

## Menu for a Day

**Breakfast:** Start the day with a drink of lukewarm water and a slice of Lemon. Porridge (whole oats or brown rice) made with soya, oat or rice milk. Muesli (whole grainflakes, dried fruit, and important nuts and seeds) soaked overnight in water, fruit juice or different types of milk and/or with soya yoghurt. Wholemeal toast with dairy free margarine and fruit spreads, tahini, tahini+fruit-mixes, (e.g. mashed banana add a little tahini), low sugar but high fruit jams. Maybe fresh fruits, with a little soya yoghurt, chopped nuts or pureed fruit. Fresh fruit/vegetable juices. Drink herbal or fruit teas, coffee substitutes, luaka tea, rooibosch tea, green or white tea fresh juices from Vegetables i.e. carrots, beetroot, celery, fennel with a little fruit and ginger to add flavour. **Drink plenty of water (approximately 2 litres per day).**



**Mid-am:** More of the above drinks with organic wholemeal biscuits, wholemeal toast, rice cakes, home made cakes, especially if you have to eat little and often. Try to minimise your sugar and salt intake.



**Lunch:** Salads: Lettuce, cabbage (red or green), broccoli, cauliflower, tomatoes, sprouted seeds (i.e. alfalfa, mung beans, lentils, sunflower or fenugreek seeds). Carrots, celery, beetroot (raw or cooked), slices of avocado. All this can be eaten with humus or other tasty dips made with tofu, tahini, avocado, lentils, etc. Eat with wholemeal bread, cooked rice, quinoa, millet, buckwheat, cous-cous, bulghur wheat, wholemeal pasta. Try vegetable pate on wholemeal bread with salad. If this is your main meal you may also like deep-sea fish (not farmed) or organically reared chicken. Jacket potatoes or other baked vegetables with lots of salad or stir-fry or steamed vegetables. Vegetable soups, curries, stews, or bakes - eaten with the above accompaniments. We would suggest no more than 2 eggs per week, (incl. boiled, omelette, or in cakes).



**Desserts:** if liked, however, it can be easier on the digestive system not to have a dessert at all, or **leave it for about 1-2 hours after your meal.** Try also not to have a sweet dessert daily, instead eat Fresh fruit throughout the day. A treat could be dried fruit soaked or stewed, or in pies (with wholemeal pastry, or wholemeal crumbles) Eat these with soya custards, soya ice creams or home-made almond or cashew cream! Fruit mousses can be blended with tofu, nut creams, coconut cream. Enjoy!



**Mid-pm:** Same as morning drinks,

**Dinner:** More or less as Lunch. If this is your main meal it can also include Fish (always sea-fish not farmed) or Chicken, (organically reared).



**Desserts:** As at lunch, and as mentioned before, it may suit you better to leave some time after dinner before eating your dessert.

These are a few of our suggestions, please let us know what wonderful recipes you have found and what your favourites are.

