

# *eating from the produce section*

SAMPLE MENUS FOR TWO DAYS



Our gift to you from the School of Natural Healing and Herbal Legacy Newsletter Staff

# Breakfast:

## Day One

### **Berry Delicious Banana Mango Smoothie**

*Who says you can't have dessert for breakfast? More like Ice cream than a beverage, mangoes transform this from "just another breakfast smoothie" to a rich and creamy dessert.*

1 ripe banana

1 cup frozen strawberries

1 cup frozen mangoes

1 heaping Tablespoon of Jurassic Green

A little liquid  $\frac{1}{4}$  -  $\frac{1}{2}$  C (IE Almond milk, pineapple juice, distilled water, etc.)

Place ingredients in blender in order listed; add just enough liquid to reach desired consistency.

You may want to eat this with a spoon.

Make sure your bananas are good and ripe and you won't want to add additional sweetener.

## Day Two

1 Large cantaloupe per person

Peel and cut in bite size pieces.

### *Bonus Idea:*

1-2 large Grapefruit per person

Peel and cut in bite size pieces.

# Lunch:

## *Day One*

### **Steamed Veggies**

Cabbage red/green

Baby red potatoes

Carrots

Onion

Broccoli

Cauliflower

Garlic

Drizzle with Extra Virgin Olive Oil and sprinkle with sea salt.

## *Day Two*

### **Very Veggie Sandwich**

Want to make it EXTRA healthy? Use Extra Virgin Olive Oil instead of Vegenaïse, and leave the bread out and make it a Very Veggie Salad.

Sprouted Wheat Bread (2 slices per person)

Vegenaïse

Tomatoes

Grated carrots

Romaine Lettuce leaves

Thinly sliced cabbage

Bell pepper slices (try a variety of colors)

Sprouts

Avocado

Red onion slices

Spinach

Cucumber slices

Zucchini slices

The sky is the limit! Try a variety of vegetables, be creative.

# Dinner:

## *Day One*

### **Baked Sweet Potato**

### **Spinach Salad**

- 4-6 C Spinach
- 1 cucumber cleaned and sliced
- 1 avocado cut in bite size pieces
- ¼ c red onion chopped
- Red bell pepper in bite size pieces
- Soaked almonds, chopped

Drizzle with Extra Virgin Olive Oil, sprinkle with little sea salt.

## *Day Two*

### **Delicious Tomato Basil Soup**

3 Tablespoon Olive oil

1 medium onion, finely chopped

2 pounds ripe tomatoes, roughly chopped

1 garlic clove, roughly chopped

About 3 cups vegetable stock

2 Tablespoons sundried tomato paste

2 Tablespoons shredded, fresh basil

1 cup non dairy milk (this ingredient is optional; you can increase the broth by one cup if you eliminate this ingredient.)

Sea salt and freshly ground black pepper

Whole basil leaves, to garnish

1. Heat the oil in a large saucepan. Add the onion and cook gently for about 5 minutes, stirring, until the onion is softened but not brown.
2. Stir in the chopped tomatoes and garlic, then add 3 cups of the stock, and tomato paste, with salt and pepper to taste. Bring just to a boil, then lower the heat, half-cover the pan and simmer gently for 20 minutes, stirring occasionally to keep the tomatoes from sticking to the pan.
3. Process the soup with shredded basil in a food processor or blender. Add back to pan.
4. Add the cream and heat through, stirring. DO NOT allow the soup to boil. Add more vegetable stock until you reach the desired consistency. Season with sea salt and pepper. Garnish with fresh basil leaves.

**BON APPÉTIT!**

Find more ideas at <http://www.herballegacy.com/Recipes.html>