

## The Gerson Therapy - Sample Menu

### Breakfast

8 oz. of orange juice  
Large portion oatmeal with choice of fruit sauce  
Organic 100% rye bread, unsalted and fat-free, may be toasted and taken with honey

### Lunch

Salad  
8 oz. warm Special Soup  
8 oz. apple-carrot juice  
Baked potato (with yogurt dressing when permitted)  
Freshly cooked vegetables  
Raw or stewed fruit

### Dinner

Same as lunch

Vary meals by using different vegetables, different methods of preparing potatoes, and other kinds of salads. Organic brown rice may be served once a week. Organic sweet potatoes may be served once a week.