

Stimated Monthly Expenses

Estimated in Euros

Food	gas (butano/propano)	
	vegetables	
	fruits	
	nuts/dried fruits	
	grains	90
	oil, spices	
	flours	
	milk	
	eggs	
Offerings	candles	
	zaffron	
	charcoil	
	tsampa (for sur)	15
	cereal (for chutor)	
	wine	
	cokies	
Health	medicine for the flu	
	soap	5
	Vitamins	
	tampax	
Other	Petrol for the delivery boy	10
	cleaning products	