





Date:

				
Onset of sickness	Oatmeal	toast with almond butter or peanut butter	chicken noodle soup	hot tea or hot apple cider
noticeably sick	fruit smoothie	Healing Cabbage Soup	baked sweet potato with honey (or brown sugar if you must)	whole wheat toast or crackers
noticeably sick	toast with almond butter or peanut butter	chicken noodle soup	sautéed mushrooms in garlic	bananas or applesauce
somewhat better	fruit smoothie	Mushroom and Barley Soup	baked sweet potato with honey (or brown sugar if you must)	pistachios, or other nuts
somewhat better	eggs with fruit or toast	Pumpkin Soup (several options here, but you'll have to look for them)	chicken noodle soup	100% juice
Recovering	oatmeal	baked sweet potato with honey (or brown sugar if you must)	Healing Cabbage Soup	apples
Recovering	fruit smoothie and toast with almond butter or peanut butter	Mushroom and Barley Soup	Creamy Baked Pumpkin	carrots

Shopping List:
