

cole_slaw_g_2021_07_05.docx **Dr Cheikin's Cole Slaw Version G**

	5/5/21		7/4/21 regular		7/4/21 sesam nood		6/27/21	asian
	Vol	WOZ	Vol	WOZ	Vol	WOZ		
TOTAL								
Cabbage, Green	1/2 lrg	16		16		16		13
Cabbage, Red		10						
Onion Flakes OR	1tsp							
Onion, White OR	1/4		2 t		2 t			1 t
Onion, Red	1/8							
Mao	6 T		6T		---			
Almond Butter					4 T			
Water w Butter					2 T			
Almond Milk			??		??			
Avocado Oil	2 T		---					
Olive Oil	3 T		2 T		2 T			2 T
Ssame Oil, Raw								2 T
Sesame oil, toasted	1/4 tsp				OO			1/2 t
Apple*								
Carrot, shreaded								
Lemon zest								
Lemon juice	1 oz		3 T		3 T			1/2 T
Lime juice	1 oz							
Mirin								1 T
Tamari/Soy					3T			2 t
Vinegar, Apple Cider	1 oz		4 T		1 T			
Vinegar, Rice			---		4 T			3 T
Vinegar, White Balsa	1 oz		---					
Honey	1 TBSP				4 T			2 T
Maple Syrup	1 oz							
Brown Sugar								
Sugar, White	2 tsp		3 T					2 t
(Allspice)								
Basil			1/4 t		1/4 t			
Caraway Seed	1/4 t							
Celery Seed								
Cilantro								
Cinnamon								
Coriander, Grnd								
Curry								1/4 t
Dill								
Garlic powder			1/2 t		1/2 t			
Ginger					1/2 t			1/4 t
Mustard								
Onion Powder			1/2 t		1/2 t			
Orange Peel								
Pepper, Black	1/4 tsp		1/4 t		1/4 t			1/2 t
Salt	1/2 tsp		1/2 t		1/2 t			1/2 t
Yeast, Nutritional			1/2 t		1/2 t			
Total								

1/2 medium red cabbage = 4 cups = 16 oz 1/2 large red cabbage = 6 cups = 19 oz ,
 1/2 med onion = 3.5 oz ; 1/2 med apple = 3.5 oz
 * if no apple, add maple syrup or more brown sugar
 ** can use just one type of vinegar
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Notes:
 7/4/2021 forgot toasted sesame oil in sesame version

11/30 new start, too sour, add bicarb, cut back acids next time (5 oz to 3oz, delete Lime Juice (1 oz) and cut ACV from 2 to 1 oz