



**mindful
self
ness.**

MENU EXAMPLE

day 1

welcome!

7:30 pm - DINNER &
Nutritionist introduction
into retreat's diet

Dish: Wholegrain rice
salad with lentil sprouts

day 2

be mindful!

9:30 am - BREAKFAST

Cereals, plant milk/yoghurt,
dry fruits, nuts, boiled eggs

2:30 pm - LUNCH

Dish: **Quinoa and Avocado
Buddha Bowl**

6:30 pm - DINNER

Dish: **Pumpkin and Coconut
Soup + Homemade
Cornbread**

SNACK of the day:
Raw cinnamon apple cake

day 3

meet yourself!

8:30 am - BREAKFAST

Cereals, plant milk/yoghurt,
dry fruits, nuts, boiled eggs

2:30 pm - LUNCH

Dish: **Vegetable and Lentil
Moussaka with Coconut
Milk**

7 pm - DINNER

Dish: **Rainbow Salad with
Berries**

SNACK of the day:
Choco-peanut energy balls

day 4

shout aloud!

8:30 am - BREAKFAST

Cereals, plant milk/yoghurt,
dry fruits, nuts, boiled eggs

2:30 pm - LUNCH

Dish: **Buckwheat with
Salad, Mushrooms and
Olives**

6:30 pm - DINNER

Dish: **Mixed Greens and
Vegetable Salad with tofu**

SNACK of the day:
**Beetroot Hummus with
Veggie Sticks**

day 5

hug & accept!

9:30 am - BREAKFAST

Cereals, plant milk/yoghurt,
dry fruits, nuts, boiled eggs

2:30 pm - LUNCH

Dish: **Vegan Curry**

7 pm - DINNER

Dish: **Homemade Tortillas
with Mixed Vegetables and
Cashew Cream**

SNACK of the day:

Carrot Cake

day 6

thank yourself!

8:30 am - BREAKFAST
Cereals, plant
milk/yoghurt, dry fruits,
nuts, boiled eggs

DEPARTURE

Please, note that changes to the menu are possible,
due to the seasonality of the products.

