| Day 3 | |
| --- | --- |
| **Lunch Menu** | **Preparations** |
| -Hummus or marinated chickpeas  -Boiled potatoes  -Broccoli & roasted sunflower seeds  -Tomato salad  -Lentil sprouts | -Soak black-eyed beans overnight (d4)  -Peel & chop vegetables for soup (d4)  -Rinse sprouts (d4-5)  -Soak 500g alfalfa seeds overnight for sprouting (d8)  -Soak 1kg lentils overnight for sprouting (d7)  -Soak dried fruits overnight for breakfast |

**Hummus**

For best results, prepare the hummus in the morning to allow it to stand a few hours before serving. Make sure to keep refrigerated though, you may serve leftovers the next day.

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Chickpeas (dry)  Broth (cpeas cooking water)  Tahini  Lemon juice  Salt  Sweet pepper spice  Black pepper  Olive oil | 480 g  0,4 L  0,65 dl  1 pcs  0,5 tsp  0,25 tsp  0,5 tsp  0,5 dl | 4,3 kg  3,6 L  5,75 dl  10 pcs  3,6 tsp  2,2 tsp  3,6 tsp  3,6 dl | 4,8 kg  4 L  6,4 dl  12 pcs  4 tsp  2,4 tsp  4 tsp  4 dl | 5,3 kg  4,4 L  7 dl  13 pcs  4,4 tsp  2,6 tsp  4,4 tsp  4,4 tsp |

**Preparations (d1-d2) :**

1. **On day 1**, soak chickpeas overnight
2. **On day 2**, discard soaking water and impurities. Replace with fresh water - enough to cover the peas by at least 10cm. Bring to a boil, then discard the water again or, if you have time, let sit, covered, for an hour before discarding the water.
3. Fill with fresh water, enough to cover the peas by 2cm, add a bit of salt and bring to a boil over high heat. Lower the heat to let simmer lightly for 1h or so (the peas need to be tender). **Save cooking water** for day3 and let cool down before putting in the fridge, as with the chickpeas.

**Making Hummus (d3) :**

1. Blend tahini, olive oil, lemon juice, salt, pepper and spices with some of the broth, set aside.
2. Blend chickpeas in batches in the blender along with the broth, being careful to keep a creamy texture.
3. Mix it all together, adding water if needed to keep the texture. Correct with salt, lemon juice and spices as needed - you should get a smooth and fresh taste.

Decorate with paprika and/or parsley.

**Marinated Chickpeas** (alternative)

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Chickpeas (dry)  Olive oil  Lemon juice & zest  Salt  Basil  Thyme  Coriander  Black pepper | 0,5 kg  8 ml  0,5 pcs  pinch  pinch  pinch  pinch  pinch | 4,3 kg  0,7 dl  3,5 pcs  0,5 Tbsp  1,6 Tbsp  1,6 Tbsp  1,6 Tbsp  2,2 Tbsp | 4,8 kg  0,8 dl  4 pcs  0,6 Tbsp  1,8 Tbsp  1,8 Tbsp  1,8 Tbsp  2,4 Tbsp | 5,3 kg  0,9 dl  4,5 pcs  0,7 Tbsp  2 Tbsp  2 Tbsp  2 Tbsp  2,6 Tbsp |

**Preparation:**

1. Follow Hummus preparation instructions.
2. Zest the lemons, using a fine grater or zester, then squeeze the juice using a manual juicer.

**Making:**

1. Simply mix all the ingredients together, making sure the chickpeas are well drained beforehand.

**Boiled potatoes**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Potatoes | 3,2 kg | 29 kg | 32 kg | 35,2 kg |

**Preparation (d2):**

1. Peel and rinse potatoes, cut in quarters, then refrigerate soaked in water - fully covered.

**Cooking:**

1. **In the morning**, drain the soaking water and transfer the potatoes in a large pot. Fill with water with a handful of salt and let sit on the stovetop, covered.
2. **Immediately after morning sit,** turn on full heat and bring to a boil. Let simmer covered until fork-tender. When done, discard the water and serve. If too early, leave about 2cm of the cooking water in the bottom of the pot, cover and let sit over low heat until serving time.

Save leftovers for next day’s potato salad.

**Broccoli & Roasted Sunflower Seeds**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Frozen broccoli  Sunflower seeds  Sesame oil  Salt  Soy sauce | 1,7 kg  0,15 kg  0,25 dl  0,8 tsp  0,2 dl | 15 kg  1,35 kg  2,25 dl  7,2 tsp  2 dl | 16,8 kg  1,5 kg  2,5 dl  8 tsp  2,2 dl | 18,5 kg  1,65 kg  2,75 dl  8,8 tsp  2,4 dl |

**Preparation (d2):**

1. Transfer the frozen broccoli to the fridge.
2. Roast sunflower seeds in a large dry frying over low heat. Stir constantly to make sure they roast evenly and do not burn.

**Cooking:**

1. Bring water with a handful of salt to boil in a large pot.
2. Dip in the broccoli in batch for about a minute, using a chinois or normal strainer
3. Let the cooked broccoli drain and set aside.
4. Heat up the broccoli and sunflower seeds in sesame oil, adding soy sauce, before serving. **Or** just mix sesame oil and soy sauce and sprinkle over broccoli and seeds before serving if still warm.

**Tomato Salad**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Tomatoes  Radish  Cucumber  Parsley  Basil  Oregano  Apple cider vinegar  Olive oil  Salt  Black pepper | 1,5 kg  120 g  650 g  80 ml  10 ml  8 ml | 13 kg  1 kg  5,75 kg  720 ml  90 ml  72 ml | 14,4 kg  1,2 kg  6,4 kg  800 ml  100 ml  80 ml | 15,8 kg  1,3 kg  7 kg  880 ml  110 ml  88 ml |

**Prepare (d2):**

1. Cut tomatoes into chunks
2. Slice cucumbers and radish thinly
3. Chop parsley coarsely (stems can remain)
4. Refrigerate until next day

**Make :**

1. Mix vinegar and olive oil using proportion 1:3. Add salt and pepper to taste
2. Mix the mixture with the veggies
3. Add in the dried herbs and parsley