

# **NYGRAUMANCY SMOOTHIE DIET**

Rhys Trimble

*Day 1*

Breakfast: banana, strawberry

Lunch: cucumber, broccoli, mint, yogurt

Tea: carrot, tomato, celery, mung-bean sprouts

## *Day 2*

Breakfast: melon, strawberry, apple, ice

Lunch: carrot, protein powder (hemp) celery, tomato

Tea: courgette, broccoli, spiach, goosegrass (cleavers)

### *Day 3*

Breakfast: orange, apple, ice, elderflowers

Lunch: hyacinths, starfruit, gladiolae, medowsweet, apple, ice

Tea: mushrooms (oyster mushrooms, ink cap, jew's ear) shallots, cellery, creamcheese, protein powder

*Day 4*

Breakfast: pine cones, pine kernels, pine apple, milk, cinnamon, ice

Lunch: lemon grass, lemon balm, blackberries, raspberries, ice

Tea: nettles, nuts, cottage cheese, dandelions, \*illegible

*Day 5*

Breakfast: percussive dreams, banana, tangerines, chocolate, chilli

Lunch: carrot, chard, coriander, red-things, pronouns

Tea: broccoli, apple, seawater

*Day 6*

Breakfast: starfruit, dragonfruit, lemon, dogfruit

Lunch: milk, garlick, placenta

Tea: oats, lepidopterae, brown sugar

*Day 7*

Breakfast: mellon, plaster of paris, wax, hair

Lunch: foreparts, protein powder, hindparts

Tea: raven skulls, chaffinch skulls, bloodstained magpie feathers,  
cyanide





VerySmallKitchen

Hastings

August 2013