



### DAY 1

break- various breads cereals spreads and spiced apple goji berry chia porridge  
lunch- herbed buckwheat bake with greens, green salad with yummys, beluga lentil salad  
afternoon tea- teas/ coffee ginger/lime sparkler elixir  
dinner- corn gmo free tacos, kale slaw, smokey black beans.cacao mole, coconut chipotle, salsa  
dessert maca and mesquite fudge

### DAY 2

break- seasonal fruit platter, yoghurt options  
lunch- sweet potato noodle pad thai, tom yum soup, green salad with yummys  
afternoon tea- teas/coffee watermelon hibiscus cooler  
dinner- lasagne with pumpkin and veg (gluten free and normal options), green salad with yummys,  
beetroot fennel and mint salad  
desert- lemon coconut and goji berry slice

### DAY 3

break - various plus avocado ,feta, tomato  
lunch- sushi, miso soup and salad  
afternoon tea- jungle juice- lemon, ginger turmeric elixir  
dinner- dal, saffron date and almond rice, besan fried onions and capsicums, green salad  
desert- banana and walnut muffins

### DAY 4

break - various plus pancakes sweet and savoury  
lunch- millet frittata with veg, green salad, roast pot and snow pea salad  
afternoon tea- ice tea with orange flavour water  
dinner- felafel with hummus, buckwheat tabuli, cucumber, tom radish salad and greens  
desert- sticky black rice with coconut custard

### DAY 5

break- various and peach and mango quinoa porridge  
lunch-buddha bowls- raw salad with grated beets, carrot,celery,cucumber, toasted nori, pea shoots,  
greens, stir fry veg and star anise non soy tempeh  
aft tea-elixir  
dinner- creamy pasta, garlic bread, rocket salad and tomato basil pomegranatee salad  
desert- olive oil orange cake

### DAY 6

break-various plus spanish bean breakfast burrito with tom, avo and peppers and cashew cream  
lunch- roast veg salad with hemp seeds, caesar salad,thai summer rolls  
afte tea- elixir  
dinner- sri lankan potato and pea curry, two yummy salads  
dessert- matcha cheesecake