

Two week Menu

Week One

Monday:

Breakfast: Watermelon juice and mild green energy soup, or apple juice in the fall

Noon: Green drink (optional)

Lunch: Mild green energy soup

Dinner: Mild green energy soup

Tuesday:

Breakfast: Watermelon juice and mild green energy soup, or apple juice in the fall

Noon: Green drink (optional)

Lunch: Mild green energy soup

Dinner: Mild green energy soup

Wednesday:

Breakfast: Watermelon juice and mild green energy soup, or apple juice in the fall

Noon: Green drink (optional)

Lunch: Mild green energy soup

Dinner: Mild green energy soup

Thursday:

Breakfast: Applesauce, apple pear sauce, or apple peach sauce

Noon: Green drink (optional)

Lunch: Sprout, lettuce, and wild edibles salad, with avocado dressing. Green energy soup with more greens and avocado.

Friday:

Breakfast: Watermelon, melon, or apple, pear, peach, berry smoothie

Noon: Green drink (optional)

Lunch: Sprout, lettuce, and wild edibles salad, with avocado dressing (tomatoes, cucumbers may now be used). Green energy soup with wild edibles and avocado.

Dinner: Sprout, lettuce, and wild edibles salad, with avocado dressing (tomatoes, cucumbers may now be used). Green energy soup with wild edibles and avocado.

Saturday:

Breakfast: Rye groat, or Oat groat meal with banana or apple.

Noon: Green drink (optional)

Lunch: Nori rolls, and green energy soup.

Dinner: Green energy soup with Sprout loaf (lentil, garbanzo, or pea) and sauce

Week Two

Sunday:

Breakfast: Smoothie, Watermelon, melon, or citrus

Noon: Green drink (optional)

2:30: Buffet (seed cheese)

Monday:

Breakfast: Watermelon juice, or mild green energy soup

Noon: Green drink (optional)

Lunch: Mild green energy soup (no fat)

Dinner: Mild green energy soup (no fat)

Tuesday:

Breakfast: Melon, rye meal, oat meal, fruit smoothie, or citrus

Noon: Green drink (optional)

Lunch: Green salad with tomatoes, cucumber, pepper, and onions (oil based dressing),
tasty green energy soup. Crackers!

Dinner: Green salad, tasty soup, crackers, and seed cheese.

Wednesday:

Breakfast: Fruit smoothie, melon, or cut fruit

Noon: Green drink (optional)

Lunch: Green salad, alligator eggs

Dinner: Green salad, tasty green energy soup

Thursday:

Breakfast: Smoothie, melon, or fruit

Noon: Green drink (optional)

Lunch: Ice cream social

Dinner: Green salad, tasty green energy soup, and seed cheese.

Friday:

Breakfast: Smoothie, melon, or fruit

Noon: Green drink (optional)

Lunch: Tasty green energy soup

Dinner: Graduation Banquet