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THE BRIDGE
A CUSTOM DETOX
& BREATHWORK PORTAL

PROGRAM SUMMARY | OCT 27

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The Forward Path

DAILY / WEEKLY NON-NEGOTIABLES

DINACHARYA MORNING PRACTICE -

Any variation of the following:

- Tongue scraping
- Body oiling
- Body brushing with lymphatic drainage supportive essential oils

BREATHING PRACTICES

Humming Breath, alternate nostril breathing, box breathing, 20 connected breaths.

SLEEP OPTIMISATION | BASIC SLEEP HYGIENE

Keep following guidelines

MOVEMENT - 4 MINUTE NITRIC OXIDE WORKOUT

Keep up with this important practice that is a counter solution to your stationary working position. 3-4 x per day ideally.

STRENGTH TRAINING

It would help you to add 2 x sessions/week of strength training targeting all major muscle groups. This will also help preserve lean muscle, support metabolism, and ensure that any continued fat loss is not just water/muscle, this is very important now.

ONE CARDIO BLAST

You could also mix in one slightly more intense cardio session per week, if you have the energy. This could be faster walking or soft jogging, or finding hills to walk. You mentioned swimming?

DAILY / WEEKLY PRACTICES ON ROTATION, OR AS NEEDED

EVENING DINACHARYA RITUALS

Foot Massage with warm oil (Padabhyanga)

DAYTIME - NAPPING PRACTICE

You do not need to be tired to have a scheduled nap. Naps are about resting forward, not only catching up on deficit. Scheduling 20 minute naps will make a deeply supportive part of your routine.

CASTOR OIL PACKS

You can choose to incorporate this practice as a series, so 3 or 4 evenings in a row, or as a weekly practice such as Sunday evenings or whenever you need extra self-care, digestive or inflammation support.

WATER ENEMAS

Occasional water enemas are good if you feel you are slightly constipated or would simply benefit from a gentle flush. Water enemas are not needed for maintenance if you have perfect BM's - daily, well formed, easy to eliminate. If you continue with any prolonged fasting practices, more than 24 hours, you can enjoy a water enema as you begin and finish your fasting period

KEY DIETARY PRINCIPLES & PRACTICES

MEAL CADENCE

Your metabolism, energy, and hormones thrive on rhythm and it's the regularity of your meals, not just the number, that supports your system to stay balanced.

What will be most supportive now is to maintain three balanced meals during your workweek (Monday–Friday) at predictable times to stabilise blood sugar, regulate cortisol, and sustain steady energy throughout the day.

Then, on weekends, deeper metabolic rest with two meals, allowing the body to shift into gentle fat metabolism and cellular repair while still feeling nourished and grounded.

MONDAY–FRIDAY | THREE MEALS PER DAY

Light breakfast - 8:00 am

Lunch - 1:00 pm

Dinner - 6:30 pm

This rhythm supports hormonal balance and stable energy with a natural overnight fast of around 13 hours.

WEEKENDS | TWO MEALS PER DAY

Two well-spaced meals within your feeding window, for example:

Brunch — 11:00 am

Dinner — 6:00 pm

This creates longer fasting periods (around 17 hours) to promote deeper metabolic rest and rejuvenation.

MOVE AFTER LUNCH AND DINNER

- Finish eating
- Sit or lie down relaxing for 10 minutes
- Walk around the block for 10-15 minutes

FOOD FOCUS

Swap > rice, potatoes, wraps, kelp noodles

Replace with > quinoa, chia, kelp noodles, lentils

DAILY FERMENTS, BITTER GREENS

ACV SHOTS - ENAMEL PRESERVATION

3-4x/week instead of daily

Use a glass straw, Rinse with plain water immediately after

DANDELION ROOT TEA AFTER DINNER

Continue with this practice, at least 3-4 nights a week - or alternate with other liver-supportive, digestive herbal teas like chicory root, roasted barley, burdock, fennel, or ginger.

CCF-F TEA

On ROTATION at least 1-3 times per week, make 1 litre and drink throughout the day. Use any alternative spices or herbs keeping the FLAX seeds as the base.

GOOD FATS FOR BLOOD SUGAR BALANCE & SATIETY

Eating healthy fats 30 minutes before meals that contain carbohydrates will help slow prevent blood sugar spikes. This can simply be a small salad or steamed vegetable with some oil and vinegar or lemon before lunch/dinner.

OILS TO CONSUME AND/OR COOK WITH:

Extra virgin olive oil, avocado oil, ghee, coconut oil, Sesame oil, MTC oil

PERIODIC FASTING

A weekly (or bi-weekly) Functional Fasting day (e.g. Mondays)

A gentle metabolic reset each week.

One day of liquids such as a blended soup, a warm almond milk with cacao or matcha, and a fresh green juice (similar to your fasting menu) gives the digestive system a full day of rest while still delivering minerals, phytonutrients, and hydration.

Benefits: reduces inflammation, promotes autophagy, lightens the lymphatic load, and helps reestablish mindful eating patterns for the week.

Note: follow your original fasting guide, but just for one day and you may need to keep which day of the week you chose to fast flexible, depending on your work load.

Monthly 48-Hour Functional Fast

Once per month, functional fast for two consecutive days, ideally during a quiet weekend or you could time with the waning moon period.

This deeper fast allows the body to clear residual inflammation, reset the microbiome, and stimulate cellular regeneration.

PROTEIN CONSUMPTION

There is a lot of hype at the moment around protein and it's a big market. Yes, as we age we can use more as we become less efficient at using what we consume. It's not necessary to overly worry about protein consumption with your sensible diet since you've stopped eating animal protein.

Aim to spread protein across all your meals, even if it's a hemp seed sprinkle, or some spirulina flakes - this will be fine.

A SAMPLE DAY OF SUFFICIENT VEGAN PROEIN CONSUMPTION WITH NO POWDERS OR SHAKES

Breakfast

1. Quinoa bowl or toast with stewed pears, almonds, and hemp seeds
2. Cacao chia almond milk pudding with almond butter
3. Oats with tahini drizzle, walnuts, and hemp seeds
4. Scrambled tofu with seeded toast

Lunch

1. Black beans with quinoa and arugula
2. Big salad with chickpeas, smoked almonds, and tahini dressing
3. Pumpkin soup with seeded bread and almond butter

Dinner

1. Tofu with mushrooms and sweet potato
2. Brown rice, black beans, avocado, hemp, tahini sauce
3. Mung bean soup with greens and buckwheat dosa

If you still want to avoid adding eggs, your best options still include:

- Legumes (beans, lentils, chickpeas), Quinoa, Amaranth, Tofu / Tempeh, Seeds like pumpkin, sunflower & hemp, Nuts like almonds, walnuts and brazil nuts

MORE RECIPES



BREAKFAST

OVERNIGHT SEED & OAT BREAD

Balances blood sugar, supports hormonal health, reduces inflammation, and provides complete plant-based protein and fibre for steady energy.

INGREDIENTS

150 g sunflower seeds

80 g pumpkin seeds

80 g flaxseeds

50 g chia seeds

150 g rolled oats

25 g psyllium husk

5 g sea salt/ teaspoon

30 ml EV olive or coconut oil (melted)

350 ml water

Optional: 1 tsp maple syrup or honey, herbs such as rosemary, cumin, or fennel for flavour

METHOD

1. In a large bowl combine all dry ingredients and mix well.
2. Add the melted oil and water (and maple syrup if using).
3. Stir until everything is fully combined; the mixture will become thick as the psyllium absorbs the liquid.
4. Press the mixture firmly into a lined loaf tin, smoothing the top with the back of a spoon.
5. Cover and let sit at room temperature for at least 6 hours or overnight to allow it to bind.
6. Preheat oven to 175°C.
7. Bake for 60 minutes, then remove from the tin and place directly on the oven rack for another 30 minutes to crisp the sides.
8. Cool completely before slicing.
9. Keeps for 5–6 days refrigerated, or can be sliced and frozen.

Freezes well, makes great **TOAST**

BREAKFAST

QUINOA PROTEIN MORNING BREAD

Balances blood sugar, supports gut health, and provides a complete source of plant-based protein. Naturally gluten-free, easy to digest, and perfect for both sweet and savoury toppings.

INGREDIENTS

1½ cups raw white quinoa

½ cup rolled oats

1 cup water, plus more for soaking

2 tbsp EV olive oil (or avocado oil)

2 tbsp psyllium husk *powder* (binder — essential for texture)

or 3 tbsp *whole* psyllium husk

1 tsp baking soda

1 tbsp apple cider vinegar (activates the soda for lift)

½ tsp sea salt

METHOD

1. Cover the quinoa with plenty of water and soak 6–8 hours or overnight.
2. In the morning, drain and rinse thoroughly until the water runs clear.
3. Preheat to 180°C / 350°F. Line a loaf pan with parchment paper or brush lightly with oil.
4. Blend the batter: combine the soaked and drained quinoa with all other ingredients except the apple cider vinegar. Blend until you have a heavy pancake-style batter.
5. Add the ACV, pulse once or twice, then let the mixture sit in the blender 10 minutes to thicken.
6. Scrape into the loaf pan and bake 60–70 minutes, until a knife inserted in the center comes out clean.
7. Cool completely before slicing — if you cut it warm, it may crumble.
8. Once cooled, slice and store in the freezer for easy toasting through the week.

BREAKFAST TOAST TOPPING IDEAS

FOR A SWEET MOOD

Almond butter + blueberry chia jam

Pumpkin seed butter + sliced banana

Tahini + sliced pear or apple + cinnamon

Sprinkles: Bee pollen | Cacao nibs | Hemp seeds | Ground Flax seeds (little)

Drizzle: MCT oil

FOR A SAVOURY MOOD

Always drizzle with extra virgin olive oil, avocado oil or pumpkin seed oil

Avocado Smash – with lemon/lime, hemp seeds, chopped coriander

Hummus & Greens – with arugula or broccoli sprouts

Sautéed Spinach & Mushrooms

Nut Cheese & Ferments – cashew cream cheese with sauerkraut or kimchi.

Scrambled Tofu - roasted tomatoes, mushrooms or spinach

EASY SCRAMBLED BREAKFAST TOFU

INGREDIENTS

1 tbsp EV olive oil

1 block firm or extra-firm tofu, mashed or crumbled

2 tbsp nutritional yeast

¼ tsp turmeric

Sea salt, to taste

(Optional add-ins: chopped spinach or kale, sautéed tomato or paprika, fresh herbs)

METHOD

1. Heat olive oil in a non-stick pan over medium heat.
2. Add tofu and cook 3–4 minutes, stirring often, until most of the moisture evaporates.
3. Stir in nutritional yeast, turmeric, and salt, mixing well until evenly coloured and warmed through.
4. Add optional veggies or herbs, cook 1–2 minutes more.
5. Serve warm with avocado or greens on top of your Quinoa or Seeded Bread.

TOFU AKURI - TASTY SCAMBLED TOFU

a TASTY AND PUNCHY protein-rich Breakfast, lunch or dinner, LUNCH OR DINNER, a more “wow” version of the breakfast scrambled eggs - needs to be made and eaten in the moment.

INGREDIENTS

1 tbsp coconut or olive oil
1 tsp cumin seeds
1 small red onion, finely chopped
1 green chilli, finely chopped (optional)
1 clove garlic, minced
1 cm piece ginger, grated
½ tsp ground turmeric
1 large tomato, chopped
300 g firm or silken tofu (drained and crumbled)
Sea salt, to taste
Handful of chopped coriander or parsley
Lemon wedges, to serve
(Optional: ***handful of spinach or kale stirred in at the end***)

METHOD

- 1 Line a sieve with kitchen paper or a clean cloth.
2. Carefully place the tofu in the sieve and allow it to drain over a bowl for at least 10 minutes.
3. Crush the cumin seeds in a pestle and mortar to a coarse powder. Heat the oil in a non-stick frying pan.
4. When hot, add the ground cumin seeds and stir-fry for 1 minute until fragrant.
5. Add the onion and cook for about 8 minutes, until soft, sweet, and browning. Add the chilli, garlic, and ginger, and fry for 2 minutes.
6. Add the tomato, coriander, turmeric, and salt.
7. Cook until the tomato softens and blends into the mixture.
8. Add the drained tofu, crushing it between your fingers directly into the pan (or mash lightly with a potato masher).
9. Cook for a few more minutes until the tofu is piping hot and well mixed with the spices.

Serve immediately on toast (or your Quinoa or Seeded Bread), optionally drizzled with oil, and enjoy alongside chai or salad.

HIGH PROTEIN - HORMONE SUPPORTIVE PESTO

INGREDIENTS:

2 cups fresh basil (packed)
1 cup Extra Virgin Olive Oil
½ cup hemp seeds
½ cup pumpkin seeds (or substitute more hemp)
½ cup EXTRA VIRGIN ORGANIC olive oil
2-3 cloves garlic
2-3 tbsp lemon juice (start with 2)
½ tsp sea salt - or to taste
2 tbsp nutritional yeast (adds B vitamins + cheesy flavor)

METHOD

1. Toast pumpkin seeds lightly in dry pan (2-3 min) - enhances flavor
2. Add all ingredients to food processor
3. Pulse until desired consistency (chunky or smooth)
4. Taste and adjust - add more lemon if needed
5. Store in jar with thin layer of olive oil on top

Protein: ~8g per 2 tbsp serving

USES

- Toss with quinoa or brown rice
- Use with rice noodles, kelp pasta or buckwheat (soba) noodles
- Dollop on tofu mushroom bowl or salads
- Spread on buckwheat dosas
- Mix with inside of oven baked sweet potato or potato
- Drizzle over steamed vegetables
- Use as salad dressing (thin with lemon juice or water)

Storage: Keeps 5-7 days in fridge, or freeze in ice cube trays for portions.

HIGH PROTEIN POWER BALLS OR BARS- MENOPAUSE SUPPORT

INGREDIENTS

1½ cups raw almonds
½ cup almond butter (or pumpkin seed butter)
¼ cup hemp seeds
¼ cup pumpkin seeds
½ cup pitted dates (just enough to bind)
2 tbsp cacao or Matcha powder (optional)
Pinch of sea salt

MEDICIANAL ADDITIONS

- **1-2 tsp Ashwagandha powder (stress, sleep, hot flashes, hormone balance)**
- **1 tbsp ground flax seeds (lignans help with estrogen balance)**
- **1 tsp *RED GELATINIZED* Maca powder (hormone/energy support)**
- **2 tbsp sesame seeds or tahini (estrogen metabolism)**

METHOD

1. Pulse almonds in food processor until coarsely ground
2. Add almond butter, hemp seeds, pumpkin seeds, sesame seeds, dates
3. Blend until sticky and holds together
4. Add Ashwagandha, maca, flax, cacao, vanilla, salt - if using
5. Roll into balls and refrigerate or press flat into a baking dish to cut into slices once refrigerated.

MAINTENANCE SUPPLEMENT STRATEGY

OPTIONS

Methylcobalamin (B12) for steady energy, focus, and mood balance. Essential for plant-based diets since B12 is one of the only nutrients missing from vegan diets.

TIER 1

D3 Maximus – Vitamin D3 + K2
Essential Omegas – EPA/DHA Fish Oil
Magnesium Replenish OR Mag Energy
B Maximus

TIER 2

Wise Women's Balance
Adrenal TLC
Vitamin C Burst

TIER 3

Gluco Maximus
Quercetin Plus Nettles
Zinc Picolinate
Vitamin E
Estrogen Boost
Mag Energy (Or Replenish)

STRATEGY

1. Start with Tier 1 for 4–6 weeks - observe.
 2. If energy drops, hormonal symptoms resurface, or anything feels like it needs more support, layer in Tier 2 for another 4–6 weeks. This can be done with more blood panels, or you can decide intuitively.
- Same with Tier 3, if you feel you still need support with hormones, immune, inflammation etc, add it on.