

Roberta Abady's Daily Menu

Cooked Vegetables: Asparagus, brussels sprouts, green pepper, kale, collard greens, green onions (scallions), chard, snow peas, okra, zucchini, bok choy, broccoli, celery, spinach.

Uncooked Vegetables: Mixed salad greens (arugula, watercress, romaine lettuce, etc.), celery, cucumber, green onions, sprigs of cilantro or parsley, daikon radish, sprouts, green pepper.

Breakfast	Lunch	Dinner
2 eggs with 2 Tablespoons cream	3 oz meat	3 oz fish
1 cup cooked vegetables (choose 3) 2 Tablespoons ghee	1 cup cooked vegetables (choose 3) 2 Tablespoons ghee	1 cup cooked vegetables (choose 3) 1 Tablespoon ghee
1 cup uncooked vegetables (choose 3) 1/3 lemon (with pulp) 2 teaspoons gomasio 2 walnut halves and 2 almonds	1 cup uncooked vegetables (choose 3) 1/3 lemon (with pulp) 2 teaspoons gomasio 2 walnut halves and 2 almonds	1 cup uncooked vegetables (choose 3) 1/3 lemon (with pulp) 2 teaspoons gomasio 2 walnut halves and 2 almonds 1 Tablespoon crème fraîche
Beverage – tea and cream drink made with 2 Tablespoons cream	Beverage – tea and cream drink made with 2 Tablespoons cream	Beverage – tea and cream drink made with 2 Tablespoons cream

Additional Foods

Carob - Roberta has a carob cream drink made with 1 teaspoon carob powder every morning at 9 AM at Mom's.

Avocado - Small avocado, doused in fresh lemon juice, divided between two meals.