| Day 0 | |
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| **Lunch Menu** | **Preparations** |
| Lentil soup | - 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  Carrot  Lentils  Turmeric  Basil  Salt  Black pepper  Chili/cayenne  Soy sauce  Vegetable broth | 0,25 kg  0,2 kg  1,7 L  12 ml  40 ml  6 ml  12 ml  0,2 tsp  10 ml  10 ml | 2,2 kg  1,4 kg  15,3 L  1,1 dl  3,25 dl  0,5 dl  1,1 Tbsp  1,8 tsp  0,9 dl  0,9 dl | 2,4 kg  1,6 kg  17 L  1,2 dl  3,6 dl  0,6 dl  1,2 Tbsp  2 tsp  1 dl  1 dl | 2,6 kg  1,8 kg  18,7 L  1,3 dl  4 dl  0,7 dl  1,3 Tbsp  2,2 tsp  1,1 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