1 Day Menu Plan for Kimchi

Lots of vegetables and fruits in this one day menu plan plus plenty of fiber with a nice combination of raw and cooked foods to aid digestion and sustain energy.

30 Minutes Before Breakfast:

Juice of 1/2 a Lemon or juice of I 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 stated

Breakfast:

Smoothie with choice of Protein Powder, Milk of Choice, 1 tbsp Chia seeds, 1/2 banana, 1 Orange, pinch Cinnamon

Snack:

Cashews and Dates

Lunch:

Carrot and Kale Ginger Soup and Whole Grain Roll or Crackers (choose gluten-free option if needed), Green Salad with Romaine Lettuce, Cherry Tomatoes, Green Onions, Cucumbers with Avocado Dressing (or use your favourite dressing)

Avocado Dressing: 2 tbsp olive oil, 2 tbsp fresh avocado, 2 tbsp aged balsamic vinegar, small clove chopped garlic, 1 tbsp fresh parsley sea salt and pepper to taste

Snack:

Hummus with Vegetables (Broccoli and Cauliflower pieces plus Red Pepper sticks)

Dinner:

Baked or Grilled Salmon with Honey Mustard Glaze, Kimchi Fried Rice and Steamed Asparagus

Snack:

Berries with Yogurt or Kefir or Coconut Yogurt

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