



1 Day Menu Plan for Yogurt

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 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:

Cold Whole Grain Cereal such as brown rice crisps or whole grain cornflakes, milk of choice, banana slices, maple syrup or whole sweetener of choice. Add 1 tbsp hemp seeds or hemp hearts

Snack:

1 apple

Lunch:

Spicy Black Bean Tomato Soup with Yogurt and Cheddar, 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, 1 tsp raw honey, 2 tbsp aged balsamic vinegar, small clove chopped garlic, 1 tbsp fresh parsley sea salt and pepper to taste

Snack:

Natural Trail Mix

Dinner:

Lemon Thyme Chicken with Vegetables, Brown Rice or Baked Potato

Snack:

Chocolate Almond Treats