



Menu Plan for Beet Kvass Day 1

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: 1 cup ready-to-eat, whole grain cereal such as Crispy Brown Rice, 10 Almonds, chopped, 3/4 cup milk of choice, 1 tbsp maple syrup

Snack: 1 Banana (can add this to breakfast if desired)

Lunch:

Tomato, Raw Milk Aged Cheddar Cheese (or non-dairy cheese substitute), Lettuce and Sandwich on Whole Grain Bread with Avocado Dressing (1/2 avocado, peeled pitted and mashed mixed with 1-2 tbsp balsamic vinegar, small clove garlic, chopped, 1 tbsp chopped parsley, 1 tsp raw honey, sea salt and pepper to taste

Snack:

Mango Beet Kvass Smoothie

Dinner:

Baked Chicken Putanesca with Olives and Roasted Red Peppers (see recipe) Green Salad with 1 cup romaine lettuce, 1 cup spinach, 1 chopped green onion and 1/2 cup grated broccoli and dressing of choice

Evening Snack:

1 Apple