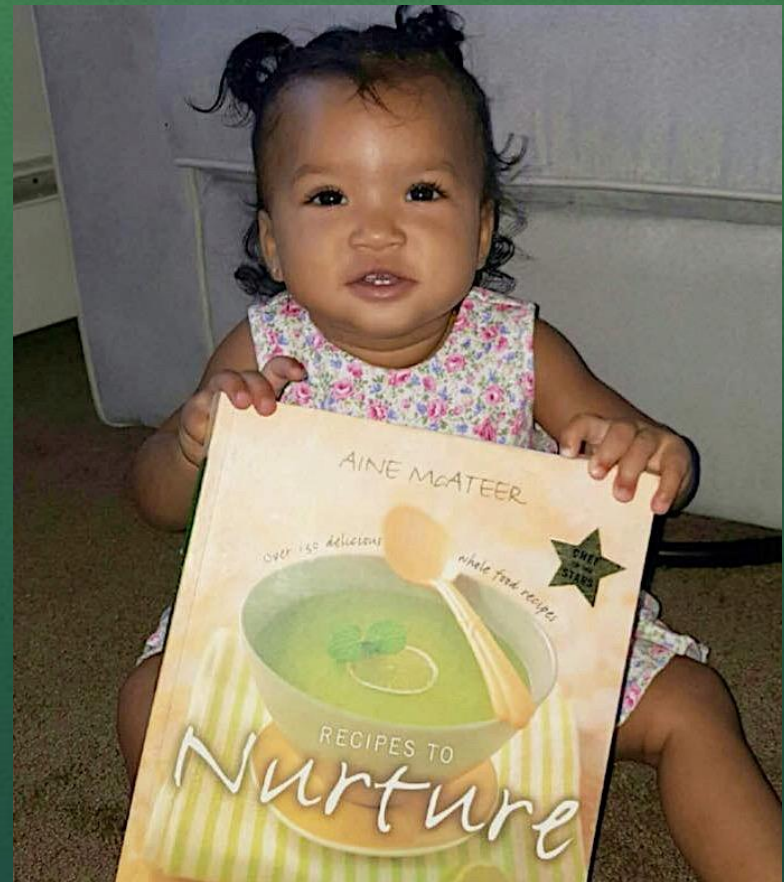
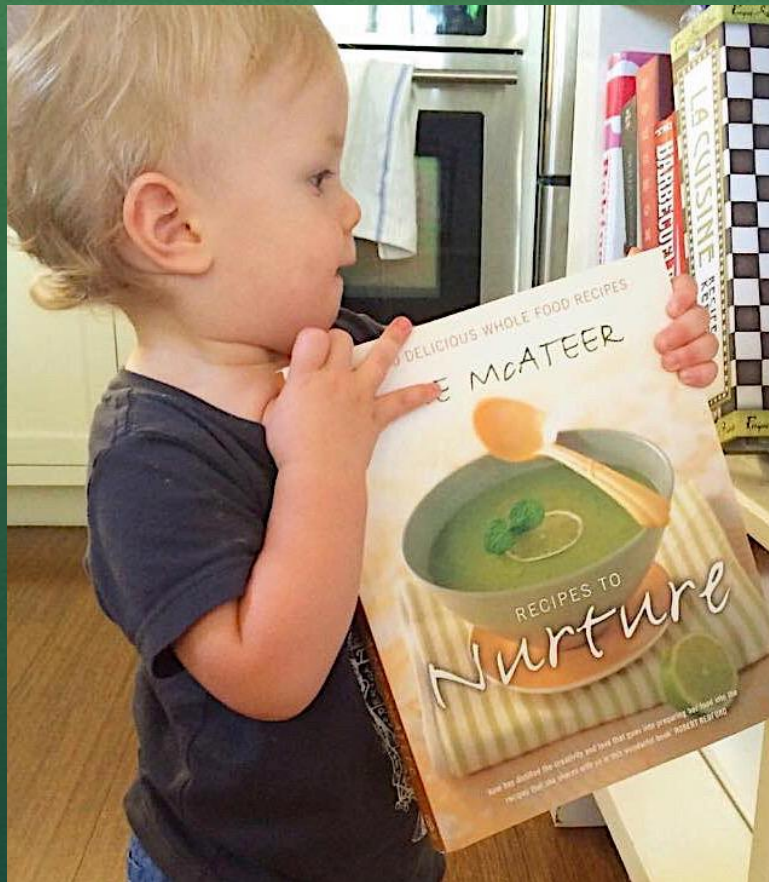
Green Angel Pie



Fresh Mango Pie



You're never too young to learn about healthy food!



Thank you & keep in touch!

Keep in touch:

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