



One Day Milk Kefir Menu Plan

The kefir in this one day menu plan is in the dressing at lunch. If this is not enough kefir for you, then have some more at any time during the day. The rest of the day has plenty of prebiotic foods in the form of the onions, garlic, the almonds, whole grains and the corn in the chili. There are also plenty of other nutrients in this day as well as essential fatty acids, protein and good quality carbs.

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 stated

Breakfast:

Country Omelet (see recipe) 1/2 grapefruit

Snack: 10 almonds

Lunch:

Tuna Wrap (see recipe) with Green Salad and Parsley Kefir Vinaigrette (see recipe)

Snack:

Raw Organic Vegetable Crudités (carrot sticks, cucumber slices, colorful peppers—green, yellow and red) with Baba Ganouche (can be purchase at the grocery store) or your favourite dip

Dinner:

Sweet Potato Chili (see recipe)

Evening Snack:

Apple Slice with Cinnamon sugar