

AYAHUASCA DIET PREPARATION



PREPARE YOUR BODY, MIND & SPIRIT FOR A SAFE AND
TRANSFORMATIVE CEREMONY



WHAT TO EAT



RICE & QUINOA

Easy to digest, provides steady energy.



PLANTAIN & YUCA

Traditional staples that nourish and satisfy.



VEGETABLES

Cooked, fresh vegetables support your body.



FISH & EGGS

Clean protein that is light and nourishing.



FRESH FRUITS

Natural sweetness and important vitamins.



HERBAL TEAS

Chamomile, mint, and other gentle herbal teas.



Focus on simple, whole, and natural foods. Stay hydrated and eat light, especially in the 24–48 hours before ceremony.



WHAT TO AVOID



AGED CHEESE

High in tyramine which can cause dangerous interactions.



CURED & PROCESSED MEATS

Contain tyramine and preservatives.



FERMENTED FOODS

Such as soy sauce, miso, kimchi, sauerkraut, etc.



ALCOHOL

Interferes with the medicine and your liver.



CAFFEINE

Can increase anxiety and affect the experience.



CHOCOLATE

Best avoided during the final preparation days.



These items can interact with the MAOIs in ayahuasca and may cause high blood pressure, nausea, or other risks.



PREPARATION TIMELINE



2 WEEKS BEFORE

- ✓ Stop alcohol and recreational drugs
- ✓ Reduce processed foods & sugar
- ✓ Begin intention setting
- ✓ Start meditation or breathwork



1 WEEK BEFORE

- ✓ Avoid high-tyramine foods
- ✓ Eliminate caffeine
- ✓ Eat clean, simple meals
- ✓ Stay hydrated



24–48 HOURS BEFORE

- ✓ Eat light & easy to digest
- ✓ Stick to simple foods (rice, vegetables, fruits)
- ✓ Drink water, but avoid overhydrating



MIND & HEART PREPARATION



Reduce stress and overstimulation



Reflect on your intention



Cultivate gratitude and openness



Seek support and community

Preparation is an act of self-love and respect for the medicine, the tradition, and yourself.

THE CEREMONY BEGINS THE MOMENT YOU DECIDE TO PREPARE.

Do it well, and everything that follows becomes clearer.



CAMINO AL SOL
AYAHUASCA RETREATS