



## Rebuild, Restore, Recover – Menu (Week 2)

### Sunday

- B: Whole Grain Cereal w/Rice milk, Whole Wheat Toast, Juice
- L: Green Salad with Brown Rice w/Vegan Sausage
- S: Soup and Fresh Fruit

### Monday

- B: Whole Wheat Toast, Granola/Whole Cereal w/Rice Milk, Juice (carrot/apple/orange)
- L: Green Salad (onion, tomato, black olives, lettuce) Dressing – Olive Oil and Lemon Juice  
Seitan with brown rice
- S: Soup:  
Base: 1 potato, 1 carrot, 1 onion, 2 garlic cloves (boil and after use the “magic stick”).  
Water (2 cup)

You can add: Spinach one day  
Green Cabbage on another day  
Cauliflower next day  
Lettuce on the last day

Put the vegetable in the soup and let boil for 5 minutes. Put 1 tablespoon of olive oil.

### Tuesday

- B: Whole Wheat Toast, Granola/Whole Cereal w/Rice Milk, Juice (carrot/apple/orange)
- L: Green Salad (onion, tomato, black olives, lettuce) Dressing – Olive Oil and Lemon Juice  
With whole pasta
- S: Soup:  
Base: 1 potato, 1 carrot, 1 onion, 2 garlic cloves (boil and after use the “magic stick”).  
Water (2 cup)

You can add: Spinach one day  
Green Cabbage on another day  
Cauliflower next day  
Lettuce on the last day

Put the vegetable in the soup and let boil for 5 minutes. Put 1 tablespoon of olive oil.

## Wednesday

- B: Whole Wheat Toast, Granola/Whole Cereal w/Rice Milk, Juice (carrot/apple/orange)  
L: Green Salad (onion, tomato, black olives, lettuce) Dressing – Olive Oil and Lemon Juice  
Tofu with Couscous  
S: Soup:  
Base: 1 potato, 1 carrot, 1 onion, 2 garlic cloves (boil and after use the “magic stick”).  
Water (2 cup)

You can add: Spinach one day  
Green Cabbage on another day  
Cauliflower next day  
Lettuce on the last day

Put the vegetable in the soup and let boil for 5 minutes. Put 1 tablespoon of olive oil.

## Thursday

- B: Whole Wheat Toast, Granola/Whole Cereal w/Rice Milk, Juice (carrot/apple/orange)  
L: Green Salad (onion, tomato, black olives, lettuce) Dressing – Olive Oil and Lemon Juice  
Veggie Burgers with Boiled Potatoes  
S: Soup:  
Base: 1 potato, 1 carrot, 1 onion, 2 garlic cloves (boil and after use the “magic stick”).  
Water (2 cup)

You can add: Spinach one day  
Green Cabbage on another day  
Cauliflower next day  
Lettuce on the last day

Put the vegetable in the soup and let boil for 5 minutes. Put 1 tablespoon of olive oil.

## **Friday**

- B: Whole Wheat Toast, Granola/Whole Cereal w/Rice Milk, Juice (carrot/apple/orange)
- L: Green Salad (onion, tomato, black olives, lettuce) Dressing – Olive Oil and Lemon Juice  
Mung Beans with Brown Rice
- S: Soup:  
Base: 1 potato, 1 carrot, 1 onion, 2 garlic cloves (boil and after use the “magic stick”).  
Water (2 cup)

You can add: Spinach one day  
Green Cabbage on another day  
Cauliflower next day  
Lettuce on the last day

Put the vegetable in the soup and let boil for 5 minutes. Put 1 tablespoon of olive oil.

## **Sabbath**

- B: Whole Wheat Toast, Granola/Whole Cereal w/Rice Milk, Juice (carrot/apple/orange)
- L: Haystacks (chips or tortillas, beans, lettuce, onions, salsa) (add tomato, olives, soy cheese as desired)
- S: Fresh Fruit, Soy Yogurt, Whole Wheat Toast, Warm Apple Juice or Herbal Tea