

Ayurveda Nutrition and Cookery: 2 weeks

First week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
1	Theory: Introduction in Ayurveda & Panchamahabhoota		Theory: Concept of Vata	Theory: Concept of Pitta
2	Theory: Intro Nutrition & Diet for Vata		Practical Cooking: Breakfast for Vata	
3	Practical - Cooking: Lunch for Vata		Theory: Kapha	Theory: Saptadhatu
4	Practical - Cooking: Dinner for Vata		Theory: Agni, Koshta & Ojus	Theory: Diet for Pitta
5	Practical - Cooking: Breakfast for Pitta		Theory: Diet for Kapha	Theory: Trimala & Ama
6	Practical - Cooking: Lunch for Pitta		Theory: Prakriti	HS: Honey & Rocksalt
7	Day Off			

Second week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
8	Practical Cooking: Dinner for Pitta		Theory: Rasa & Guna	
9	Practical Cooking: Kerala Dishes		Theory: Veerya, Vipaka & Prabhava	Practical cooking: Snacks
10	Practical Cooking: Breakfast for Kapha		Theory: Vegetables & Fruits for Healing	
11	Practical Cooking: Lunch for Kapha		Practical Cooking: Dinner for Kapha	
12	Theory: Home Remedies/Kitchen Remedies		Theory: Incompatible food - Viruddhara	
13	Theory: Customs & Manners of eating		Review	Exam
14	Day Off			