

# Food List for Hosts of Mirabai Devi

## Foods Mirabai Cannot Eat

Cabbage  
Cauliflower  
Eggplant  
Garlic  
Meat or Chicken  
Mushrooms  
Onions  
Really hot or spicy food  
Really sugary food (sweets are ok, just prefers less sweet)  
Shell Fish (shrimp, etc.)  
Uncooked milk (cooked is ok)  
Vinegar

## Foods Mirabai LOVES

### Fruits and Vegetables

Potatoes – in all their forms, shapes, sizes, dishes...she LOVES potatoes!

Avocado  
Mango  
Lemons  
Limes

Artichokes  
Asparagus  
Salads  
Zucchini

Berries – all kinds  
Sweet oranges

### Proteins

Eggs (all forms including quiche)  
Goat Cheese (prefers Chevrie brand)  
White Fish OK sometimes

### Spices/Sauces

\*\*Herbamare (a salt seasoning mixture available in most health food stores. She LOVES it and puts it on everything!)

Mild spices  
Mild salsa  
Soy sauce  
Butter

### Mirabai's Recipe for Sauce for steamed veggies and/or potatoes:

¼ stick butter, ½ lemon, marjoram, Herbamare salt

### Mirabai's Recipe for Salad dressing:

soy sauce (or tamari), lemon, olive oil, Herbamare

### Carbohydrates

Crackers  
Brown Rice  
Potatoes (see above)  
Chips – corn and potato

### **Favorite Meals/Dishes**

Steamed Asparagus/Artichokes/Potatoes with her favorite Sauce (see above)  
Pasta Alfredo (cream sauce and parmesan)  
Macaroni and Cheese  
Burritos – Her favorite homemade burrito -- pinto beans, sour cream, avocado, pineapple (fresh or canned) and salsa.

### **Mirabai's Favorite Breakfast:**

Scrambled eggs with zucchini and tomatoes with toasted english muffin.

### **Mirabai's Favorite Cereals (though she prefers usually to have eggs for breakfast) –**

Peace Cereal (Vanilla Almond OR Raspberry Ginger Crunch) with Vanilla Rice Dream.

### **Drinks**

Peppermint Tea (around darshans particularly, plenty of peppermint tea is necessary)  
Fresh juices of any kind  
Ginger Tea  
Pomegranate Juice  
Water with Lime in it (no ice)

### **Fast Food On the Go!**

#### Chinese

Egg Drop Soup  
Seaweed & Vegi Soup  
Vegetable Noodles (not greasy)

#### Japanese

Miso Soup  
Vegetable Udon Soup (favorite)  
Avocado Sushi  
Vegetable Tempura

#### Italian

Pasta with tomato or cream sauce  
All vegetable pastas  
Cheese Ravioli in cream sauce (favorite)  
Tortellini in cream sauce  
Stir fry primavera  
Fettuccini Alfredo with parmesan cheese (favorite)

#### Mexican

Vegi pinto bean burrito with cheese, guacamole, sour cream

#### Pizza

Vegi pizza with artichoke, pineapple, olives, peppers, with goat or feta cheese

#### Indian

Paneer with peas