

## Example MENU Fall-Winter (Simple menu)

### BREAKFAST

porridge	fruit dressing	nut milk	fruit	Cream
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<b>S</b>	millet pudding	from dates	almond	bananas	Biocream
<b>M</b>	sutlijach with raisins		nuts	apples	peanuts
<b>T</b>	corn pudding with pear		hazelnut	oranges	sunflower
<b>W</b>	Sesame Seed Balls	blackberries	poppy seed	kiwi	almond
<b>T</b>	corn pudding with apples		peanuts	tangerines	prunes
<b>F</b>	quinoa	dried figs	Coconut / Sesame	Japanese apples	lentil
<b>S</b>	natural cornflakes with ananas		cashew	pears	soy / chickpeas

to disposition:

grind walnuts	tea
grind flaxseed	
rice bread	

**Note: Depending on the health state of every individual person it is necessary to be made adjustments.** Consult and research before you decide to change your lifestyle!

### LUNCH

soupe	base	boiled beans/lentiles	vegetables steamed/boiled	salad
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carrot	brown rise	beans	cauliflower	раставици/лимон
broccoli	cooked potatoes	lentil	red beets	tomatoes
cauliflower	millet	chickpeas	carrot	cabbage
green beans	corn bread	soybean	broccoli	shredded beetroot
Swiss chard	puree	black eye beans	pumpkin	shredded carrot
reed beet	millet	peas	Brussels sprouts	lettuce
spinach	mousaka	soy crumbles	corn	grated daikon

to disposition:

dressing	parsley
grind flaxseed	gomasio
corn bread	
peppers	

### (Option) light dinner

base	supplement
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mixed salad	dressing
eggplant patty	corn bread
corn pizza	mushrooms
fruit salad	cream
corn burrito	dresing
risoto	salad
avocado patty	corn bread

to disposition

nut milk	
flaxseed water	
tea	