

Monday 1. CHEESE SANDWICHES



Fig.1.1 Cheese Sandwiches Ready for Slicing



Fig.1.2 one slice layered with toppings

INGREDIENTS

- 4 slices whole wheat bread
- 4 tbsps. grated cheddar cheese
- 6-8 slices of avocado, cut finely
- 4 tsp. chopped onion
- 4 slices tomato, 12 spinach leaves or chopped lettuce
- 2 tbsps. Vegenaïse (eggless mayonnaïse) or regular mayo.
- sprinkling of salt & pepper
- A few drops of Sriracha or any hot sauce (optional)

METHOD

1. Wash tomato & spinach & pat dry on paper towels
2. Slice tomato & avocado
3. Apply vegenaïse/mayonnaïse & a few drops of Sriracha sauce on both slices as shown in diagram (*Fig.1.3*). Note that this sauce is very hot!



Fig. 1.3 Vegenaïse & Ingredients on Bread

4. Sprinkle about 2/3 of the cheese to one slice of bread
5. Add tomato, avocado & spinach
6. Scatter chopped onion (**Fig.1.3**)
7. Sprinkle salt, pepper & more grated cheese
8. Cover with the top slice (**Fig.1.1**)
9. Slice the sandwich, wrap in aluminum foil and it is ready to go

Congratulations, you've just made your own, healthful lunch of 4 slices of cheese sandwiches for Monday. Adjust the quantities to your appetite.

SERVING SUGGESTIONS

You may carry any of the following to accompany the sandwiches

- *gherkins in a Ziploc bag*
- *packet of chips*
- *water or a drink of your choice. See page 30 for ideas on snacks*

TUESDAY 2: EASY VEGETABLE WRAP



Fig.2.1 Wrap sliced into 2 pieces



Fig.2.2 Tortilla Ready to be Wrapped

INGREDIENTS

- 1 whole wheat 8" diameter tortilla
- 2 tbsps. Vegenaïse
- 1 tsp. yellow mustard
- squeeze of hot sauce (optional)
- 1 cup of a mix of sliced mushrooms, bell pepper, onion, chopped tomato & spinach

METHOD

1. Wash all ingredients, slice or chop.
2. Dab vegetables with paper towel to remove water. (These steps may be done ahead of time)
3. Warm tortilla according to directions on package



Fig. 2.3 Vegenaïse etc. on Tortilla



Fig 2.4 Finished Wrap

4. Apply vegenaïse, mustard & hot sauce on tortilla (**Fig.2.3**)
Spread vegetables on tortilla (**Fig.2.2**)
5. Hold one edge, carefully roll over to the other edge, forming a wrap (**Fig.2.4**)
6. Enclose in aluminum foil
7. Your wrap is ready to go

SERVING SUGGESTIONS

- *Make a second wrap as it is really good*
- *Keep napkins handy to mop up juices*
- *Carry water or drinks of your choice*
- *A good accompaniment to this meal:*
20 almonds, an orange & some raisins

Note: You may use other vegetables or leftovers to make wraps.