

One Day on the Dr. Sebi Nutritional Guide

Morning: Warm Lime Water or Herbal Tea

- Warm spring water with juice of ½ key lime
- OR herbal tea: burdock, elderberry, or dandelion root

Breakfast: Amaranth Porridge with Figs & Coconut

Ingredients:

- ½ cup amaranth
- 1½ cups spring water
- 2-3 dried figs (chopped)
- 1 tbsp soft jelly coconut or flakes
- Optional: pinch sea salt or date sugar

Instructions:

1. Rinse amaranth and simmer with water 25-30 min.
2. Stir in figs, coconut, sweetener.
3. Serve warm with hemp milk (optional).

Lunch: Avocado Tomato Salad + Garbanzo Lettuce Wraps

Salad:

- Avocado, cherry tomato, onion, cucumber, dandelion greens
- Dressing: olive oil, lime, sea salt

Wraps:

- Chickpeas blended with olive oil, lime, sea salt, onion powder, cayenne
- Serve in romaine lettuce leaves with veggies.

Afternoon Snack (Optional): Fruit Bowl or Smoothie

- Burro bananas
- Seeded grapes or cherries

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- 1 tbsp sea moss gel
- Splash hemp or coconut milk
- Blend or serve sliced with sea salt

Dinner: Wild Rice with Mushrooms, Onions & Zucchini

Ingredients:

- $\frac{3}{4}$ cup wild rice (soaked)
- $1\frac{1}{2}$ cups spring water
- 1 small zucchini, $\frac{1}{2}$ cup mushrooms, $\frac{1}{4}$ sliced onion
- Sea salt, olive oil, basil or thyme

Instructions:

1. Cook rice 40-45 min.
2. Sauté mushrooms/onions, add zucchini and herbs.
3. Mix with rice and simmer briefly.
4. Serve with steamed greens like amaranth or purslane.

Evening: Herbal Infusion

- For relaxation: linden flower, valerian root
- For detox: burdock, sarsaparilla, dandelion

Final Note

This meal plan reflects Dr. Sebi's principles: wild, seeded, electric, mineral-rich foods. Eat simply, seasonally, and progressively. It's not about perfection-it's about progress.