

Eating Menus and Shopping List for Weekend

These are for eating not for baking!

They can be prepared before the baking starts or can be completely optional.

The purpose of these particular recipes is for you to have something healthy to eat over your baking weekend so you don't just eat baked goods.

Even though the baked foods are healthy, if that is what you mostly ate, it would be unbalanced.

1. [Lentil Stew](#)
2. [Long Grain Brown Rice How to Cook it](#)
3. Salad and [Light Lemon Olive Oil Salad Dressing](#)
4. Vegetable Snack

Shopping List

1 cup whole green lentils

1 cup long grain brown rice

1 bunch celery

1 head romaine lettuce

1 head red leaf lettuce

1 bunch parsley

1 cup baby spinach

1 cup sugar snap peas

3 - 6 garlic cloves

One large onion

15 radishes

12 cherry tomatoes

6 carrots

2 -3 lemons

14 plus almonds raw whole or handful of pumpkin seeds

1 cup cold pressed olive oil

2 tsp. Almond oil (or vegetable)

Braggs seasoning or sea salt

Thyme, basil, marjoram

Stevia

1 piece Kombu seaweed

Lentil Stew

Lentil stew has all the benefits of the mighty powerfood [lentils](#) plus much more. And it tastes great.

Ingredients:

1 large onion, chopped
3-6 garlic cloves, chopped
2 pieces celery, chopped
2 tsp vegetable oil
1 cup green whole lentils: soak over night and cook according to directions here: [Cooking Beans & Lentils](#)
1 piece Kombu*
2 carrots, diced
3-5 tsp salt
1 tsp each of thyme and basil
3 tsp marjoram
Fresh parsley



Directions:

1. Soak lentils overnight and follow instructions: [Cooking Beans & Lentils](#) (if you would like to have gas free lentils)
2. Sauté onion, garlic and celery in oil.
3. Add remaining ingredients.
4. Simmer for 45 minutes, adding more water if necessary.
5. Remove Kombu and chop; return to soup.
6. Serve in bowls garnished sprigs of fresh parsley.

* Kombu seaweed makes beans more digestible but you could easily leave it out.

Long Grain Brown Rice How to Cook it



I first discovered brown rice in my hippy days in the 1970's and loved it right away with its full nutty taste. Don't waste your money, calories or time on non-food white rice which has less nutritional value and is bland.

Ingredients:

1 cup long grain brown rice
2 1/4 cups water
1/4 – 1/2 tsp. Sea Salt or Himalayan Salt

Directions:

1. Rinse rice well in water. (I hardly do this due to time)
2. Add the 2 1/4 cups water and salt to rice.
3. Cover with tight lid.
4. Bring rice, water and salt to a boil.
5. Turn heat down to low.
6. Simmer until all the water is absorbed – approximately 55 – 60 minutes.

Serves 4 -6

Brown Rice Cooking Tips:

- **No Stirring, No Peeking!** Stir the rice while it is cooking and you will end up with very mushy rice.
- **A Tight-Fitting Lid** is important to avoid too much water will boiling away before the rice has time to soften.

Salad Base & Light Lemon Olive Oil Salad Dressing

We need to eat salad every day for a healthy diet. The easiest way to make sure that happens with ease is to have salad ready to go. Below is a salad base and salad dressing that will be good for a few days.

Salad Base

Ingredients:

1/2 head of Romaine lettuce, torn into small pieces

1/2 Head of Red leaf lettuce, torn into small pieces

1 cup baby spinach leaves

6 Celery pieces, Chopped

2 Carrots, grated

10 radishes, sliced

1 cup Sugar Snap Peas, stringed

1 cup Parsley, chopped



Directions:

1. Clean all vegetables with fruit and veggie rinse before chopping and grating
2. Mix together
3. Put in large covered container in fridge.

*You can add cumbers and tomatoes just before you serve if you wish.

Light Lemon Olive Oil Salad Dressing

This is a base recipe that you can make up different each time with a variety of herbs. I have to admit that I almost never put any herbs in the dressing. I love the fresh vegetables as they are with the simple olive oil and lemon juice dressing. If I want herbs I prefer fresh herbs in my salad.

What makes this light is the addition of water which also makes it more alkalizing.

Ingredients:

1 cups cold pressed olive oil

1/3 cup [lemon](#) juice

1/4 cup water

1/4 – 1 tsp. Braggs or sea salt

Few drops of liquid [Stevia](#)

Optional:

1 – 2 tsp. basil

1/2 tsp. marjoram

1/4 tsp. rosemary

or

1 tbsp. fresh mint (or 2 tsp. dried) for a mint dressing



Directions:

1. Mix oil and herbs of your choice in a blender and blend.
2. Then add lemon juice; blend till smooth.
3. Add stevia, Braggs and water and blend till smooth.
4. Put in a jar with a lid and refrigerate till using.

This dressing will last for many weeks in the fridge.

Vegetable Snack

You can add or subtract anything you want here. The idea is to have something on hand that you can reach for when you have the urge.

Make up a plate of:

- Celery sticks from 2-3 pieces of celery,
- 12 Cherry tomatoes
- 12 Sugar snap peas
- 4 Radishes
- 7 soaked almonds or handful of soaked pumpkin seeds

Just chop them up, mix them up and eat as much as you want.