

Form 2 - Food Requirements – Daily Meals

All meals should include a combination of Complex Carbohydrates, Animal and Vegetable Based Proteins, and consist of simple food combinations that are easily digestible. **Please run the menu plan by us before the retreat.**

Some Food choices to consider:

- Eggs, fish, chicken, legumes, beans, yogurt, and cheese
- Oats, brown rice, quinoa, rye, whole wheat, corn, amaranth, millet, or buck wheat
- Crushed flax seeds, almonds, walnuts, cashews, or pumpkin seeds
- Olive Oil, Safflower Oil, Sunflower Oil or Canola Oil, please no Ghee
- A wide variety of rainbow colored vegetables and fruits
- Brown sugar or cane sugar – dessert on the lighter end, holistic
- Sea salt

Breakfast: A combination of some of the following foods:

eggs, cooked oats, yogurt, fruit, soy milk, cheese, nuts, various breads (including rye and alternative grains), granola/muesli

Lunch: A light lunch with fresh lightly cooked vegetables, sauces separate, sandwich mixes, soups, salads, brown rice, various breads, olive oil and balsamic/apple cider vinegar, fresh fruit

Dinner: A variety of the grains and proteins listed above with lightly cooked vegetables, sauces separate and fresh fruit