

Sample Menu

While on the Gerson Therapy it is best to eat as large a variety of the allowed fruits and vegetables as possible. Do your best to rotate which vegetable dishes you will serve, even if you'd rather be eating cooked broccoli for every meal. This menu is an example of what a week of meals on the Gerson Therapy would look like. You can use this as a starting point and then begin exploring the many other recipes featured in this book. Slowly work your way toward some of the more complicated variations and recipes once you adjust to life on the therapy. Create a menu for the whole week so that you can organize better. Knowing exactly what you will be preparing each day will help you feel less overwhelmed. Having a menu will also make knowing what to shop for a whole lot easier.

MONDAY

LUNCH	DINNER
- Broccoli	- Zucchini
- Baked Potatoes	- Baked Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad

TUESDAY

LUNCH	DINNER
- Green Beans	- Spinach
- Baked Potatoes	- Baked Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Tomato and Watermelon Salad	- Baked Banana with Orange Juice

WEDNESDAY

LUNCH	DINNER
- Artichokes	- Corn with Mixed Vegetables
- Baked Potatoes	- Baked Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Raw mixed vegetable salad	- Raw Tomato and Bell Pepper Salad
- Potatonaise	- Orange Dill Vinaigrette
- Oatmeal Cookies	

THURSDAY

LUNCH	DINNER
- Mixed Greens	- Brussels Sprouts
- Baked Potatoes	- Baked Potatoes
- Sweet Potato Bites	- Quinoa Pilaf
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Fennel, Apple and Celery Salad	- Fruit Salad
- Orange Dill Vinaigrette	

FRIDAY

LUNCH	DINNER
- Sweet and Sour Cabbage	- Celery Root Casserole
- Mashed Potatoes with Greens	- Baked Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Raw mixed vegetable salad	- Raw mixed vegetable salad
- Sweet Apple Cilantro Dressing	- Sweet Apple Cilantro Dressing

SATURDAY

LUNCH	DINNER
- Spaghetti Squash with Simple Gerson Tomato Sauce	- Kale with Beets and Orange Slices
- Baked Potatoes	- Potato Salad
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Raw mixed vegetable salad	- Onion, Garlic and Dill
	- Fruit and Yogurt Parfait

SUNDAY

LUNCH	DINNER
- Cauliflower with Carrot Sauce	- Ratatouille
- Baked Potatoes	- Parsley Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Garlic and Onion Dressing	- Garlic and Onion Dressing

Sample Shopping List

This sample weekly shopping list is based on the sample menu and its corresponding recipes. It has been tailored for two people, but includes juice amounts for one person on the Gerson Therapy consuming 13, 8 oz. juices per day, which is typically the maximum number of daily juices. Many times shopping for the week is split into at least two separate trips.

SOUP

✓	ITEM	QTY
	Celery Root	5
	Garlic Bulbs	7
	Leeks	4
	Parsley / Parsley Root (bunch)	1
	Potatoes (lbs)	9
	Tomato	24
	Yellow Onions	13

SALAD

✓	ITEM	QTY
	Arugula	
	Green Leaf	8
	Red Leaf	8
	Romaine	
	Spring Mix (bag)	1

JUICE

✓	ITEM	QTY
	Carrots (lbs)	40
	Chard (bunch)	7
	Endive	2
	Escarole	2
	Green Apples (lbs)	35
	Green Bell Pepper	7
	Red Cabbage (large)	2
	Romaine	13
	Watercress (bunch)	3

FRUIT

✓	ITEM	QTY
	Apples	
	Apricots	
	Cherries (lbs)	1
	Currants	
	Dried Fruits (lbs) (Unsulphured)	1
	Grapefruit	
	Grapes (lbs)	2
	Kiwi	

FRUIT (CONT)

✓	ITEM	QTY
	Lemons	7
	Limes	
	Mangoes	3
	Melons	
	Oranges	21
	Peaches	3
	Pears	
	Plums	
	Tangerines	
	Watermelon	1

HERBS AND SPICES

✓	ITEM	QTY
	Allspice	
	Anise	
	Bay Leaves	1
	Cilantro (bunch)	1
	Coriander	
	Dill	1
	Fennel	
	Mace	
	Marjoram	
	Rosemary	
	Saffron	
	Sage	
	Scallions	
	Sorrel	
	Summer Savory	
	Tarragon	
	Thyme (bunch)	1

VEGETABLES

✓	ITEM	QTY
	Artichokes	2
	Asparagus	
	Beets and Young Tops	3
	Bok Choy	
	Broccoli (head)	1
	Brussels Sprouts (lbs)	1

VEGETABLES (CONT)

✓	ITEM	QTY
	Butternut Squash	
	Cabbage	1
	Cauliflower (head)	1
	Celery (bunch)	1
	Chicory	
	Collard Greens (bunch)	1
	Corn (ear)	3
	Daikon	
	Eggplant	1
	Fennel	1
	Green Beans (lbs)	1
	Horseradish	
	Jerusalem Artichoke	
	Jicama	
	Kale (bunch)	2
	Kohlrabi	
	Okra	
	Parsnips	
	Radishes	1
	Red Onions	10
	Rutabaga	
	Peppers (green, yellow, orange, red)	4 (Red)
	Rhubarb	
	Potatoes (lbs)	10
	Pumpkin	
	Shallot	
	Sorrel	
	Spinach	1
	Squash	1
	Sweet Potatoes	2
	Taro	
	Turnips	

VEGETABLES (CONT)

✓	ITEM	QTY
	Yams	
	Zucchini	5

DRY GOODS

✓	ITEM	QTY
	Apple Cider Vinegar	1
	Balsamic Vinegar	1
	Brown Rice	
	Chamomile (dry herb loose or tea bags)	1
	Flaxseed Oil (in opaque bottles, cold pressed)	1
	Lentils	
	Natural Sweetener (honey, maple syrup, blackstrap or unsulphured molasses, raw sugar, such as Rapadura or Sucanat, or Stevia)	1
	Oatmeal (lbs) (rolled, Scottish, steel cut, groats)	5
	Peppermint Tea	1
	Quinoa (lbs)	5
	Red Wine Vinegar	
	Rye Bread (unsalted)	1
	Yogurt (qt) (plain, unsalted, organic, fat-free)	1