

Br. Girishji's Bhiksha Guidelines

Hari OM All,

Please follow these guidelines, while preparing bhiksha for Br. Girishji:

LUNCH/DINNER:

1. Steamed Vegetables – Cut a variety(3-4) of green vegetables into 1 inch pieces and steam for 8 to 10 min., do not add anything including salt, pepper, oil or butter

Possible vegetables: **Broccoli, Asparagus, Brussels Sprouts, Sugar Snap Peas, Carrots, Cauliflower, Beans, Artichokes, Red/Orange/Green Bell Peppers, Greens like Swiss Chard, Red Kale, Spinach etc.**

Note: You may just bring the cut vegetables, and steam them in Girishji's steamer, if needed.

2. Dal
3. One Cooked vegetable dish
4. Quinoa (Available at HEB*plus*/Whole food)
5. Chapatis (optional)
6. Fruit for God(Avoid Apple & Banana)

Please AVOID the following completely: Onions, Garlic, Potatoes, Corn, Eggplant, Dairy Products, White Rice, Spicy Foods, Sweets

Notes:

1. Please bring some extra food; Girishji will use that food for dinner.
2. Please plan on serving Girishji lunch at 12:00 noon.

To sign up for Bhiksha please call Charu Mahajan at:
512- 291- 6134(H) /512-968-0527(Cell#)

or

Email: bhiksha.schedule@gmail.com

Thank you for your cooperation and Bhiksha
Hari OM.