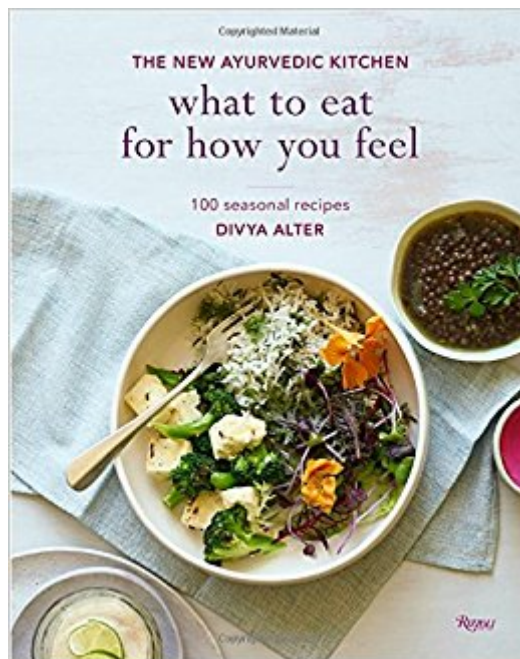




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# What To Eat For How You Feel: The New Ayurvedic Kitchen - 100 Seasonal Recipes



## 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

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## 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 food – deliciously. I am so glad it found me.

**KAREN PAGE**, two-time James Beard Award-winning author of *The Flavor Bible* and *The Vegetarian Flavor Bible* – “Divya Alter’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.

**REBECCA WOOD**, Julia Child and James Beard Award-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.”

**AGAPI STASSINOPOULOS**, author of “Wake Up to the Joy of You: 52 Meditations and Practices for a Calmer, Happier Life” “Divya Alter’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.”

**PRATIMA RAICHUR**, author of the bestselling book, *Absolute Beauty: Radiant Skin and Inner Harmony Through the Ancient Secrets of Ayurveda*. “I 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 how-to Ayurvedic cookbook and everyone can prepare and enjoy delicious, healthy eating at its best.

**BOB ROTH**, Executive Director of the David Lynch Foundation, author of *Transcendental Meditation* – “What 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.

**RADHANATH SWAMI**, author of the bestselling books, *The Journey Home* and *The Journey Within*. “Divya 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!

**LISSA COFFEY**, author of the bestselling book, *What’s Your Dosha, Baby? Discover the Vedic Way for Compatibility in Life and Love* – “This book 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.

**JOSHUA M. GREENE**, Editor, *Lord Krishna’s Cuisine: The Art of Indian Vegetarian Cooking*; Author, *Gita Wisdom* – “I 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 one's yoga practice into deeper realms. In Divya Alter'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 Gītā: The Beloved Lord's Secret Love Song

“An alternative to the Standard American Diet (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

“Non-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.”

• VISAKHA DAS, author, Five Years, Eleven Months and a Lifetime of Unexpected Love

“Divya 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

“This 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 café 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 quests.

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 health.

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 Cranberries ....it 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 and the good food.

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