

Guidelines for cooking for Srila Romapada Swami Maharaja -

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

	Permitted	Prohibited
Grains	Spelt flour, brown rice, white rice (less preferred), wild rice, barley, ragi, bajra, jawar(millet), amaranth, oats, puffed rice (murmura), rice rava, popcorn, quinoa, vari rice(also called samo/moraiyo for ekadasis)	Wheat, refined flours like all-purpose flour/maida, farina, semolina, chickpea flour/besan.
Lentils	Whole or spilt green moong dal is best.	Green peas, toovar dal, urad dal, masoor dal, kidney beans, garbanzo/chick peas, black eyed peas or other beans.
Vegetables (In the form of salad/juice/soup/boiled/cooked)	Leafy green vegetables like different kinds of spinach, kale, methi; squashes like butternut, acorn, spaghetti squash, pumpkin; tindora, chayote squash, bottle gourd (louki/dudhi), ridged gourd (turai), snake gourd, parwal, bitter gourd/melon (fresh karelas), carrots, asparagus, artichoke, green papaya, zucchini, drum sticks, jackfruit, plantains (raw bananas), bananas flowers, banana stems, sweet corn, broccoli, beets(for salad/juice)	Tomatoes or other sour/acidic foods like unripe mango; turnips, red pepper, green pepper, cabbage, cauliflower, brussels sprouts, peas, cucumber, potatoes, sweet potatoes, okra.
Fruits	Apple, Pear, papaya (preferred) sweet grapes, sweet cherries, ripe chiku, ripe guavas, pomegranate, persimmons, blueberry, raspberry, peach and sweet plums. Melons- watermelon, honeydew melon etc (note – melons should not be combined with other fruits according to Ayurveda) Less ok: Ripe Mangoes.	No sour or citrus fruits - sweet lime, orange, bananas, grapefruit etc
Spices	Ginger, cumin, methi, dhaniya, cilantro, hing, fennel and black pepper. Kokam can be used as a replacement for tamarind (it is stronger than tamarind); fresh lemon juice (may be used sparingly), italian spices can also be used; sea salt or rock salt (saindhav namak), amala (gooseberry), fresh shredded coconut Less ok: garam masala, dry coconut.	Hot spices like chilies – green, red, cayenne. Tamarind.
Dairy products	Milk Buttermilk (ok only in summer) Ghee	Cream, Paneer, cheese, Tofu, aged cheeses, goat cheese, feta cheese, any kind of cheese including vegetable/ rice cheese varieties.
Sweeteners	Stevia, Agave syrup (sparingly)	Sugar of any kind (refined sugars, white sugar, brown sugar, raw sugar),

		molasses.
For Ekadasi fast	Quinoa, Amaranth/rajgira (for chapati, shira, kheer, laddu), vari rice (samo)	
Nuts and dry fruits etc	Almonds are best. Less ok – to be used only very sparingly: cashew, walnut and pistachio, Dried apricot, fig, black raisins, dates.	Peanuts
Cooking Oil	Olive Oil or cow's ghee	Peanut oil, coconut oil, canola or any other kind of oils.
Baked goods	Baking powder or baking soda Baked goods to be served only about once a week. See below in the general notes for further details.	Yeast
Other	Coconut water, fresh coconut	Fried or fermented foods, yeast, tamarind, amchur, vinegar; canned, microwaved, frozen, processed, readymade foods; any kind of cheese including rice/ vegetable cheese.

Canned vegetables, processed foods are not favorable for cooking according to these updated guidelines. So, kindly strictly avoid any canned vegetables/ food.

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

Early morning Ginger tea. No date drink.

Breakfast (at 9:00 am): Please serve only one item in modest quantity.

Kichari (with vegetables) or rice rava upma or rice noodles or cooked oatmeal or moong dosa/chila or poha or spelt flour/rice rava dosa etc.

+ 1 bowl of applesauce

+ little grated ginger

+ 2 tbsp of roasted pumpkin seeds with salt and pepper.

Lunch (at 1:30 pm): rice, dal, 2 vegetables (sabjis), chapatis, 2 tbsp of roasted pumpkin seeds with salt and pepper, little grated ginger. No Jaggery or Honey.

Optional: soup, salad, chutney.

Dinner (8:00 pm): Vegetable Soup ONLY.

Ekadasi lunch (at noon usually. Maharaja prefers to fast till noon) – a sample menu for ekadasi - Quinoa pulao with vegetables, baked squash, salad and soup.

Fresh juices may be served once a day (around evening 4:30-5:30 PM) in moderate quantity (may be a glass).

Kindly avoid sweet fruits until further notice. Please only use apples, pears or blue berries along with vegetables or make healthy vegetable juices.

(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.)

Some general notes

Sabjis/dal should only be mildly spiced. Maharaj does not like any strong/pungent flavors.

Avoid excess butter or ghee. No cheese of any kind (including rice/ vegetable cheese varieties)to be used.

Baked items – only occasionally; Baked vegetables are permitted. Baked bread, desserts (without any sugar) can be served not more than twice a week.

Avocado should not be used more than twice per week.

If you have any questions or need any assistance, please contact- Satarupa dd at shatarupadd@gmail.com or 314-719-6119