

## The Cormeum “One meal a week” Challenge

See more at:

<https://cormeumapp.com/the-cormeum-one-meal-a-week-challenge/>

### Ingredients List

#### For Salad

- 1 cup red onions, thinly sliced (0 mg sodium)
- 2 tablespoons red wine vinegar (0 mg sodium)
- 2 lb. oranges (0 mg sodium)
- 3-4 avocados (8 oz each) (10 mg sodium)
- 3 cups romaine, salad — washed and ready to serve (0 mg sodium)
- 3 cups leafy chicory salad — washed and ready to serve (13 mg sodium)

#### For Soup

- 3 cups low sodium vegetable stock or broth ( 72 mg sodium)
- Bay leaf, large (0.14 mg sodium)
- Kelp granules (a pinch), flakes (¼ teaspoon), or a postage size piece of whole kelp (23.2 mg sodium)
- 1 ½ cups black beans, cooked (0.61 mg sodium)
- 1 teaspoon olive oil (0 mg sodium)
- 1 cup onions, finely diced (0 mg sodium)
- 2 tablespoons garlic, minced (0 mg sodium)
- 1 teaspoon cumin seeds (0 mg sodium)
- 1/2 teaspoon coconut aminos (66 mg sodium)
- Ground black pepper, pinch (0 mg sodium)
- 1 teaspoon prepared mustard (115 mg sodium)
- ½ cup, chopped tomatoes, low sodium tomato sauce OR low sodium chunky salsa (6 mg sodium)
- 1 teaspoon lime juice or balsamic vinegar (0 mg sodium)
- ½ cup chopped parsley, cilantro, or basil (0 mg sodium)
- Hot sauce, a few drops (10 mg sodium)

#### For Apple Cake Eva

- 1½ cups Florida crystals sugar (0 mg sodium)
- 1½ cups cream of wheat cereal (0.96 mg sodium)
- 1½ cups all-purpose flour (0 mg sodium)
- 1 tablespoon baking powder (60 mg sodium)
- ¾ cup vegan margarine type spread (0 mg sodium)
- ½ cup sliced almonds (0 mg sodium)
- 6-7 grated Granny Smith apples, about 6 cups (0 mg sodium)
- ½ cup dried cranberries (2mg sodium)