



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.