

Day 0

Lunch Menu	Preparations
Lentil soup	<ul style="list-style-type: none"> - Soak 1 kg green lentils (d3) & 1kg mung beans (d4) overnight for sprouting - Chop sweet pepper and onions (d1) - Marinade soy granules (d1) - Soak black beans overnight (d2) - Soak dried fruits overnight for breakfast

Lentil Soup (prep same morning)

Ingredients	10 p	90 p	100 p	110 p
Onion	0,25 kg	2,2 kg	2,4 kg	2,6 kg
Carrot	0,2 kg	1,4 kg	1,6 kg	1,8 kg
Lentils	1,7 L	15,3 L	17 L	18,7 L
Turmeric	12 ml	1,1 dl	1,2 dl	1,3 dl
Basil	40 ml	3,25 dl	3,6 dl	4 dl
Salt	6 ml	0,5 dl	0,6 dl	0,7 dl
Black pepper	12 ml	1,1 Tbsp	1,2 Tbsp	1,3 Tbsp
Chili/cayenne	0,2 tsp	1,8 tsp	2 tsp	2,2 tsp
Soy sauce	10 ml	0,9 dl	1 dl	1,1 dl
Vegetable broth	10 ml	0,9 dl	1 dl	1,1 dl

Preparations (d0) :

If possible, soak the lentils over the previous night or on the same morning.

- Chop the carrots and onions.

Cooking (immediately after afternoon sit) :

1. Sauté the onions over medium heat
2. Add carrots and spices and keep frying 5min or so
3. Add lentils and mix, then add broth - and water if needed - to cover the mix
4. Bring to a boil over med-high heat while mixing a few times. Reduce heat and let simmer until the lentils are tender.
5. Check taste and correct with salt, pepper and spices if necessary.

Note : If there are leftovers, you may freeze it until the end of the course