

# Cooking for Chakras

## SHOPPING LIST

### ROOT CHAKRA

- Naturally Red Foods (cherry, pomegranate, tomato, etc.)
- Root Vegetables (beet, radish, potato, onion, radish, etc.)
- Lean Meats
- Spices (black pepper, cinnamon, ginger, garlic, paprika, etc.)

### SOLAR PLEXUS CHAKRA

- Naturally Yellow Foods (banana, lemon, pineapple, etc.)
- Whole Grains
- Natural Sweeteners
- Legumes
- Warming Spices (cardamom, horseradish, turmeric, etc.)

### THROAT CHAKRA

- Naturally Blue Food (blueberry, blue corn, blue potato, etc.)
- Soothing Liquids
- Water
- Tea (herbal, peppermint, chamomile, etc.)
- Foods that fall from a tree

### CROWN CHAKRA

- Naturally White Foods (white asparagus, white radishes, cauliflower, mushrooms, etc.)
- Pink Himalayan Sea Salt

### SACRAL CHAKRA

- Naturally Orange Foods (squash, cantaloupe, carrots, etc.)
- Fermented Food (kefir, kimchi, kombucha, sauerkraut, etc.)
- Fats & Oils
- Nuts & Seeds
- Fish & Seafood

### HEART CHAKRA

- Naturally Green Vegetables (spinach, broccoli, lettuce, etc.)
- Naturally Green Fruit (lime, pear, kiwi, avocado, etc.)
- Green Herbs (basil, cilantro, dill, oregano, parsley, etc.)
- Green Tea

### THIRD EYE CHAKRA

- Naturally Purple Foods (plums, blackberries, eggplant, etc.)
- Naturally Purple Liquids (grape juice, prune juice, black current juice, etc.)
- Foods High in Omega 3's
- Dark Chocolate (at least 70%)

*Arielle*  
STERLING

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