



YOGA AND MEDITATION RETREAT MENU

◦ FRIDAY ◦

Dinner

Chips + Roasted Salsa • Guacamole Salad • Grilled Mexican Street Corn Salad
• Roasted Poblanos filled with Chicken, Brown Rice + Cheese •
Black Bean + Sweet Potato Enchiladas

◦ SATURDAY ◦

Breakfast

Quiche Lorraine with a Whole Wheat Crust • Roasted Vegetable Frittata
Fresh Fruit + Yogurt • Wholegrain Power Protein Muffins

Lunch

Build Your Own Buddha Bowl
Ancient Grains • Roasted Vegetables • Protein of Choice (Legumes, Dairy,
Meat) • Dark Greens • Vinaigrette

Dinner

Caprese Chicken, Pork, + Tofu • Sauteed Zoodles • Herbed Goat Cheese
Mashed Potatoes • Kale Caesar Salad

◦ SATURDAY ◦

Sunday

Green Smoothies • Wholegrain Power Protein Muffins • Homemade Granola