



YOGA SPORTS ACADEMY

DIET - PLAN

Prepared by :

**HEMANT
PANCHBUDHE**



YOGA DIET PLAN FOR HEALTH & WELLNESS

- A yoga diet, often inspired by Ayurveda, emphasizes fresh, natural, and balanced foods that nourish the body and mind. It promotes sattvic (pure) foods that enhance vitality, clarity, and inner peace

KEY PRINCIPLES OF A YOGA DIET

Fresh & Natural: Whole, plant-based foods over processed items.

✓ **Balanced & Light:** Easily digestible meals for energy and mental clarity.

✓ **Mindful Eating:** Eating with gratitude and awareness.

✓ **Hydration:** Drinking plenty of water and herbal teas.

✓ **Satvic Foods:** Fresh fruits, vegetables, nuts, seeds, whole grains, and dairy (optional).

SAMPLE YOGA DIET PLAN

- Morning (Pre-Yoga)
- Warm lemon water or herbal tea
- Soaked almonds or dates for natural energy
- Breakfast
- A smoothie with banana, berries, chia seeds, and almond milk
- Oatmeal with nuts and honey
- Herbal tea or coconut water
- Mid-Morning Snack
- Fresh fruit (apple, papaya, or orange)
- A handful of nuts and seeds
- Lunch
- Steamed vegetables with quinoa or brown rice
- Dal (lentil soup) with whole-grain roti
- Fresh salad with olive oil & lemon dressing
- Afternoon Snack
- Herbal tea with a handful of nuts
- A light fruit smoothie
- Dinner (Early & Light)
- Vegetable soup or a bowl of khichdi (rice and lentil dish)
- Steamed or lightly sautéed greens with whole grains
- Before Bed (Optional)
- Warm almond milk with turmeric
- Chamomile tea for relaxation