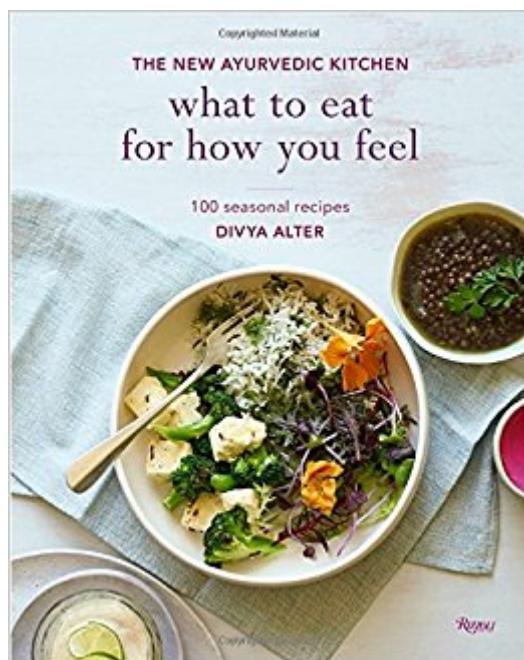


The book was found

What To Eat For How You Feel: The New Ayurvedic Kitchen - 100 Seasonal Recipes



Synopsis

This indispensable kitchen companion brings the ancient art of delicious healthy cooking to the twenty-first century with flavors adapted for the contemporary Western palate. Drawing on her many years of vegetarian cooking, catering, and teaching, in this book Divya Alter explains how to create flavorful meals with seasonal ingredients by applying Ayurvedic principles. With food combinations, methods of preparation, and healing spices customized for individual needs, this is an inspirational guide to achieving optimal health through a personalized way of living and eating. This volume features 100 recipes for breakfasts, soups, salads, main dishes, one-pot meals, treats, and beverages in three seasonal-based chapters. It includes an ingredient guide along with recipes for staples such as cultured ghee, fresh cheese, yogurt, nondairy milk alternatives, dressings, chutneys, and spice blends. Alter offers practical ways to bridge the ancient wisdom of food with modern living beyond the boundaries of India. Dishes such as Asian-style Stir-Fried Red and Black Rice, Italian-style Spinach Risotto, and French-style Braised Root Vegetables are accessible to all and carry the healing benefits of Ayurvedic cooking.

Book Information

Hardcover: 256 pages

Publisher: Rizzoli (April 4, 2017)

Language: English

ISBN-10: 0847859681

ISBN-13: 978-0847859689

Product Dimensions: 8 x 1.1 x 10.1 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 31 customer reviews

Best Sellers Rank: #52,016 in Books (See Top 100 in Books) #15 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #83 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #116 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

Divya Alter chronicles food's powerful ability to transform our bodies and our health: physically, emotionally, mentally, and spiritually. She writes with the clarity of someone who has studied carefully and whose mastery of her subject spans the theoretical as well as the practical. Namaste, dear Divya, for offering your inspirational book as a gift to those looking to tap the healing

power of foodâ "deliciously. Iâ™m so glad it found me.â " KAREN PAGE, two-time James Beard Awardâ "winning author of The Flavor Bible and The Vegetarian Flavor Bibleâ œDivya Alterâ™s What to Eat for How You Feel is based on a living Ayurvedic tradition and is remarkable for conveying primal, jargon-free information. She writes eloquently and helps you attune to your ever-changing digestive needs with healing meals.â " REBECCA WOOD, Julia Child and James Beard Awardâ "winning author of The Splendid Grain, author of The New Whole Foods Encyclopedia "This book is a treasure. Get a copy and become inspired about the power that food can have on your well being." â " AGAPI STASSINOPOULOS, author of "Wake Up to the Joy of You: 52 Meditations and Practices for a Calmer, Happier Life" "Divya Alterâ™s sattvic meals incorporate the balancing facets of Ayurveda to promote healing, wellness, and great digestion, and you can feel her heart and soul in her recipes! This book is a must-have for anyone wanting to live a healthy lifestyle and cook beautiful, healing meals at home."â " PRATIMA RAICHUR, author of the bestselling book, Absolute Beauty: Radiant Skin and Inner Harmony Through the Ancient Secrets of Ayurveda. âœI have been a vegetarian for 45 years, in constant search for sumptuous, healthy, easy-to-digest Ayurvedic cuisine. I finally found it in Divya Alter's exquisite cooking. Now Divya has written the perfect â "how-toâ™ Ayurvedic cookbook and everyone can prepareâ "and enjoyâ "delicious, healthy eating at its best.â " BOB ROTH, Executive Director of the David Lynch Foundation, author of Transcendental Meditationâ œWhat to Eat for How You Feel: The New Ayurvedic Kitchen is a wonderful expression of the enormous love of Divya Alter's heart, and each recipe will surely nourish and awaken joy in your body, mind and soul.â " RADHANATH SWAMI, author of the bestselling books, The Journey Home and The Journey Within .â œDivya Alter is more than a chef; she is an artist, a teacher, and a healer. In her beautiful book What to Eat for How You Feel, Divya carries on the tradition of authentic SV Ayurvedic cooking by creating appetizing and appealing recipes to nourish the body, mind, and spirit. She brings her deep knowledge into our own kitchens so that we can eat well, and also feel fabulous. Highly recommended!â " LISSA COFFEY, author of the bestselling book, Whatâ™s Your Dosha, Baby? Discover the Vedic Way for Compatibility in Life and Loveâ œThis books is a marvel, an elegant, articulate, easy-to-follow presentation of ancient culinary wisdom in accessible contemporary language. It is a cookbook that deserves a place in the wisdom section of bookstores.â " JOSHUA M. GREENE, Editor, Lord Krishnaâ™s Cuisine: The Art of Indian Vegetarian Cooking; Author, Gita WisdomâœI highly recommend this beautiful volume to be the constant companion of any serious practitioner of yoga who wishes to engage diet as a powerful means to take oneâ™s yoga practice into deeper realms. In Divya Alterâ™s book, we can expect to discover something of the unimagined beauty and

pleasure of spirit, which, amazingly, you will glean through the sweet words of guidance and wondrous recipes contained therein. " GRAHAM M. SCHWEIG, Ph.D., ERTY500, author and translator of *Bhagavad Gātā*: The Beloved Lord's Secret Love Song œAn alternative to the Standard American Dietb (SAD) is something to rejoice about. My patients and people everywhere can rest assured that they won't have to adjust the recipes. They are healthy and delicious just the way they are. And that's no small achievement! " DR. MARIANNE TEITELBAUM, Dr. Marianne Teitelbaum, Chiropractic and Ayurvedic Physician œNon-vegetarians and vegetarians alike will delight in the attractive and tasty dishes that grace the pages of this informative cookbook. Divya Alter's recipes are eminently doable, and the food created from them is pleasing and nutritious "and, in the unique Ayurvedic way, just suited for one's individual needs. From kitchen newcomers to cuisine connoisseurs, everyone will find the content and recipes of this excellent, carefully-researched book nourishing to their body as well as their heart. " VISA KHA DASI, author, *Five Years, Eleven Months and a Lifetime of Unexpected Love* œDivya Alter offers a sensible, time-honored way of getting right with your body, mind, and spirit, by rediscovering the wisdom within yourself that connects you with the world through truly nourishing food. " KENNETH VALPEY, Ph.D., co-author and translator of *The Bhagavata Purana: Selected Readings* "Eating Ayurvedic clears the body and mind from blockages and helps us feel happiness and bliss. You experience a clear communication between your body, mind, and senses, and you can easily control them. On a soul level, eating the right foods in the right way makes the light of our soul shine "you experience a tangible connection with the divine energies. " THE-NUMINOUS.COM œThis new Ayurvedic cookbook is too incredible not to talk about. It is different than your average cookbook. " PUREWOW.COM "In what should be considered more than a cookbook, *What to Eat for How You Feel: The New Ayurvedic Kitchen* beautifully captures the importance of what and how you eat as a spiritual practice. " BOOKSFORBETTERLIVING.COM

Divya Alter is a certified nutritional consultant and educator in the Shaka Vansiya Ayurveda tradition. She is the cofounder of Bhagavat Life, the only Ayurvedic culinary school in New York. She and her husband launched North America's first Ayurvedic chef certification program and Divya's Kitchen, an authentic Ayurvedic cafÃ© in Manhattan.

This book is incredibly well written and special in the realm of vegetarian cook books . It is full of information to lead a healthy and happier life . I had the honor to meet her in person and she's

incredible. A warm-hearted , loving, and gifted Chef, with a true passion for living a healthy life , cooking ,and changing this world , one meal at a time. You will love this book ! The recipes are easy to follow and delicious !

What an amazing book! I love that it is a combination of advice on healthy living/eating and delicious, healthy recipes. I've noticed an improvement to my digestion and energy level since I started following the diet recommended in the book (I may have even lost a little weight!)The recipes are easy to follow and so delicious. It's easy to get into a rut of making the same recipes over and over - this book has expanded my arsenal and inspired me to cook more! I've made some of the recipes for my non-vegetarian family and friends and they raved about the meal (particularly the creamy cashew/cilantro sauce and the soups)! It's also nice that most of the ingredients called for in the book are inexpensive and can be found at your local grocery store. I also like that the recipes are organized seasonally and that the book contains explanations of uses and health benefits of the ingredients and recipes.This book is definitely a must-have for any food-lover vegetarian or otherwise- and a great away to eat healthy without it feeling like a sacrifice. It is quickly becoming my go-to meal planner and secret weapon to impress dinner guests.

THE BEST AYURVEDIC COOKBOOK out there..... The recipes are guaranteed to leave you feeling light, bright and glowing!! Literally, this cookbook will change your health in such a positive way. I HIGHLY recommend it. The photos are gorgeous, the recipes and directions are clear, and the ingredients easy to find with Divya's direction.Divya and I studied with the same Ayurvedic Master, Vaidya Mishra. His lineage is the most authentic and true that I have found. Do your body, mind and spirit health a favor and get this cookbook and make the recipes daily!Cheers to your heath.

I pre-ordered this book back in November. I finally received it last week! I am enjoying Divya's authentic self within the pages of her book. I love how she shares her passion, love, connection with food, the Earth, her Ayurvedic pantry & kitchen. I just tried one of her recipes. I rarely eat millet, but I had to try her Millet Pilaf with Peas and Cranberriesit was yummy! The directions are very easy to follow. Also, I really love that she gives digestion options with her recipes in each season. It is well written and full of inspiration. Lots of easily digestible seasonal recipes. Overall, it is not only a great Ayurvedic resource and cookbook, but it is so much more. I highly recommend it.

Content is of great value. However, it is difficult to read the print, especially on pages and with

columns that are not white. The print font size is small. And the print on the glossy paper make it more difficult to easily read. The book is also very heavy at more than two pounds. For my compact kitchen that means copying the recipes so they can be easily read and followed. Rizzoli makes beautiful books. Unfortunately the design of the book makes this precious information difficult to access. Packaged like a coffee table book for browsing rather than deep reading.

I just got this and have already learned so much in just one evening of looking at the philosophy. The recipes look amazing and truly some unique stuff in here, especially the sections on making fresh cheese. Gorgeous!

Amazing book. Informative with recipes I can make easily. It's wonderful to eat and not feel tired, too full, or crave sweets afterward. This is a must own and a book with a title that doesn't disappoint.

Comfy, tasty, and heartfelt. The words and the good food.

[Download to continue reading...](#)

What to Eat for How You Feel: The New Ayurvedic Kitchen - 100 Seasonal Recipes Prakriti: Your Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition) Eat Right for Your Shape: 120 Delicious Healthy Ayurvedic Recipes for a Brand New You (Supercharged Food) Wheat Belly Cookbook Bundle: The Best-Of The Essential Kitchen Series Wheat Belly Recipes: Over 100 Delicious Grain-Free Recipes to Help You Lose Weight and Feel Great The Harvest Table: Welcome Autumn with Our Bountiful Collection of Scrumptious Seasonal Recipes, Helpful Tips and Heartwarming Memories (Seasonal Cookbook Collection) New Prairie Kitchen: Stories and Seasonal Recipes from Chefs, Farmers, and Artisans of the Great Plains The New England Kitchen: Fresh Takes on Seasonal Recipes Kitchen Matters: More than 100 Recipes and Tips to Transform the Way You Cook and Eat--Wholesome, Nourishing, Unforgettable Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living The Easy Ayurveda Cookbook: An Ayurvedic Cookbook to Balance Your Body and Eat Well The Soup Sisters and Broth Brothers Cookbook: More than 100 Heart-Warming Seasonal Recipes for You to Cook at Home Silver Oak Cookbook: Life in a Cabernet Kitchen - Seasonal Recipes from California's Celebrated Winery The Kitchen Witch: A Year-round Witch's Brew of Seasonal Recipes, Lotions and Potions for Every Pagan Festival Salads in a Jar: 30 Delicious & Healthy Salad Recipes You Can Make with a Mason Jar or Container & Eat on the Go Wherever You Are (Essential Kitchen Series Book 24) 51 Christmas Drop Cookie Recipes â “Traditional Drop Cookies, Seasonal and Unique Drop Cookies (The

Ultimate Christmas Recipes and Recipes For Christmas Collection Book 6) Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice, Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making) Eat in My Kitchen: To Cook, to Bake, to Eat, and to Treat Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Ayurveda: A Life of Balance: The Complete Guide to Ayurvedic Nutrition & Body Types with Recipes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)