

Session 2

- **Wednesday**

Breakfast

Porridge, sweet, plain or savory version (see Breakfast Ideas)

Snack

Fruits of your choice, local and seasonal if possible

Lunch

Hummus with carrots and celery sticks and Green Salad

Dinner

Vegetable soup of your choice (see Soups recipes in Session 1)

Dessert

Banana ice cream

- **Thursday**

Breakfast

Fresh fruit of your choice or a Smoothie

Snack

Handful of nuts and olives

Lunch

Salad of your choice from a Salad Bar with crackers and Walnut Pate or Sunshine Pate

Dinner

Baked Sweet Potatoes with Coleslaw Salad

Dessert

Lemon Pie

- **Friday**

Breakfast

Vegetable and fruit juice (see post on Juices)

Snack

2 -3 crackers with your favorite spread: walnut or sunshine pate/ hummus/ guacamole/ eggplant pate (see Spreads, Pates, Dips and Butters in Session 1)

Lunch

Sauerkraut salad with avocado and seaweed

Dinner

Lentil Dale

Dessert

Orange and Chocolate Delight

- **Saturday**

Breakfast

2 soft boiled eggs or a green smoothie if you prefer to stay dairy-free

Snack

Handful of pre-soaked almonds with goji berries

Lunch

A few crackers with Eggplant Pate and Green Salad

Dinner

Soba Noodles with Tomato or Pesto Sauce (see Spreads, Pates, Dips and Butters)

Dessert

Mango Jelly