

ingredients for august

protect digestion // eat your water
// lean into bitter + astringent //
spice it up // stay steady

the abundance

- **lettuces, romaine, butter**
- **arugula, kale + chard**
- **zucchini + summer squash**
- **cucumber, fennel**
- **sweet corn**
- tomatoes, peppers
- green beans
- eggplant
- **kohlrabi + broccoli**
- **peaches, plums, melons**
- **figs, nectarines, plums**
- mint, cilantro, dill, basil

grains + carbohydrates

- **white basmati**
- sprouted oats
- rice noodles
- wheat (in moderation)

proteins to favor

- tofu + tempeh
- lentils, **mung beans**, mung dal
- chicken
- white fish
- almonds, sunflower seeds
- hemp seeds

powerful pantry

- **ghee**
- algae oil
- coconut milk + coconut oil
- chia, **sesame, coconut**
- tahini, almond butter
- dates
- **raw honey** (never warmed!)
- dried rose petals
- dried hibiscus flowers

this month:

- favor cooked, lightly spiced meals over raw.
- hydrate with room temp or cool liquids; save ice cold for the hottest days only.
- lean into bitter + astringent tastes to help the liver clear lingering heat.
- reduce pungent, sour and salty flavors
- eat fruits alone
- add warming spices - cumin, ginger + fennel - to ease digestive transition

spices to favor

- **coriander**
- **fennel seeds**
- **cumin seed**
- **cardamom**
- **saffron**
- **fresh ginger**
- **turmeric**
- **black pepper**

find the recipes at lentinealexis.com