



Menu Plan for Sauerkraut Day 1

This menu plan provides a good serving of sauerkraut plus extra fermented foods with the yogurt or kefir and the balsamic vinegar or apple cider vinegar. If the Cashew Sauerkraut salad is not convenient for you to make, have a salad of your choice at lunch and add half a cup of sauerkraut to the Tomato Lentil Stew just before serving.

This menu has plenty of other benefits including prebiotic fibre with the garlic, onions, tomatoes and brown rice, protein, good fats and plenty of vitamins, minerals and phytonutrients. Adjust amounts according to your size and stomach needs.

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

Steel Cut Oats, sprinkled with cinnamon, Blueberries and a small drizzle of raw Honey or Maple Syrup, 1/2 cup Milk of choice (whole cow's milk, preferably organic, goat milk, coconut milk, almond milk)

Lunch:

Cashew Sauerkraut Salad, 2 Soft Boiled Eggs on Toast, seasoned to taste

Snack:

1 Apple with 1/2 cup full-fat Yogurt or Kefir, made with either cow's milk or coconut milk)

Dinner:

Tomato Lentil Stew (see recipe) with 1/2 cup cooked Brown Rice per person (1/4 cup dry). Green Salad made with Romaine Lettuce, Spinach, Green Onions, Cucumber and Balsamic Vinaigrette

Balsamic Vinaigrette 1 tablespoons olive oil, 2 tsp ground flax, 1 tbsp water 1 tablespoon balsamic vinegar*, 1 tablespoon fresh parsley, 1/2 tsp honey, 1 small clove garlic, chopped, sea salt and pepper to taste. Mix all the ingredients together and add to the salad. Toss and serve right away. *Apple cider vinegar can use used instead.

Evening Snack:

2 Nut Butter Cookies (see recipe)