

## MENUS FOR THE SECOND TWO WEEKS

### LUNCH

Cayenne and apple cider vinegar:

Have your cayenne and apple cider vinegar just before your lunch (and dinner) as before, except you should be up to a full teaspoonful of cayenne by now. The cayenne and vinegar do not have to be taken together, so if preferred; drink the cayenne before the meal in water and the vinegar between meals. Never drink during a meal; always wait at least 1/2 hour after the meal is finished to drink.

Fruit:

Stewed fruit, applesauce or a baked apple to start. Sweeten this with honey or with raw sugar.

Combination salad:

Wait for 10 or 15 minutes; then have a combination salad like the ones used during the first two weeks' period. But use variety, and change your salad each day with a little different combination. This procedure not only proves challenging, but it will also eliminate the possibility of monotony and sameness, and transforms your mealtime into a more pleasant, exciting, and anticipated experience. Do not use the liquid from the steamed vegetables on the salad, but drink it between meals as your thirst requires. Let the cooked vegetables lie on the salad 10 or 15 minutes and they will serve as a good dressing substitute.

### DINNER

Serve a baked or stewed vegetable as in the first two weeks menu, followed by a vegetable salad made of lettuce with celery, green peppers or cucumber. Or, if preferred, you may have a small serving of coleslaw or carrot and raisin salad.