

100 Brachos

The following is the recommended list of daily Brachos as notated in Mishna Berurah (46:14)

BEFORE BED

_____ Hamapil (1)

IN THE MORNING

_____ Al Netilas Yadayim (1)
_____ Asher Yatzar (1)
_____ Elokai Neshama (1)
_____ Morning Brachos (15)
_____ Birchas HaTorah (3)
_____ Tzitzis (1)
_____ Tefillin (2)

SHACHARIS

_____ Baruch Sheamar (1)
_____ Yishtabach (1)
_____ Brachos of Shema (3)
_____ Shemoneh Esrei (19)

LUNCH

_____ Al Netilas Yadayim (1)
_____ HaMotzi (1)
_____ Birkas Hamazon (4)

MINCHA

_____ Shemoneh Esrei (19)

MAARIV

_____ Brachos before Shema (2)
_____ Brachos after Shema (3)
_____ Shemoneh Esrei (19)

DINNER

_____ Al Netilas Yadayim (1)
_____ HaMotzi (1)
_____ Birkas Hamazon (4)

Additional Brachos

BEFORE FOOD

_____ Shehakol
_____ Haetz
_____ Haodama
_____ Mezonos
_____ Hagafen

AFTER FOOD

_____ Al Hamichya
_____ Borei Nefashos

ON MITZVOS

_____ Al Netilas Lulav
_____ Leishev BaSukkah
_____ L'hadlik Ner Shel Chanukah
_____ Al Tevilas Keilim
_____ Likboa Mezuzah
_____ Al Hatvilah

ROSH CHODESH

_____ Hallel (2)
_____ Musaf on Rosh Chodesh (7)

MORE BRACHOS

_____ Asher Yatzar
_____ Shehechyanu (on various occasions)
_____ Oseh maaseh Bereishis (on lightning)
_____ Shekocho U'gvuraso Malei Olam (on thunder)
_____ Zocheir Habris V'neeman B'vrso (on a rainbow)
_____ Borei Minei/Isvei/Atzei Besamim
(on various fragrances)
_____ Hanosein Reiach Tov Bapeiros
(on fragrant fruits)
_____ Borei Shemen Areiv (on fragrant oils)