

The Chakra Energy Diet



MENU PLANNER FOR THE 7 CHAKRAS

How can you easily apply **THE CHAKRA ENERGY DIET** in your life? Start at the beginning, with the Root Chakra, adding in healing, nurturing food with that vibration, and go from there. Watch and see junk food fall by the wayside, with little effort.

Week One

Root Chakra



Have three meals/day, each containing 20% lean protein and 80% low-starch vegetables - e.g., large green salads containing organic lettuces, arugula, and other greens with tomatoes, beets, red radishes, and bell peppers, or load up on steamed vegetables. Red beans (adukis are very healing), red quinoa, red barley, miso, tempeh and tofurky provide a great vegetarian protein punch.

Sample Breakfast

Smoothie or Juice of beets, carrots and kale followed by scrambled eggs or tofu mixed with veggies like red bell peppers, broccoli, red onion, seasoned with tumeric and Bragg Liquid Aminos (a wheat-free alternative to soy sauce).

Sample Lunch

Large Green Salad filled with nutrition-packed dark romaine or other organic lettuce, raw veggies with high-protein beans, peas, fish or poultry on top. Add a dash of Olive Oil/vinegar, spices & herbs (no bottled dressings).

Sample Dinner

Tempeh & Veggie Stirfry
Stirfry tempeh or any lean meat or fish pieces with kale, carrots, onions, garlic, cauliflower or other veggies. Season with herbs, spices and Bragg Liquid Aminos.

BALANCING THE SEVEN CHAKRAS

In order to balance your chakras and promote optimal health and vitality, it's important to cut out inflammatory foods, such as sugar, simple carbs (like bread and other flour products), dairy products and alcohol - which all play havoc with your blood sugar, especially when you first start **THE CHAKRA ENERGY DIET**, as you get your feet firmly planted on the ground.

The Root Chakra is all about feeling safe and secure - so ground yourself with lean protein sources (choose as many vegetarian options as possible) and lots and lots of root vegetables like beets, carrots and radishes. You can also add in vegetable smoothies to get at least 8-10 servings/day. During the

first two weeks, it's important to go off the foods you may normally crave - addictive sugar and simple carbs, even fruit. By the third week, you can add in whole grains and fruit to support your Solar Plexus Chakra.

Also, take time every day for at least a few minutes in nature to ground yourself. Practice a Nalu Meditation (stare at something beautiful for a minute or until you feel relaxed) or do the Circle of Joy Breath, inhaling and exhaling deeply to open your chest, heart and lungs.



The Chakra Energy Diet Menu

Week 2 - Sacral Chakra

In order to eliminate any food cravings/addictions, continue to eat high quality protein (focusing on fish, such as wild-caught salmon, tuna, red snapper, or trout; nuts and seeds if you're a vegetarian), as the Sacral Chakra thrives on good quality fatty acids. In addition to low-starch orange vegetables like carrots and peppers, add in yams, sweet potatoes and winter squash, which are naturally sweet without giving you a sugar rush. Of course, eat as many other vegetables as you can fit on your plate - they fill you up with nutrients and fiber.

Healthy home cooking, especially if you're moving around the kitchen while listening to your favorite music, will impart extra healing to your meals. Appreciate the beauty of the colors and savor the smells coming from the food on your plate.



Sample Breakfast

Smoothie or Juice made from carrots, beets and a handful of kale. If you're not trying to break a sugar addiction, delight on oranges, papayas and other fruit. Follow with fried eggs (or scrambled tofu) with onions and orange bell peppers.

Sample Lunch

Large Green Salad topped with orange carrot slices, avocado, beans, shrimp or tuna fish.

Sample Dinner

Grilled Salmon or Tempeh topped with Thai-style peanut sauce, and a plate full of veggies cooked in a little sesame, olive or coconut oil. Add tumeric, ginger, and other spices and herbs for flavor.

Week 3 - Solar Plexus Chakra

First thing in the morning, practice "Saturation Praise," telling yourself everything good about yourself and the day ahead of you. Then make it happen.

In addition to all the foods you've eaten in Weeks 1 & 2, now add in whole grains to support the Solar Plexus Chakra with complex carbs - high energy food without the sugar rush/crash. Look for brown rice, steel cut oatmeal, millet, quinoa, amaranth, polenta and buckwheat. Make a whole pot of grain (these last 3 days in the fridge) and serve 1/2 cup per meal.

Also include yellow veggies & fruit to provide enzymes for good digestion, like pineapples and papayas, as well as lemons, grapefruit, and yellow apples.

Take a walk after meals to facilitate digestion and build up your bone and muscle strength.



Sample Breakfast

Papaya Half (or grapefruit or pineapple) with a squeeze of lemon juice. Follow with a bowl of steel cut oatmeal topped with cinnamon.

Sample Lunch

Corn Tortilla filled with lettuce, tomato, corn kernels, beans or ground turkey, avocado slices and salsa.

Sample Dinner

Acorn Squash & Millet served with a side salad topped with aduki beans (very healing for the pancreas and kidneys). Make beans from scratch (very inexpensive in the bulk bins) or buy convenient, canned beans.

Week 4 - Heart Chakra

All healing is achieved through the magic of love. This week, pay special attention to loving your body and the food you make to nourish yourself and your family. Start a Gratitude Journal, writing down at least 5 things you are grateful for every morning.

Green leafy vegetables are the focus this week, as they give you rising energy, lifting you out of depression and fatigue. Forgive yourself and others for any reproaches you're still holding on to - release them and feel the air fill your lungs.

Continue eating the healthy proteins, fats and complex carbohydrates you've eaten in the first 3 weeks, but now add in even more green energy to your diet. Have green smoothies at least twice per day. If you won't be home for lunch, make a large smoothie at breakfast and bring half of it in a mason jar with you for lunch.



Sample Breakfast

Smoothie or Juice made from a handful of kale, celery, cucumber and green apple. Follow with an omelet (or scrambled tofu) topped with green onions and bell peppers.

Sample Lunch

Large Green Salad filled with lettuce and raw broccoli, sprouts, watercress, and green onion - topped with avocado slices, and beans, fish or meat.

Sample Dinner

Bok Choy Chinese Stir-fry - Saute greens in oil, adding in your favorite veggies and either tofu, meat, poultry or fish; flavor with spices and Bragg's.

The Chakra Energy Diet Menu

Week 5 - Throat Chakra

This week, write in a journal, talk to a sympathetic friend, or seek therapy to work on releasing unexpressed emotions (which can lead to holding on to excess body weight too).

The Throat Chakra is soothed by liquids, so be sure to chew your food well, at least 20x or more per bite, to liquify it and mix it with enzymes in your saliva. Soups and sauces are all good to include this week, as well as blue foods - blueberries, blackberries, grapes, raisins, as well as licorice and slippery elm bark teas. Sea vegetables, including nori (used for sushi rolls), wakame, dulse, kelp or kombu are all demulcents, plus they contain iodine to support the thyroid gland in the neck.

Sing while you cook, say affirmations as you do your yoga poses, and be sure to say grace and bless your food before eating. Continue taking a walk after meals.



Sample Breakfast

Smoothie made from blueberries, banana and protein powder. Follow with a warm rice farina with raisins or cold cereal with Almond or Rice Milk.

Sample Lunch

Vegetarian Sushi Rolls - Roll your own by filling a nori sheet with strips of carrot, green onion and avocado, (add some canned salmon if desired), dip in Bragg's and wasabi.

Sample Dinner

Miso Soup with vegetables and wakame (see recipe in book) followed by Fettucine with mock Alfredo Sauce (silken tofu blended with Bragg's).

Week 6 - Third Eye Chakra

This week, write your goals in your journal, and also five small steps you can take to reach each goal. Every day, take one of those steps.

Find time to meditate, even if only a one-minute Nalu Meditation in nature. When you feel relaxed, ask your higher self for guidance and listen to the voice in your head answer you with its wisdom.

Caffeine, drugs and sugar can all over-stimulate the Third Eye Chakra, so cut back on consumption of coffee (no more than one cup in the morning or substitute with green tea), and if you have a piece of chocolate, make sure it's 70% cacao and dairy-free, and do the Chocolate Meditation from the book as you savor it.

Berries nourish the Third Eye as well as the Throat Chakra. Other purplish foods include eggplant, and purple kale, cabbage or potatoes.



Sample Breakfast

Smoothie made from blackberries, banana and purple kale. Follow with gluten-free blueberry pancakes or waffles.

Sample Lunch

Marinated Eggplant - Slice a large eggplant and marinate in soy sauce (or Bragg's) and then broil. Serve on a rice cake or in pita bread with a topping of lettuce or raw purple kale or cabbage.

Sample Dinner

Forbidden Rice (turns purple when cooked) topped with a vegetable and tofu, tempeh or fish stir-fry.

Week 7 - Crown Chakra

This week, pray for what you want more of in your life. Whatever your religious beliefs, feel connected to something greater than yourself by having faith that everything is working out perfectly, even if not as expected. Ask for grace, where compassion and forgiveness meet.

Since the Crown Chakra is more spiritual than physical, make eating a spiritual experience - saying grace before every meal, or skipping one meal a day and replacing it with a clear juice or broth with the intention of detoxing.

Choose fruit, vegetables or animal products that are white or violet in color, organically raised, such as white asparagus, free-range chicken, white beans or fish, lemons and pineapple.

Also get nourishment from the sun and fresh air, lying on the grass or in a lawn chair without sunscreen or a hat, for at least 10 minutes a day.



Sample Breakfast

Sunny Fruit Water - Set out a gallon bottle of filtered water in the sunlight, adding sliced berries, cucumber and/or lemon. Sip throughout the day.

Sample Lunch

Grains and Veggies - Cook organic rice or quinoa, and top it with steamed fresh, local, organic veggies.

Sample Dinner

Divine Detox Broth - Make a broth from filtered water with sliced carrots, celery, parsley, onion, burdock root and a pinch of sea salt.

Get Your Own Personalized Chakra Energy Diet Menu...

THE CHAKRA ENERGY DIET is now available on Amazon Kindle, explaining how you can heal yourself by healing your chakras. Any health issue, such as a weight problem, offers a clue as to which chakra may need balancing.

Part I of THE CHAKRA ENERGY DIET explains how stress sabotages your healthy eating strategies - so it gives you the tools you need to tame your tension.

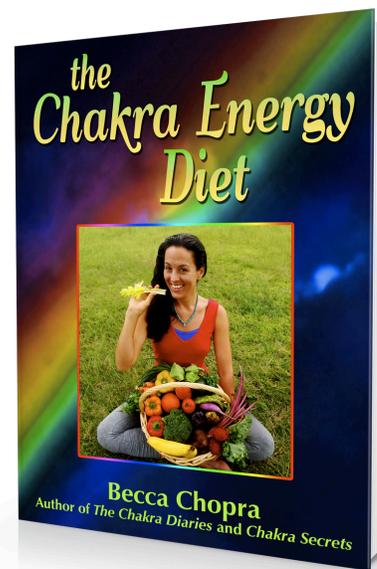
Part II is a comprehensive look at the seven major chakras, with a quiz at the beginning of each of the

seven chapters to help you determine if you have an imbalance in that chakra. Then, I offer suggestions on how to nourish yourself with high quality, non-GMO, organic food choices, with recommendations on the best activities, exercises, and yoga poses for each chakra.

Once you read the book and take the Chakra Quizzes, email me your results and I'll send you a personalized Menu Plan. Namaste!
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Download THE CHAKRA ENERGY DIET today at www.theChakras.org. On sale for a limited time for only \$3.99.

"Chopra offers the end of seesaw dieting with a perfect combination of scientific understanding and ancient wisdom regarding how stress can cause weight and health problems, and how you can de-stress and balance your chakras with the right food and lifestyle choices."

~ *Big Island Weekly*