

# Solar Plexus dinner

**Sunday 6/08/2025 @ 5:00**



## Program:

- Begin with a brief explanation of how each dish aligns with the body's chakras, emphasizing the balance of energy and nourishment provided through mindful eating.
- Calming meditation session accompanied by the resonant tones of a healing gong, designed to enhance relaxation and promote a sense of inner peace and well-being.



## Plant-based GF MENU

- **Corn Dumplings in Chowder**
- **Banana & Pineapple Curry with Potato and Mixed Vegetables**
- **Quinoa Stuffed Yellow Pepper**
- **Baked Apricot with Spiced Yogurt**

**\$51.50 a person**

**Reserve online or in store**  
**<https://luisastreetfood.com/>**

**248-677-3331**  
**22851 Woodward**  
**Ferndale, MI 48220**



# Luisa's

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STREET FOOD

# Solar Plexus - Dinner 6/8/2025

The solar plexus chakra, also known as the Manipura, is the third chakra in the body's energy system. It is located in the upper part of the abdomen, just below the diaphragm. This chakra is associated with self-esteem, ego, willpower, and the ability to exert control and confidence in life. A balanced solar plexus chakra fosters a strong sense of identity, confidence, and motivation.

Element: Fire

Physical Body: Manipura chakra relates to the digestive system, gall bladder, pancreas, adrenals and liver.

Emotional Body: The Manipura chakra is also all about being able to deal with things, it's how you 'digest' your life.

Color: Yellow. Consuming foods that are yellow in color and rich in nutrients can help balance the solar plexus chakra. These foods are known to boost energy levels, enhance digestion, and improve overall vitality.

## MENU

- ROASTED CORN CHOWDER & CORN DUMPLINGS

Soup with roasted corn stewed in coconut milk with corn dumplings. Corn provides fiber and essential nutrients, aiding in digestion and energy production.

- BANANA & PINEAPPLE CURRY WITH POTATO AND VEG

Rich in potassium, bananas support heart health and provide quick energy. Pineapple contains bromelain, which aids in digestion and reduces inflammation.

- QUINOA & SQUASH STUFFED YELLOW PEPPER

Quinoa stuffed yellow pepper with fennel, squash and dried fruit.

- Yellow Peppers: Source of vitamin C and antioxidants, they promote healthy skin and immunity.
- Yellow Squash: Offers vitamins and fiber, supporting digestive health.

- BAKED APRICOT WITH SPICED YOGURT

This delicious dessert not only aligns with the solar plexus chakra's theme of warmth and vitality, but it also provides a comforting end to your chakra-aligned meal.

