

Weekly Talks by Teacher Jinhua Zhou

Date: May 2nd, 3rd

Part 1: Dharma talk: What is Buddhist Diet?

Part 2: Buddhist Diet and Regimen: The efficacy and role of pomegranate flower

Part 3. Weekly Buddhist Cuisine Menu: Cashew lily snow peas Stir-Fry

Date: May 9th, 10th

Part 1: Dharma talk: What is rejoicing in other's merits?

Part 2: Buddhist Diet and Regimen: benefits of snow peas

Part 3. Weekly Buddhist Cuisine Menu: Fried snow peas with fungus and yam

Date: May 16th, 17th

Part 1: Dharma talk: What is paying homage to all Buddhas?

Part 2: Buddhist Diet and Regimen: The magical uses of Loofah

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried king oyster mushrooms with snow peas

Date: May 23th, 24th

Part 1: Dharma talk: What is praising all Tathagatas?

Part 2: Buddhist Diet and Regimen: Dandelion: queen of herbs, the best "Detox Herb" for spring!

Part 3. Weekly Buddhist Cuisine Menu: Hawthorn fry

Date: May 30th, 31th

Part 1: Dharma talk: What is cultivating making offerings extensively?

Part 2: Buddhist Diet and Regimen: The role of the 8 most common B vitamins

Part 3. Weekly Buddhist Cuisine Menu: Enoki mushrooms with snow peas

Date: June 6th, 7th

Part 1: Dharma talk: Why do we need to take Buddhist diet?

Part 2: Buddhist Diet and Regimen: Fennel: The kidney master and stomach buster in the kitchen

Part 3. Weekly Buddhist Cuisine Menu: Stir-Fried wood ear fungus with lettuce

Date: June 13th, 14th

Part 1: Dharma talk: What is the three blessing fields (part 1)?

Part 2: Buddhist Diet and Regimen: the amazing health benefits of lettuce

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried oyster mushrooms with lettuce

Date: June 20th, 21st

Part 1: Dharma talk: What is the three blessing fields (part 2)?

Part 2: Buddhist Diet and Regimen: Mucus-rich foods are more nourishing

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried lettuce with organic bean paste

Date: June 27th, 28th

Part 1: Dharma talk: The meaning of extensive practice of offerings: offerings and relief

Part 2: Buddhist Diet and Regimen: Dragon boat festival health care "five" things

Part 3. Weekly Buddhist Cuisine Menu: Lettuce leaves with vegetarian oyster sauce

Date: July 4th, 5th

Part 1: Dharma talk: What are the benefits of Buddhist diet?

Part 2: Buddhist Diet and Regimen: What causes dry mouth, bitter taste and odor after waking up?

Part 3. Weekly Buddhist Cuisine Menu: Stir-Fried peas and carrots

Date: July 11th, 12th

Part 1: Dharma talk: What is Dharma Offering? (Part 1)

Part 2: Buddhist Diet and Regimen: Four nutritional values of lychee

Part 3. Weekly Buddhist Cuisine Menu: Tender peas stirred with sesame paste

Date: July 18th, 19th

Part 1: Dharma talk: What is Dharma Offering? (Part 2)

Part 2: Buddhist Diet and Regimen: Three points of summer health care

Part 3. Weekly Buddhist Cuisine Menu: Stir-fried winter melon with peas

Date: July 25th, 26th

Part 1: Dharma talk: The Importance of Reverence When Bringing out Bodhi Heart

Part 2: Buddhist Diet and Regimen: What are the benefits of coriander?

Part 3. Weekly Buddhist Cuisine Menu: Fried peas with dried bamboo shoots

Date: August 1st, 2nd

Part 1: Dharma talk: The Five Precepts and Cultivation

Part 2: Buddhist Diet and Regimen: Fruits are divided into cold and hot, and the selection is

particular.

Part 3. Weekly Buddhist Cuisine Menu: Spinach Salad

Date: August 8th, 9th

Part 1: Dharma talk: Vegetarian food is good for health

Part 2: Buddhist Diet and Regimen: Three Principles of beginning of autumn health

Part 3. Weekly Buddhist Cuisine Menu: Braised Soybeans with Seaweed

Date: August 15th, 16th

Part 1: Dharma talk: Nutritional Characteristics of Vegetarian Food

Part 2: Buddhist Diet and Regimen: Four uses of spinach

3. Weekly Buddhist Cuisine Menu: Stir-fried lotus root

Date: August 22ed, 23rd

Part 1: Dharma talk: How does vegetarian diet prevent cancer?

Part 2: Buddhist Diet and Regimen: Health care in the middle of summer time

3. Weekly Buddhist Cuisine Menu: Stir-fried Lotus Root

Date: August 29th, 30th

Part 1: Dharma talk: Vegetarian Diet is healthier than eating meat!

Part 2: Buddhist Diet and Regimen: Benefits of peaches

3. Weekly Buddhist Cuisine Menu: Stir- Fried asparagus with cashew

Date: September 5th, 6th

Part 1: Dharma talk: What is Buddha Dharm?

Part 2: Buddhist Diet and Regimen: Ten benefits of sweating

3. Weekly Buddhist Cuisine Menu: Lotus root salad

Date: September 12th, 13th

Part 1: Dharma talk: Without virtue, There will be disasters.

Part 2: Buddhist Diet and Regimen: Six anti-aging food with anthocyanin

3. Weekly Buddhist Cuisine Menu: Purple cabbage salad

Date: September 19th, 20th

Part 1: Dharma talk: What is the Heart Sutra talking?

Part 2: Buddhist Diet and Regimen: Eight benefit of Chestnut

3. Weekly Buddhist Cuisine Menu: Stir-fried purple cabbage with hot and sour Soy sauce

Date: September 26th, 27th

Part 1: Dharma talk: About Meditation (Part 1)

Part 2: Buddhist Diet and Regimen: Millet is the most nourishing for stomach

3. Weekly Buddhist Cuisine Menu: Stir-fried green pepper with lotus root

Date: October 3rd, 4th

Part 1: Dharma talk: About Meditation (Part 2)

Part 2: Buddhist Diet and Regimen: Nutritional benefits of bean curd sheet

3. Weekly Buddhist Cuisine Menu: Cumin bean curd

Date: October 10th, 11th

Part 1: Dharma talk: What is the Five Vehicle Teaching Method?

Part 2: Buddhist Diet and Regimen: The efficacy and method of consumption of Kudzu Root.

3. Weekly Buddhist Cuisine Menu: Loofah Agaricus Casserole

Date: October 17th, 18th

Part 1: Dharma talk: What is Bodhisattva?

Part 2: Buddhist Diet and Regimen: Efficacy of different Chrysanthemum Tea

3. Weekly Buddhist Cuisine Menu: Stir-fried Celery and Red Pepper with Dried Bean Curd

Date: October 24th, 25th

Part 1: Dharma talk: There is a kind of power called Relying on Oneself.

Part 2: Buddhist Diet and Regimen: Nutritional advantages of various soy products

3. Weekly Buddhist Cuisine Menu: Stir-Fried Beancurd with Pepper

Date: October 31st, November 1st

Part 1: Dharma talk: What is Bring Out Bodhicitta?

Part 2: Buddhist Diet and Regimen: Different colored vegetables and fruits have different nutritional value

3. Weekly Buddhist Cuisine Menu: Stir-Fried Yuba with Mushroom

Date: November 7th, 8th

Part 1: Dharma talk: What is the Eight-Fold Path?

Part 2: Buddhist Diet and Regimen: The miracle peppercorns

3. Weekly Buddhist Cuisine Menu: Stir-Fried Yuba with Green Pepper

Date: November 14th, 15th

Part 1: Dharma talk: What is the Precept, Samadhi and Wisdom Three Way of Learning?

Part 2: Buddhist Diet and Regimen: Five kinds of mushrooms to nourish blood and anti-aging

3. Weekly Buddhist Cuisine Menu: Stir-Fried Mushroom and Green Pepper

Date: November 21st, 22nd

Part 1: Dharma talk: What is the Twelve Linked Dependent Origination

Part 2: Buddhist Diet and Regimen: Health value of boded orange

3. Weekly Buddhist Cuisine Menu: Chawanmushi with dried mushrooms and bamboo shoots

Date: November 28th, 29th

Part 1: Dharma talk: The amount of money in life is predetermined

Part 2: Buddhist Diet and Regimen: Easily blocked acupoints in Spleen Meridian

3. Weekly Buddhist Cuisine Menu: Agaricus tofu soup

Date: December 5th, 6th

Part 1: Dharma talk: What is Nirvana?

Part 2: Buddhist Diet and Regimen: The edible value of Agaricus

3. Weekly Buddhist Cuisine Menu: Delicious mushroom soup

Date: December 12th, 13th

Part 1: Dharma talk: What is the Difference between Buddhist Diet and Vegetarian Diet?

Part 2: Buddhist Diet and Regimen: Traditional chinese medicine five-color health Care: Black Nourishing Kidney

3. Weekly Buddhist Cuisine Menu: Agaricus Tofu

Date: December 19th, 20th

Part 1: Dharma talk: What is the right way to have Buddhist Diet?

Part 2: Buddhist Diet and Regimen: Nutritional value of money mushroom

Part 3. Weekly Buddhist Cuisine Menu: Wish fulfilling tasty dried bean curd

Date: December 26th, 27th

Part 1: Dharma talk: What is the Three Realm?

Part 2: Buddhist Diet and Regimen: Six benefits of Buddhist Diet

3. Weekly Buddhist Cuisine Menu: Rose Lily Double Mushroom