

UNIVERSAL GASTRONOMY

Healthy Plates Around the World

A curated exploration of regional longevity blueprints, nourishing ingredients,
and simple classic preparations from France, India, and Japan.

FRANCE

Balanced Indulgence: Discovering French longevity rooted in beautiful seasonal vegetables, clean proteins, and mindful meal architecture.

Asparagus, Eggs & Lentils

FRENCH HEALTHY BREAKFAST

Asparagus & Eggs

- 1 bunch green asparagus
- 2 large fresh organic eggs
- 1 tbsp extra virgin olive oil
- Sea salt, black pepper, and parsley

Prep: Boil eggs for 6 min (soft) or 8 min (hard). Sauté asparagus in olive oil for 4-6 minutes until tender-crisp. Slice eggs and serve over warm asparagus.

FRENCH NOURISHING SOUP

Hearty Lentil Soup

- 1 cup dry brown or green lentils
- Onion, carrots, celery, garlic
- 1 can diced tomatoes & 6 cups broth
- 1 cup chopped spinach or kale

Prep: Sauté aromatics. Simmer lentils & tomatoes in broth (30-40 min) until tender. Stir in spinach for 2 min. Serve hot with fresh lemon juice.

French Visual Classics

Ratatouille

An overlapping spiral pattern of eggplant, zucchini, and roma tomatoes, baked over a slow-simmered tomato base infused with fresh thyme leaves and garlic. Pure Mediterranean nourishment.

Classic Salad Lyonnaise

Crisp frisée endive tossed in a warm shallot & red wine Dijon vinaigrette, balanced with lean, thick-cut bacon lardons, gold-brown croutons, and crowned with a delicate warm poached egg.



INDIA

The Wisdom of Spices: Celebrating ancient, plant-forward Ayurvedic traditions that emphasize digestion, active spices, and restorative protein balance.

South & North Classics

SOUTH INDIAN CLASSIC

Steamed Idli & Sambar

- Rice & Urad Dal fermented batter
- Toor Dal, Sambar Powder, Tamarind
- Okra, carrots, drumsticks
- Mustard seeds, Curry leaves, Ghee

Prep: Steam fluffy fermented idlis. Simmer mixed vegetables in cooked toor dal and tangy tamarind broth. Temper with spluttered mustard seeds and fresh curry leaves.

AYURVEDIC DAILY COMFORT

Moong Dal Khichdi

- 1/2 cup basmati rice
- 1/2 cup split yellow moong dal
- 1 tbsp ghee, cumin, grated ginger
- Turmeric powder & fresh cilantro

Prep: Sauté cumin and ginger in ghee. Stir in rinsed rice, dal, and turmeric. Cook in pressure cooker or pot with 3.5 cups of water until soft and easy to digest.

Indian Fresh & Warm Dishes

Kachumber Salad

A vibrant, unpeeled and refreshing raw salad consisting of diced cucumbers, red onions, tomatoes, and minced green chilies. Drizzled with a zesty, warm toasted cumin and lime vinaigrette.

Carrot Halwa (Reduced Sugar)

Fresh finely grated red carrots slow-cooked in clean ghee, simmered with whole milk and cardamom until rich and caramelized. Garnished with toasted almonds and pistachios.



JAPAN

Aesthetic Longevity: Exploring the structural excellence of traditional ocean fare, clean seasonal harvests, and gut-healthy fermented side dishes.

Traditional Longevity Meals

Ichiju Sansai Set Meal

The structured formula of Japanese dining: one bowl of fluffy short-grain rice, one warming mineral-rich miso soup with silk tofu, a main of crispy grilled Saba mackerel, and pickles.

Kaisendon (Sashimi Bowl)

Glistening, premium sashimi-grade raw tuna, salmon, and yellowtail slices neatly arranged over seasoned sushi rice, finished with ikura, clean shiso leaf, and freshly prepared wasabi.



Japanese Mineral & Plant Sides

MINERAL-RICH CLASSIC

Hijiki & Edamame Salad

- Dried hijiki seaweed (rehydrated)
- Shelled green edamame beans
- Carrots, fried tofu strips, lotus root
- Soy sauce, mirin, dashi, sesame oil

Prep: Sauté rehydrated hijiki, lotus root, carrots, and tofu in toasted sesame oil. Simmer with mirin, dashi, and soy sauce. Mix in fresh edamame and serve chilled.

DELICATE SAVORY CRAFT

Goma Tofu (Sesame Silk)

- 1/2 cup toasted white sesame paste
- 1/4 cup kuzuko (kudzu starch)
- 2 cups pure water or konbu dashi
- Mirin, soy sauce, wasabi for garnish

Prep: Whisk sesame paste and kudzu starch with dashi until perfectly smooth. Stir vigorously over medium heat until glossy and thick. Pour into mold, chill to set.

Why Choose Healthy Eating?

80%

HARA HACHI BUN ME

Enhanced Energy & Focus

Clean, unrefined whole grains (Basmati, Japanese Short-grain) prevent glucose spikes, keeping focus levels steady throughout the day.

Immune System Support

Probiotic-rich miso paste, active ginger root, cumin, and turmeric spices directly stimulate digestive immunity and fight cellular stress.

Inner Vitality & Balance

Plentiful antioxidants from French vegetables paired with healthy omega-3 fats from fresh grilled mackerel maintain cardiovascular integrity.

Universal Wellness Wisdom



Shokuiku (Food Education)

Learn which pure ingredients truly enrich the mind and support muscular vigor.



Seasonal Abundance (Shun)

Prioritize fresh, regional ingredients harvested at their absolute peak nutritional value.



The 80% Full Rule

Practice mindful eating. Stop eating once you achieve moderate satiety to protect digestive health.



A Balanced Blueprint

Combine multiple sources of protein, healthy plant fibers, and natural unrefined grains.



Active Fermented Foods

Improve your gut health with daily additions like rich dashi miso, pickles, or live-culture yogurt.



Nourish Mindfully

Savor every bite, appreciate nature's bounty, and build a peaceful connection with food.

Image Sources



<https://olivesfordinner.com/wp-content/uploads/2012/09/ratatouille-spiral-2.jpg>

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