


## Pre-PK Preparation and Post-PK Supply List

### Kitchari Ingredients



2 lbs white organic basmati rice  
veggies such as zucchini, sweet potato, summer squash  
1 lb ghee \*  
2 lbs organic split mung bean \*  
turmeric \*  
cumin seed\*  
coriander powder\*  
salt  
black pepper\*  
mustard seed\*  
asafoetida (hing)\*  
Condiments to enjoy atop your kitchari:  
fresh cilantro  
shredded coconut  
fresh lime  
grated ginger

Fresh ginger—lots!

Trikatu

12oz doshic appropriate massage oil \* or 12 oz organic sesame oil\*

2 liter Organic Sesame oil\* for post PK basti

4 oz Castor Oil\*

4 oz. triphala powder\*

Herbs for basti

Enema bag

Individually recommended herbal formula

\*can be purchased at [www.banyanbotanicals.com](http://www.banyanbotanicals.com). I also like [www.mountainroseherbs.com](http://www.mountainroseherbs.com) for spices