

Guidelines for Cooking for Srila Romapada Swami Maharaja

Following are guidelines based on the suggestions of an Ayurvedic Doctor. Please carefully go through them before you cook for Maharaja.

Permitted Foodstuffs

Grains	Best: Spelt flour, Brown Rice/Sona Massori/Kolam Rice, Millet, Quinoa, Amaranth, Oats bran.
	Less OK: Oats, Basmati Rice
Legumes	Best: Green Moong dal, Yellow Split dal; Toor/Arhar dal (cooked with Kokam) only once in 15 days
Vegetables	Best: Leafy green vegetables like different kinds of Spinach, Kale; Squashes like Butternut, Acorn, Spaghetti Squash, English Marrow, Pumpkin or Tindora; Chayote, Bottle Gourd, Ridged Gourd, Chinese Okra, Parwal, Fresh Karelas (Bitter Melon), Carrots, Asparagus, Artichoke, Green Papaya, Zucchini, Drum Sticks, Jackfruit, Plantains – Raw Bananas, Bananas flowers and Banana stems.
	Less OK: Sweet corn, Snake gourd, Broccoli and Lauki.
Fruits	Best: Pomegranate, Papaya, Brown Pears, Cherries, Lychees, Sweet Grapes, Apples, Ripe Guavas, Cheekoo, Persimmons, Sweet and Ripe Kiwis.
	Less OK: Ripe Mangoes, Apricot, Plums, Nectarines, Peach, Blueberry; Melon (should never be mixed with other fruits).
Spices	Best: Ginger, Cumin, Methi, Dhaniya (Cilantro), Hing, Fennel and Black Pepper. Kokam can be used as a replacement for Tamarind (it is more strong than Tamarind); Italian Spices can also be used; Sea Salt is preferable over Iodized Salt. Dry Mango Powder can also be used.
	Less OK: Garam Masala, Dry/Shredded Coconut.
Sweetener	Best: Herbal sweetener – Stevia powder/liquid.
	Less OK: Dates and Rasins soaked overnight; Maple Syrup (only a tablespoon in 2 cups of flour).
Tea	Best: Ginger, Dandelion, Burdock, Chicory, Cinnamon, Ginseng, Methi.
Oils	Best: Ghee, Olive Oil – just for seasoning (2-3 teaspoons in entire cooking). Never deep fry anything.
Nuts/Others	Best: Soaked Almonds; Some Fresh Coconut can be used in cooking. Water of young/green coconut is good (to be given only in summer, in morning or afternoon). Organic Rice based cheese (Cream Cheese/Parmesan/Mozzarella/Cheddar).
	Less OK: Cashew, Walnut and Pistacio; Dry Coconut; Fresh Paneer can be used once a week.

Prohibited Foodstuffs

Grains	No Wheat, No Refined flours like Maida, Farina, Semolina, No all purpose flour, No chickpea flour/besan.
Legumes	No Green Peas, Urad dal, Masoor dal, Kidney beans, Garbanzo/Chick Peas, Black eyed peas or Other beans.
Vegetables	No Tomatoes or other Sour/Acidic foods like unripe Mango, Lemons, Limes; No Turnips, Radishes, Okra, Red Pepper, Green Pepper, Cabbage, Cauliflower, Brussels sprouts, Peas, Yams, Cucumber, Beets, Potatoes and Sweet Potatoes.
Fruits	No Citrus fruits like Oranges, Grape fruit; No Sour Kiwi, Strawberries, Bananas.
Spices	No hot spices like chilies – green, red, cayenne.
Dairy Products	No yogurt, No Aged or Regular Cheeses, Heavy Cream, Butter.
Sweetener	No sugar of any kind (Refined sugars, White sugar, Brown sugar, Raw sugar) and No Honey (it is poisonous when heated or used in baking), Molasses.
Oils	No Coconut/Canola/Peanut Oil.
Others	No Fried foods, No Fermented foods like yogurt, hard cheese and yeasted breads; No canned/micro-waved/frozen/processed/readymade foods; No Raw foods; No Peanuts; No Tamarind, No Vinegar.

Diet

Before serving prasadam one may ask him if he is ready to honor prasadam.

Early Morning (between 3:00 – 4:00 am, when Maharaja wakes up): Date Drink, Morning Drink and Ginger Tea

Breakfast (ready by 9:00 am): Kichari (with Vegetables), Applesauce, 2-3 Muffins, grated Ginger, a bowl of cut pieces of ripe Papaya, Kokam Chutney and Green Drink.

Lunch (ready by 2:30 – 3:00 pm): Dal, 2 Vegetables (Sabjis), Chapattis, grated Ginger, Salad, Rice; Optional: Soup, Chutney.

Dinner (after Evening program): 3-4 kinds of Fruits; 2 cups of hot Organic Cow Whole Milk, (if possible without Vitamin D added, no BST hormones fed to cows). May add cardamom and saffron; No Sugar. Turmeric and Ginger can be added if asked by Maharaja.

Ekadasi Lunch (after noon): Maharaja prefers to fast till noon. Quinoa Pulao with vegetables, Baked squash, Salad and Soup.

It is recommended to serve **fresh juices** twice a day (around noon time and in the evening) in moderate quantity (may be a glass). You may choose any/few fruits from the permitted fruits (listed above) for the fruit juice. Carrots and Apples go well together. Juice of Leafy vegetables like Kale, Spinach, Alpha-Alpha sprouts, Salad mixes; or Ginger, Carrots, may add a small piece of beet, Celery with green shoots or Fennel bulb; or Top head of Asparagus along with Herbs – cilantro, basil, mint etc can be offered to Maharaja.

Recipes

Date Drink:

Soak overnight, 2 washed Figs, 3 washed Dates, 1 tablespoon of Fennel seeds, 2 Cardamom pods and 4 Almonds in one cup of water. Remove the skin of Cardamom and Almonds in the morning. Blend everything by adding water (the same cup of water in which it was soaked) little by little till it becomes a nice paste and then add rest of the water.

Morning Drink:

Soak overnight, 1 washed Date, 1 teaspoon of Fennel seeds, 2 Cardamom pods and 2 washed Almonds in one cup of water. Remove the skin of Cardamom and Almonds in the morning. Blend everything in the same one cup of water in which everything was soaked.

Apple Sauce:

2 Tart Apples, cored and peeled. Cover cut apples with small amount of water. Add 1/2 teaspoon fennel powder (or 1 teaspoon of fennel seeds) and 1/4th teaspoon of cardamom powder (or 2 cardamom pods) to the water and boil for 15-20 minutes or until apples are cooked. Remove any remaining water (can be taken as prasadam). Blend or mash the apples and add 3/4th teaspoon of cinnamon.

Green Drink:

Previous night: Soak 20 almonds in some water.

Morning: Peel the skin of almonds. Do not throw away the water in which you had soaked the almonds as it has beneficial enzymes. Blend the almonds in a blender using this water. If required add more water.

Add the following and blend well.

- 1/2 teaspoon Psyllium husk powder
- 2/3 teaspoon Organic Spirulina
- 2/3 teaspoon fat free Vegetable protein
- 2/3 teaspoon Liquid Chlorophyll
- More than handful of cut ripe Papaya pieces (When we cut a papaya, we usually keep the inner completely ripe portion for Maharaja to take directly and the less ripe outer portion is used for this green drink.)

The final quantity can be around 800ml and it should have a pour able consistency. The green drink tends to become thicker after some time, so while serving to Maharaja, either it has to be mixed well again or you might want to add some more water.

Notes

- If chapattis have to be made in advance, one can wrap them in paper towel/clean cloth, then with aluminum foil and place them and other cooked items as well in a warm oven (180-200 degrees Fahrenheit). Chapattis remain soft this way and re-heating of prepared items may not be required. Maharaja likes warm prasadam.
- When preparing sabjis – Maharaj likes sattvic preparations with fewer amounts of spices and oil/ghee. Moist preparations are better than dry preparations for his digestion.
- Best is to cook in filtered/bottled water. If possible, buy Poland Spring or Geyser bottles.
- It is recommended not to use Aluminum pots for cooking or baking for Maharaja.

If you need some further assistance, please contact Prema-tarangini Mataji at ptdd.rps@gmail.com / 703-820-5913 / 571-201-0165 or Hemangi Mataji at hemangidd@yahoo.com / 847 348 8295.