

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: Egg Burrito with Salsa and Black Beans (see recipe)

Snack: 1 Apple

Lunch:

Tomato, Cheese, Lettuce and Avocado Sandwich on Whole Grain Bread (see recipe)

Snack:

Mango Beet Kvass Smoothie

Dinner:

Baked Chicken Putanesca with Olives and Tomatoes (see recipe)

Evening Snack:

1 Banana