

Tashu's

REPLACING YOUR KITCHENS
A HEALTHY WAY



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What to Eat?

- Satvik Foods
- Rajsik Foods
- Tamsik Foods

Why to Eat?

- According to Dosha
- According to your Profession
- According to Bodily need-
 - Brain
 - Eyes
 - Skin & Hair
 - Other Organs



How to Eat?

- Cooking Methods
- Cooking Utensils
- Ayurvedic Combinations

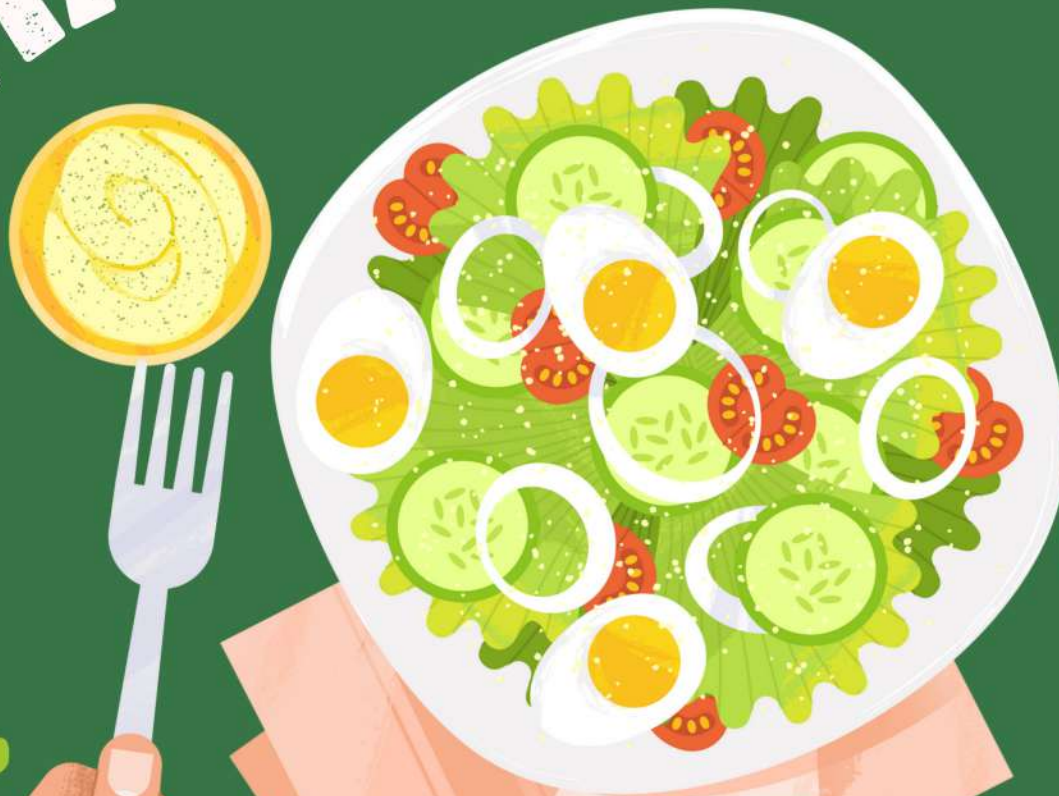
Miscellaneous Food Requirements

- Spiritual Fasts - Navratre / Ramzan
- Diabetes & Blood Pressure
- Mensuration & PCOD
- Pregnancy
- Sexual Health
- Depression & Anxiety
- Special Diets
- Hereditary Diseases

Our Solution



WHAT TO EAT?



70% SATVIK
20% RAJSIK
10% TAMSİK

TOPICS TO COVER



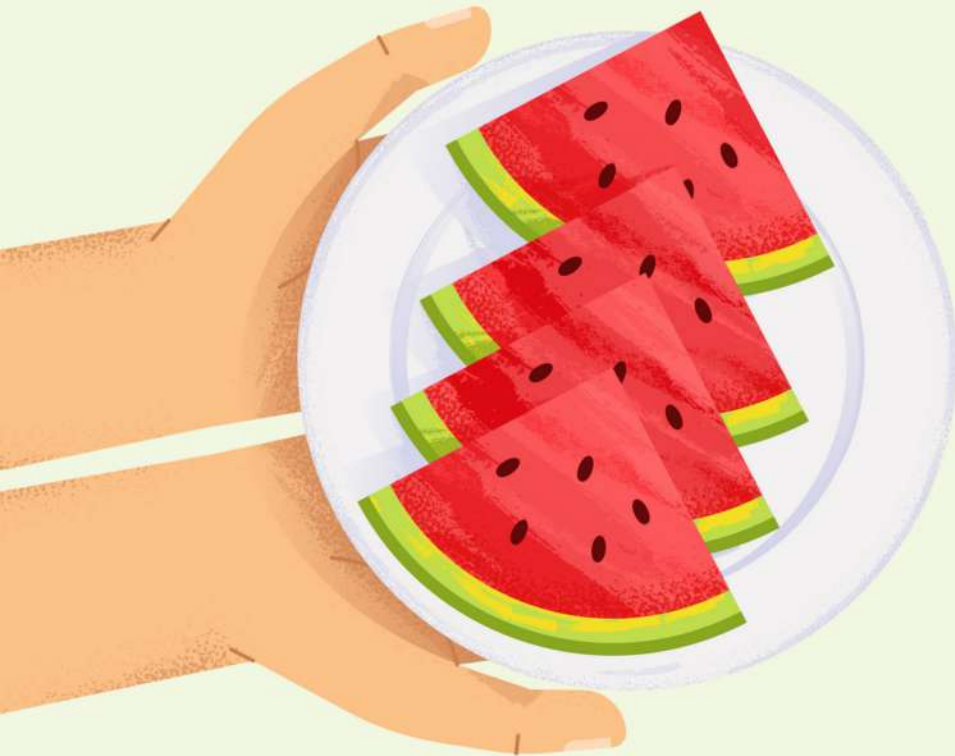
- SATVIK FOODS
- TAMSIK FOODS
- RAJSIK FOODS



SATVIK FOOD

Food that gives life-energy to our body

POSITIVE
PEACEFUL
FRESH
VITALIZING



Top 7 benefits-

1. Improves the immune system
2. Helps in weight loss
3. Brings harmony & balance to the body and mind
4. Improves digestive system
5. Prevent chronic diseases
6. Detoxes the body
7. Makes you energetic



EXAMPLES

**SPROUTS
FRUITS
HONEY
FRESH MILK
WHOLE GRAINS
GHEE**

**COLD PRESSED OILS
NATURAL SWEETENERS
FRESH HERBS AND SPICES**

**NO STALE FOODS
OR LEFTOVERS**

**STIMULATING
ROUSING
EXTREME TASTING**

RAJSIK FOOD

Food that promotes passion in oneself

Top 5 benefits-

1. **Energizes nervous system**
2. **Helps you push your mind beyond capacity**
3. **Encourages aggressiveness**
4. **Makes you dominant**
5. **Increases mental robustness**





EXAMPLES

Pungent foods-

Onion, Garlic, Raddish, etc.

Stimulating foods-

Caffeinated drinks, Tea, Coffee, spices, etc.

Fact-

Satvik food when cooked with excess oil, salt or spices becomes Rajsik food

TAMSIK FOODS

HEAVY FOODS
CONTAIN INTERIA
SEDATIVE

Foods that promote resting state of the body

Top effects on the body-

1. Produce dullness in the mind
2. Increase inertia of the body
3. Can help the body recover from great stresses or pains



EXAMPLES

NON VEGETARIAN FOODS

meats, sea
foods, eggs etc.

FERMENTED FOODS

vinegars, beers,
wines etc.



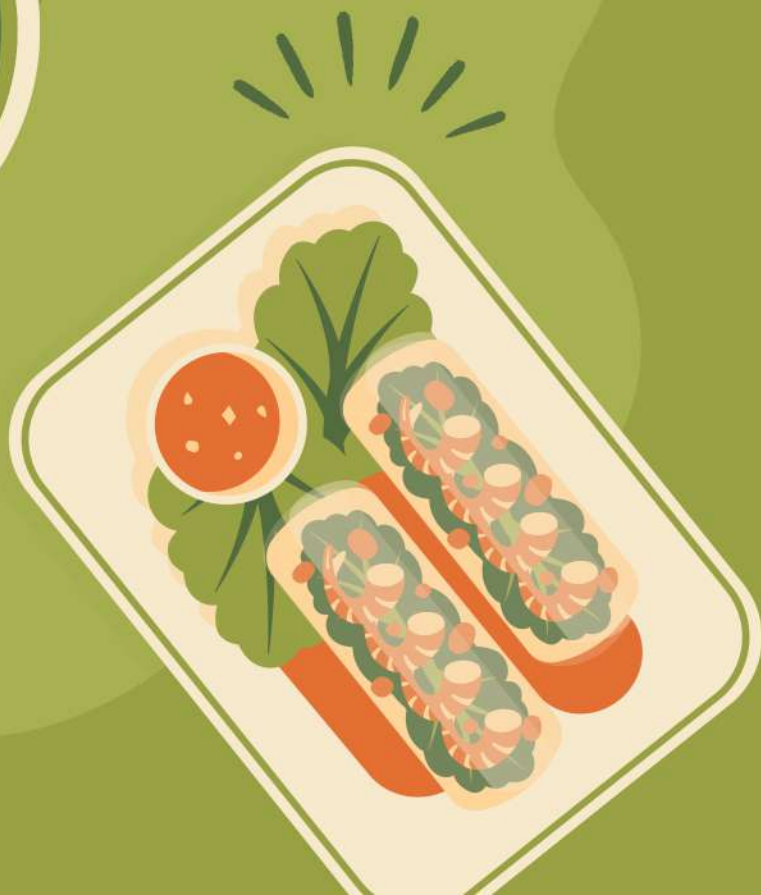
FRIED/PRESERVED FOOD

frozen &
packeted foods

STALE FOOD

fruits over 1 hour old
cooked food over 4 hours
old


WHY TO EAT?





TOPICS TO COVER



- **ACCORDING TO DOSH**
 - **ACCORDING TO PROFESSION**
 - **ACCORDING TO BODILY NEEDS**
- 



ACCORDING TO DOSH



VATT

Body type-
thin, light, and dry

Common problems-
insomnia, dry skin, sensitivity



PITT

Body type-
medium muscular, have
abundant energy

Common problems-
indigestion, inflammation,
body odour

KAFF

Body type-
heavy build, oily skin

Common problems-
laziness, obesity, excessive
sleep

EATING ACCORDING TO BODY TYPE HAS THE FOLLOWING BENEFITS

BALANCED BODY AND MIND

feeling in harmony with yourself

PREVENT COMMON DISEASES

ailment-causing elements are balanced

INCREASED IMMUNITY

because of balance in elements, the body can focus on immunity

GET THE DESIRED BODY RESULTS

glowing skin, apt body weight, etc.



ACCORDING TO YOUR PROFESSION

WARRIOR'S JOB

use of body
strengths and
flexibilities

SCHOLAR'S JOB

use of
intelligence,
memory, and
wisdom

ARTISTIC JOB

use of
creativity and
skills

KING'S JOB

use of clear and fast
thinking brain and
require long-lasting
energy

BENEFITS

1. Excel at your profession
2. Have energy to achieve your work goals
3. Get better sleep for night time body/mind recovery i.e. reduced stress



ACCORDING TO BODILY NEEDS



IMPROVE ORGAN FUNCTION

Better brain, eye, kidney, liver
functioning



GET MAXIMUM CAPABILITY UNLOCKED

Achieve your body's full
potential strengths



DETOX BODY

Remove toxins to improve
organ recovery





BRAIN

Coffee, Blueberries,
Turmeric, Pumpkin seeds,
Dark chocolate, Dry fruits,
Avocados, etc.

Benefits-
Increased
memory, focus,
clarity of thought



EYES

Vitamin - A
Vitamin - B3,B6,B9,B12

Improve eye-sight and prevent eye diseases

EXAMPLES



**SPINACH, BROCCOLI
WALNUT, ALMONDS**

**ORANGES, LIMES
STRAWBERRY, GOOSEBERRY**



SKIN AND HAIR

Vitamin C,D,E,K

Vitamin B,D,E
Biotin, Zinc, Iron

EXAMPLES

1. Sunflower seeds
2. Dark chocolate
3. Avacado
4. Water-rich *melons
5. Red grapes & Olives

BENEFITS

1. Glowing Skin
2. Luscious Hair



OTHER ORGANS

Food for the Kidneys-

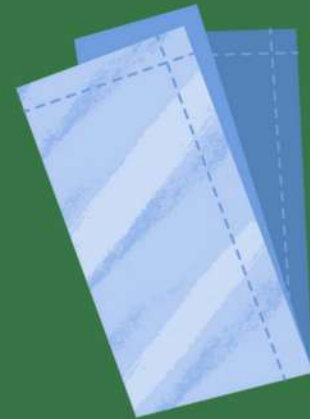
bell peppers, cabbage, raspberries, etc

Food for the Liver-

tea/coffee, grapes, beetroot, etc

For hormonal glands-

flaxseeds, fiber, good fats, colorful
veggies, etc





For Bones-

Important to take Vitamin-K foods along with Calcium for strong bones

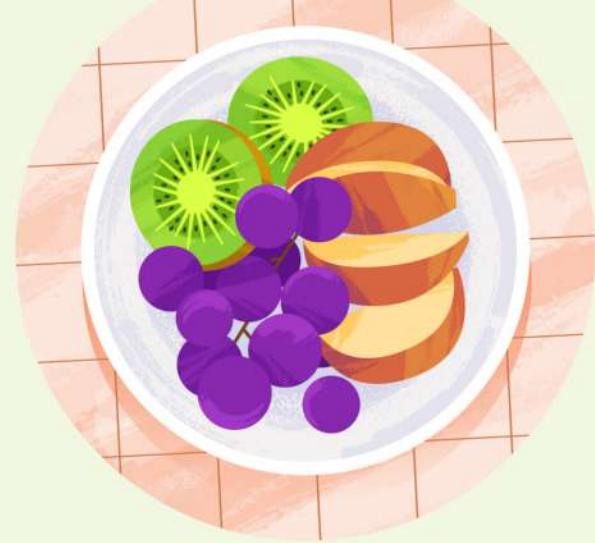
For Teeth-

Hard fruits, nuts, etc. (can help strengthen and straighten teeth)

For Blood-

pomegranate, tomatoes, beetroot, etc.

“HOW TO EAT?”





“TOPIC TO COVER”

- COOKING METHODS
- COOKING UTENSILS
- AYURVEDIC COMBINATIONS



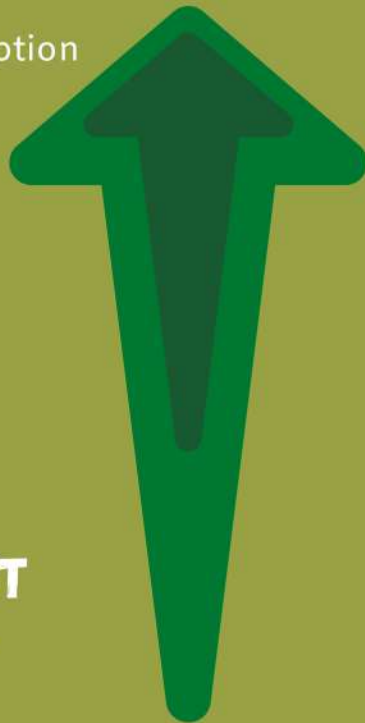


COOKING

METHODS

HEALTHIEST

Helps nutrient absorption



UN-HEALTHIEST

Destroys nutrients

Steaming/Slow Cooking

Baking/Sauting/Microwaving

Grilling/Barbeque/Boiling

Frying/Pressure cooking

TYPES OF COOKING UTENSILS



1. **Earthen/Clay-** Nutrients kept intact

2. **Copper/Brass-** May add minerals during cooking/serving/storing

3. **Silver/Gold-** Completely inert, may help increase immunity*





AYURVEDIC FOOD COMBINATIONS TO AVOID



Milk with -

- Sour fruits, Acidic foods, Meat, Sprouts, Garlic, Onion, Radish
- All kinds of Melons

And-

- Hot drinks with Cheese
- Wheat, Rice, etc. with Fruits

Honey should not be-

- Heated/Boiled/Fried
- Mixed with Ghee or butter or spices like mustard



BREAKFAST LIKE A KING

Biggest meal with rich,
heavy, and healthy nutrients


LUNCH LIKE A PRINCE

Heaviest meal with a royal
variety of foods

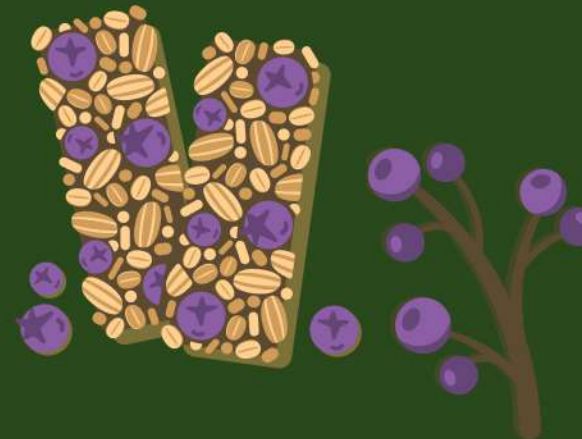
DINNER LIKE A PAUPER

Lightest, easy to digest,
helps deep sleep

The digestive power of the stomach peaks in
the afternoon, and reduces significantly with
sunset.



MISCELLANEOUS FOOD REQUIREMENTS



TOPICS TO COVER



- **SPIRITUAL FASTS**
- **DIABETES & BLOOD PRESSURE**
- **MENSURATION & PREGNANCY**
- **DEPRESSION & ANXIETY**
- **SPECIAL DIETS**
- **HEREDITARY DISEASES**

Spiritual fasts

Weekly, monthly, and yearly fasts to
attain spiritual enlightenment



Benefits of following their rules

1. Body Detox
2. Mental Clarity
3. Prevention of chronic diseases
Like- Cancer, Strokes, Heart
Problems, etc.



Guidelines for opening and closing a Fast

Prepare the body 48 hours before starting long fasts, and 12 hours before starting 1 Day fasts.




During Fasting-

- Stay hydrated
- Eat only seasonal fruits


After Fasting-


- Break the fast with juices and fruits
- Take time before starting heavy foods





Diabetes & Blood pressure

- 
1. Eating more soluble fiber
 2. Adding fenugreek seeds, turmeric, garlic, ginger, etc.
 3. Having green tea and apple cider vinegar

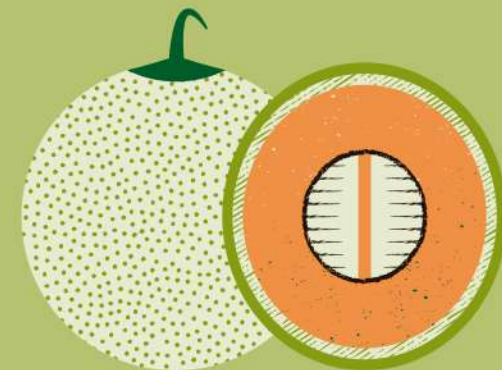
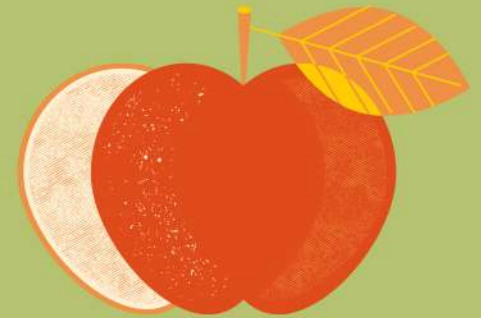
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1. Eating pumpkin, chia, flax seeds, etc.
 2. Spinach, celery, broccoli, etc.
 3. Pistachios

Mensuration

1. Herbal teas such as Ginger, Peppermint, or Kombucha
2. Dry fruits, Dark Chocolates, Quinoa, and Leafy green veggies for Iron
3. Flaxseed oil or Chia seed oil for omega-3

PCOD

1. Low Glycemic index foods
2. Anti Inflammatory foods
3. Following hypertension reducing DASH diet





Diet for PREGNANT MOMS



Pre-pregnancy

I for increasing fertility and preparing body for pregnancy with important nutrients such as folic acid, iron, calcium etc.

During pregnancy

I diet to nourish the baby to grow and for the mother to be in happy mood



Post Pregnancy

I Help increase breast milk production and loose the baby weight for mother





Diet for PERFECT SEXUAL HEALTH

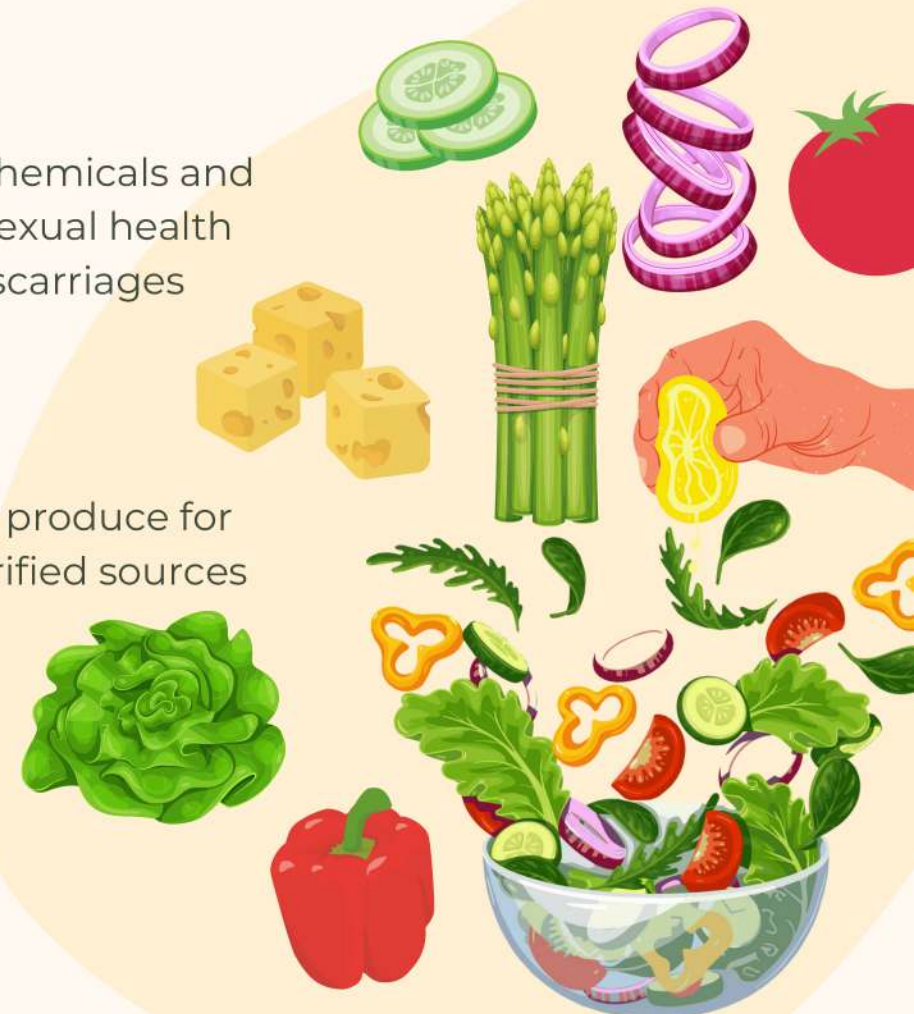
Problem

Studies show that harmful chemicals and adulterants cause various sexual health problems from ED to miscarriages

Solution

Use of organically grown produce for cooking all meals with verified sources

100%
ORGANIC



Food for Depression or Anxiety

Mood-boosting foods - Dark chocolates, Chamomile and other green teas, Brazilian nuts, etc

Stress Reducing foods- Pumpkin seeds, Turmeric, Yogurt, Lotus seeds, etc



Types of diets to follow-

Ketogenic diet - no carbs, moderate protein, and high fat

Gluten-free diet- excludes wheat, rye, barley, and oats

D.I.P. diet - 3-stepped diet for weight-loss and diabetes (low GI foods)

Vegan diet- no animal products





HEREDITARY DISEASES



Examples-

1. Heart diseases
2. Asthma
3. Diabetes
4. Cancer



HOW CAN WE HELP

CAREFULLY CURATED DIETS

Taking care of every possible diseases

DELAY

Delay onset of life-threatening conditions

BENEFICIAL FOODS ADDED TO DIET

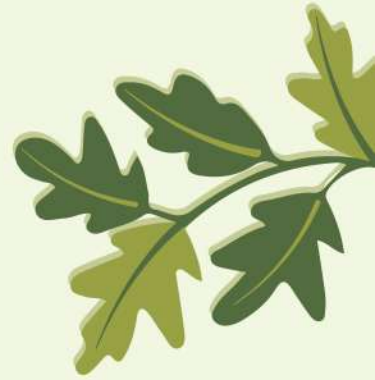
To aid any deficiencies

LONG TERM BENEFITS

For healthy body throughout all life stages

PREVENTION

Diet with complete elimination of most harmful food items for your body





We at Tashu's

MAKE SURE OF THE FOLLOWING IN
OUR EVERY DISH

Made using pure Ingredients

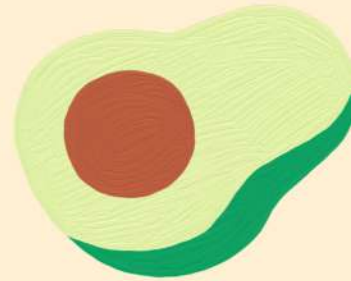
- Organic fruits and veggies (locally sourced and farm fresh)
- Hand-ground masale (from premium raw herbs and spices)
- Cold-pressed oils and butter like- (Coconut oil , Olive oil, peanut butter)
- A2 cow milk, ghee and organic almond milk



Balancing all 5 flavours



Sweet



Sour



**Every dish is beautifully
satisfying the whole pallet**



Savoury

Bitter

Salty

With upto 5+ course meals

Maximum nutrients in every bite



Slow Cooked

to preserve nutrients

All micros and macros taken care of

everything you
mineral, vitamin or
nutrient you daily
need

Replace all artificial supplements

with natural foods

Earthen pots and Copper- ware use

to prevent nutrient
loss during cooking
and storing

Digestion taken care of

so that you can
absorb nutrients
easily into your body
and have a healthy
gut microbiome



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