

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, Kolam Rice, Vari rice, Barley, Ragi, Bajra, Jawar(Millet), Quinoa, Amaranth, Oats, Chipped rice (poha), puffed rice (murmura), Rice rava, Popcorn

Less OK: Basmati Rice

Legumes

Best: Green Moong dal, Yellow Split dal; Toor/Arhar dal

Vegetables

(In The Form of Salad/Juice/Soup/Boiled/Cooked)

Best: Leafy green vegetables like different kinds of Spinach, Kale, methi; Squashes like Butternut, Acorn, Spaghetti Squash, Pumpkin, Tindora; Chayote, Bottle Gourd, Ridged Gourd(Turai), Snake gourd, Chinese Okra, Parwal, Fresh Karelas (Bitter Melon), Carrots, Asparagus, Artichoke, Green Papaya, Zucchini, Drum Sticks, Jackfruit, french beans, beets, Plantains – Raw Bananas, Bananas flowers and Banana stems.

Less OK: Sweet corn, Broccoli.

Fruits

Best: Apple and Papaya,

Less OK: Cherries, Ripe Guavas, Persimmons, Ripe Mangoes, Apricot, sweet nectarines, Blueberry, raspberry.

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. Amala (gooseberry)

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.

Dairy products

Milk

Less OK: fresh cheeses, rice cheese

Sweets

Carrot Halwa, Dudhi halwa, Rice kheer, Rice rava shira, moog dal shira, rajgira shira

During fast

Rajgira (Bhakari, shira, kheer, laddu), Vari rice (samo), Quinoa

Nuts/Others

Best: Cow's Ghee, Dry Fruit (Almond, Apricot, Jardalu, Fig, Black Raisins) 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, Okra, Red Pepper, Green Pepper, Cabbage, Cauliflower, Brussels sprouts, Peas, Yams(Suran, Ratalu), Cucumber, Potatoes and Sweet Potatoes.

Fruits

No Chiku, Pomegranate , Bananas, Grapes, Sweet Lime, Orange, Litchi, Water Melon, Musk Melon, Custard Apple, Pear, Peach, Plums
No Citrus fruits

Spices

No hot spices like chilies – green, red, cayenne.

Dairy Products

No Paneer, Tofu
No yogurt, No Aged or Regular Cheeses

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/Peanut Oil.

Others

No Fried foods, No Fermented foods like yogurt, hard cheese and yeasted breads; No canned/microwaved/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) or Poha (chipped rice) or Rice rava upma or cooked oatmeal or moong dosa/chila + Applesauce, 2-3 Muffins, grated Ginger, little sprouted moong, a bowl of cut pieces of ripe Papaya, Kokam Chutney and Green Drink.

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

Dinner (after Evening program): 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 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.

Notes

- Salt should be on the lower side.
- Avoid excess butter and cheese.
- Avocado should not be used more than twice per week

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