

9-WEEK CHAKRA “RE-PROGRAM”



(LIST OF RECOMMENDED FOODS)

It is important to be sure to “re-program” your body to accept the energy of what you are going through in your transformation. Therefore, along with all of the other senses you are saturating with each chakra, you will be doing the same with your **TASTE** and **SMELL**. Below is a list of recommended foods to focus on per week. Of course, it isn’t recommended to eat anything you may have an allergy to. As you prepare your meals, be sure to have at least one of these foods with your meals. As you prepare yourself to eat each food below, visualize each chakra opening and being cleansed as you smell and taste the foods below. This will assist with your chakra opening and clearing.

Root Chakra / The Muladhara – RED – Element: EARTH

This is the chakra of Divine Connection to Mother Earth; Survival; Primal; Confidence; Stability, Security, Basic needs

FOODS:

Cayenne	Pink beans	Red Peppers
Cherries	Pink Grapefruit	Red Plums
Cranberries	Pomegranate	Red Tomatoes
Dulse (seaweed)	Radishes	Rhubarb
Goji Berries	Red Apples	Rose Hips
Guava	Red Cabbages	Strawberries
Hibiscus Flowers	Red Corn	Watermelon
Kidney beans	Red Currants	

Sacral Chakra / The Svadhisthana – ORANGE – Element: WATER

This is the chakra of Divine Sexuality and Creativity; Sensuality; Reproduction; Carnal; Passion; Confidence

FOODS:

Almonds	Orange Carrot	Persimmons
Apricot	Orange Marigold Flowers	Pumpkin
Butternut Squash	Orange Peppers	Sweet Potatoes
Cantaloupe	Orange Tomatoes	Tangerines
Coriander	Oranges	Walnuts
Kumquat	Papayas	Winter Squash
Mangoes	Paprika	
Nectarines	Peaches	

Solar Plexus / The Manipura – YELLOW – Element: FIRE

This is the chakra of Divine Power; Health; Self-confidence; Strength

FOODS:

Anise Seed	Honey	Whole Grains
Bamboo Shoots	Lemongrass	Yams
Bananas	Lemons	Yellow beans
Chamomile	Nuts	Yellow Marigold Flowers
Cinnamon	Parsnips	Yellow Peppers
Corn	Pears	Yellow Raspberry
Evening Primrose Flowers	Pineapple	Yellow summer squash
Garbanzo beans	Saffron	Yellow Tomatillo
Golden Apples	Spaghetti Squash	Yellow Tomatoes
Golden Flax Seed	Squash Blossoms	Yellow Wax Beans
Golden Raisins	Vegetable Oils	Yellow Zucchini
Grapefruit	White Carrot	

Heart / The Anahata – GREEN/PINK – Element: AIR – LOVE

This is the chakra of Divine Love; Forgiveness; Acceptance; Beauty, Unconditional Love.

FOODS:

Alfalfa	Green Beans	Okra
Asparagus	Green Eggplant	Oregano
Avocados	Green grapes	Parsley
Beet Greens	Green Olives	Peas
Bok Choy	Green Peppers	Pumpkin Seeds
Broccoli	Green Tomatoes	Rosemary
Brussels Sprouts	Green Zucchini	Spinach
Cactus (Nopales)	Honeydew	Swiss Chard
Celery	Kale	Tarragon
Chives	Kiwi	Tomatillo
Collard Greens	Leafy green vegetables	Wasabi
Cucumber	Lettuce	Wheatgrass
Dandelion Greens	Limes	
Edamame	Mint	

Throat / The Vishuddha – BLUE – Element: SPIRIT

This is the chakra of Divine Truth; Verbal Expression; Forgiveness, Communication; Integrity

FOODS:

Blue grapes	Cauliflower	Kelp (seaweed)
Blue potatoes	Chicory Flowers	Pansy Flowers
Blueberry	Blue Corn	Purple Broccoli
Borage Flowers	Hyssop	Purple Carrot
Catnip	Juniper Berries	

Third Eye / The Ajna – INDIGO – Element: ALL

This is the chakra of Divine Sight; Intuition; Wisdom; Visions; Insight

FOODS:

Black Beans	Black Soybeans	Raisins
Black Cherries	Blackberry	Tamari (soy sauce)
Black Currants	Boysenberries	Vanilla Beans
Black Olives	Plums	Violet Flowers
Black Raspberry	Prunes	

Crown / The Sahaswara – VIOLET/PURPLE/CLEAR – Element: ALL

This is the chakra of Divine Connection to our Higher Self; the Universe; Source Consciousness and Energy

FOODS:

Basil Flowers	Mint Flowers	Purple Grapes
Black Tomatoes	Mulberries	Purple Green Beans
Dulse (seaweed)	Passionflower	Purple Peppers
Elderberries	Passionfruit	Purple Plums
Kohlrabi	Purple (Red) Onions	Rosemary Flowers
Lavender	Purple Cabbage	Sage Flowers
Marjoram	Purple Eggplant	Thyme Flowers

Now remember, the list above is only a suggested list of foods based on the color. Some other foods which go well with most chakras are listed below. There may be many more than these lists. That's part of the fun of the journey....Discovery.

BLACK FOODS

Black Beans	Black Quinoa	Seaweeds
Black Flax Seed	Black Sesame Seeds	Wild Rice

WHITE FOODS – Most Chakras

Buckwheat	Millet	White Corn
Cauliflower	Mushrooms	White Eggplant
Chermoya	Quinoa	White Onions
Coconut	Shallot	White Radishes
Garlic	Sunflower Seeds	White Sesame Seeds
Green Onions / Scallions	Tofu	White Tomato
Horseradish	Turnip	
Jicama	White beans	