

MENUS FOR THE THIRD TWO WEEKS

LUNCH

Mono-diet (summer):

Now is the time to start on a mono-diet. If this is during the summer, you can choose the fruit you want to use for lunch today. Be sure it is ripe and stay with that one kind. As an example, if it is peaches, eat all you want, cantaloupes the same, or apricots, apples, berries, etc. The type of fruit you choose doesn't matter; just be sure it is good and ripe (and it is better still when these foods are selected and eaten only "in the season thereof"), and that you use only one kind for your meal. If you are still not satisfied, have a stalk of celery, some lettuce leaves, some other leafy vegetable (raw or cooked), but just a small quantity. Be sure to wait 10 or 15 minutes after the fruit before you eat the vegetable, if you must, as you may find after a few minutes that you do not need it, and the mixing of these two types is not generally advisable.

Mono-diet (winter):

During winter a sweet dried fruit can be chewed together with a few nuts (very few), followed by fresh fruits (instead of nuts). Figs, prunes, raisins, or dates may be eaten with oranges or apples. You have a wide variety in dried fruits to choose from.

DINNER

As before, serve a combination salad, followed preferably by a baked or steamed vegetable. Again, there is a wide variety to choose from, so just rotate them to make each meal different.

MENUS FOR THE FOURTH TWO WEEKS

LUNCH

Fruit:

Use fruit in mono-diet as in the previous menu.

DINNER

For a starter, use fresh, baked or stewed fruit. Then after 10 or 15 minutes, have either, a cold cooked vegetable, or, better still, a vegetable salad.