



Menu for Water Kefir Day 1

This menu plan has a small amount of water kefir preserving of bean salad for lunch. To have more water kefir just add it to your water that you drinking throughout the day, if you like.

The day is loaded with prebiotics foods such as almonds, the berries, onions, garlic, the whole grain bread and crackers and brown rice of vitamins, plus more good bacteria in the yogurt and the honey. Adjust amounts according to your size and stomach needs. Drink plenty of clean, non-chlorinated water (such as spring water) throughout the day. Do not drink reverse osmosis water (unless re-mineralized) or distilled water

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 stated

Breakfast

Toasted Ezekiel bread (or whole grain bread of choice) with topped with Avocado spread, dice tomatoes, cucumber and sea salt and pepper. A small side serving of mixed pineapple and mango pieces **Avocado Spread:** 1 fresh avocado, peeled and pitted, 2 tbsp lime juice, 1 small clove garlic, 1 tbsp raw honey with sea salt and pepper to taste

Snack

A small handful of Homemade Trail Mix with Almond and Sunflower seeds, dried Goji Berries

Lunch

Bean salad with Water Kefir with a Kiwi for dessert

Snack

Whole Grain Organic Crackers with sliced aged Raw Cheddar Cheese (or non-dairy alternative) and celery sticks

Dinner

Herb Baked White Fish (see recipe) with Brown Rice (see Helpful Cooking Techniques) with a side serving of Bell Peppers, Carrots and Broccoli, sauteed in coconut oil or olive oil, onion and topped with lemon, sea salt and pepper

Evening Snack (if needed)

Yogurt topped with Mixed Berries (blueberries, blackberries, raspberries, strawberries)

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