

I. BREAKFAST:

+ Cooked Grain - such as one of the following: Millet Brown Rice Barley Rolled Oats Buckwheat Spelt Quinoa

+ Fresh Fruits: - Select 2-3 kinds - especially Apples

+Fruit Sauce or Spread: - Mix 2 fruits in a blender-for sweetener add raisins or dates - (If diabetic or hypoglycemia, do not eat dried fruits - omit)

Almonds: - 8-10

+ Sunflower Seeds: - or pumpkin seeds, or sesame seeds-1 Tablespoon

+ Grain or nut milk - (optional)

How to make grain or nutmilk:

Grain milk: millet or brown rice

1 Cup of cooked grains

2-3 Cups of water - (The amount determines the thickness)

Blend in blender - salt to taste

Nut milk:

1 Cup raw nuts or seeds

2-3 Cups of water - (The amount determines the thickness)

Blend until liquid. Salt to taste

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II. Dinner

+ Cooked Grain: One of the following: Brown Rice, Corn, Millet or Potato - Baked or Boiled Whole Grain Pasta

+ Steamed Green: Vegetables or cooked fresh peas or beans

+ Raw Salad: Leaf lettuce or Romaine - along with carrot sticks, celery, radish, green peppers, plenty of sprouts

+ Salad dressing:

Lemon juice/honey (if not a diabetic or low blood sugar) Sunflower Seed Dressing: Whiz in blender until very creamy: 1 2/3 C water 1 tsp. salt (optional) 1/2 tsp. garlic powder 1 tsp. onion powder 1 C sunflower seeds 1/3 C lemon juice, Fresh is best.

+ Bread - Whole Grain – Optional

III. Supper: Very light - Five hours before bedtime

+ Vegetable Soup - whole grain bread or Fruit Salad and Bread