



The Ayurvedic Meal experience
with
Home Chef Shry Kalra



PROFILE – SHY KALRA

Former Fashion Choreographer & A Show director
Now is a celebrated Home Chef & A Student of Ayurvedic
Nutrition Foundation Certified Programme from The Ayurveda Association
of Singapore www.aaos.org

She truly believes in the theory of “Food is Medicine”.
She loves cooking and had Home Science as a subject at school in her A levels,
where she learnt her basic cooking, food preparation and how to use spices.

As a kid she also assisted her Dad to cook weekend luncheons ,she says that
brings back flavorful memories, as he was a passionate weekend cook and the
best host for all the foodies .He shared old folk's tales and poetry along with
his recipes. He used various Himalayan spices that were ordered on special
requests and techniques that were like Ayurveda.

Her Dad taught her that ‘Food is Blessed when Shared". She picked his
personality trait and carries forward the tradition of curating meal
experiences over weekend luncheons and dinners with great conversations of
wellness . Her meals give an insight of ayurvedic practices and helps people to
make right food choices & understand their own food personality type . She is
also a Yoga enthusiast and truly believes that “You eat what you look “.She
has hosted some of the finest ladies from her museum enthusiast group .They
have gone back home waiting for another invitation to suit their Ayurvedic
clock.



FLOW OF THE DAY

12.00 pm - Guests to collect name cards and to be seated

12.20 am – Introduction of the Speaker and the guests

12.30 pm – Building blocks of Ayurveda

12.40 pm – Ayurveda approach to Food (know your Dosha :Vata , Pitta, Kapha)

12.50 pm –How to choose your food to create a balanced meal & what are the common myths of combining food , portion sizes

01.00 pm –How to prepare an Ayurvedic meal (Demo of a recipe , Discussion of Sample menu Plans according to your dosha

01.15pm – Lunch Service and tasting session for the guests to conclude the Ayurvedic meal experience





MENU

WELCOME DRINK

Coconut Water

NON - VEGETARIAN

Home made Chicken Curry in Himalayan Spices

Or

Pan Seared Fish in Turmeric

Okra with Dried Masala

Cauliflower with Potatoes

Yellow Moong Dal with ginger

Indian Rice Pilau

VEGETARIAN

Chickpea in tomato & onion gravy

Okra with Dried Masala

Cauliflower with Potatoes

Yellow Moong Dal with ginger

Indian Rice Pilau

DESSERT

Semolina Halwa

Indian Chai with Spices



Ayurveda Association of Singapore (AAOS)
aaos.org.sg

CERTIFICATE OF ATTENDANCE

This certificate is presented to

Shyamlee Kalra

for attending

Ayurveda Foundation Certificate Course

31 January - 28 February 2021
online Program.



A handwritten signature in black ink, which appears to read "Vasanthi", written over a horizontal line.

Vasanthi Pillay President,
Ayurveda Association of Singapore (AAOS)



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aaos.org.sg

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14 March - 30 May 2021
online Program.

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Vasanthi Pillay President,
Ayurveda Association of Singapore (AAOS)



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