



One Day Menu For Cultured Vegetables

30 Minutes Before Breakfast:

Juice of 1/2 a Lemon or juice of 1 Lime, squeezed into an 8 oz (225 ml) glass of warm, Spring Water. 1 tbsp Apple Cider Vinegar in warm water is another option

Tip: Add 1 tsp fresh, peeled ginger for added digestion benefit and extra zing to get the day started

Breakfast: Egg Burrito and Black Beans (see recipe) with Fermented Salsa

Snack: 1 orange

Lunch: Salmon Sandwich ½ cup avocado – mashed, 2 tsp mustard, 1/2 cup carrots, grated, 1tbsp green onion, 4 ounce salmon, in water, 1 romaine lettuce leaf, 1 2 pieces whole grain or gluten free bread, season with sea salt and pepper to taste

To make the wrap: Drain the salmon and rinse. Place the avocado, salmon mustard in a bowl and mash together. Add the sauerkraut and green onions. Mix. Season with sea salt and pepper. Since the sauerkraut is salty, you may not need much sea salt. Place the wrap on a flat surface. Spread the salmon over the surface of the wrap sprinkle on the carrots. Place the lettuce leaf on top. Fold the sides of the toward the center and then fold the edge closest to you towards the center and roll up the wrap. Stick a tooth pick in both ends and cut in half. Serve.

Afternoon Snack: Yogurt or Kefir(of choice) with Mixed Berries

Dinner: Turkey Veggie Casserole (see recipe) Green Salad

Evening Snack: 2 Hermit Cookies (see recipe)