| Day 1 | |
| --- | --- |
| **Lunch Menu** | **Preparations** |
| Soya granules sauce  Whole grain rice  Green salad | - Soak chickpeas overnight (d3)  - Rinse sprouts (d3, d4)  - Chop onions and ginger (d2)  - Cook black beans (d2)  - Soak dried fruits overnight for breakfast |

**Marinade (prep d0)**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Herbes de provence  Basil  Oregano  Marjoram  Sweet pepper spice  Soy sauce  Bay leaf  Salt  Black pepper | 0,6 dl  0,25 dl  1 dl  1 dl  1 dl  0,4 dl  2 pcs  pinch  pinch | 5 dl  2 dl  9,3 dl  9,3 dl  9,3 dl  3,6 dl  14 pcs  1,8 Tbsp  0,4 Tbsp | 5,6 dl  2,4 dl  10,4 Tbsp  10,4 Tbsp  10,4 Tbsp  4,0 dl  16 pcs  2 Tbsp  0,5 Tbsp | 6 dl  2,6 dl  11,4 dl  11,4 dl  11,4 dl  4,4 dl  17 pcs  2,2 Tbsp  0,6 Tbsp |

**Soya Granules Sauce**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Dark soy granules  Olive oil  Onion  Sweet pepper  Tomato pulp  Tomato purée  Water | 2 dl  50 ml  0,25 kg  0,5 kg  1 kg  0,2 kg  0,4 L | 1,8 L  5 dl  2,2 kg  5 kg  8,6 kg  1,5 kg  3,6 L | 2,0 L  5,6 dl  2,4 kg  5,6 kg  9,6 kg  1,6 kg  4,0 L | 2,2 L  6 dl  2,6 kg  6,1 kg  10,5 kg  1,8 kg  4,4 L |

**Preparations (d0) :**

1. Mix together the marinade spices.
2. Stir in the soy granules.
3. Cover with water so that the soy just covered.
4. Put in the fridge for the night.

**Cooking :**

1. Sauté onion in olive oil.
2. Add the red pepper and let cook for a moment.
3. Add the marinated soy granules and tomato pure. Let fry.
4. Add the crushed tomatoes. Bring to a boil.

**Rice**

**Note :** Brown rice can easily be prepared using this method below and obtain perfect results

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Rice  Water | 1 kg  See | 6 kg  instructions | 8 kg | 10kg |

**Cooking:**

**Rinse the rice thoroughly:** Pour the selected amount of dry rice in a large pot and cover with water; mix thoroughly. Discard the water by using a strainer. Repeat the operation once or twice.

**Prepare to cook:** Cover the rice with water (2-3 cm above the rice line). Add a bit of salt. Bring to a boil over medium-high heat and let boil, uncovered, until you see little bubbly holes at the surface of the rice. Cover and turn down the heat to minimum and let all the water soak in (10 minutes or so) by **being cautious as to not lift the lid meanwhile**. Once the water is fully absorbed, stir and fluff up the rice, cover it and set it aside for a few extra minutes.

**Green Salad with Radish and Cucumber**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Iceberg lettuce  Radish  Cucumber | 0,5 kg  0,25 g  0,3 kg | 4,3 kg  2,2 g  2,7 kg | 4,8 kg  2,4 g  3 kg | 5,3 kg  2,6 g  3,3 kg |

**Preparation**

* + 1. Rinse iceberg lettuce. Cut to pretty big size.
    2. Cut cucumber and radish in thin slices and mix with lettuce.

Serve vinaigrette dressing separately.

**Vinaigrette Dressing**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Wine vinegar  Lemon Juice  Tarragon  Olive oil  Salt  Black pepper | 0,4 dl  0,2 dl  0,1 dl  0,2 dl | 3,25 dl  1,6 dl  1,1 dl  1,6 dl | 3,6 dl  1,8 dl  1,2 dl  1,8 dl | 4 dl  2 dl  1,3 dl  2 dl |

**Preparation**

* + - 1. Mix vinegar and lemon juice together with spices.
      2. Let it stand for a few minutes.
      3. Whisk in the olive oil.
      4. Add salt and pepper to taste.