

## ***Balance Fitness Menu***

*This menu is only for participants in the Balance Fitness Retreat*

### **MORNING DRINK**

Choose 1 x smoothie and 1 x hot drink from the selection below

#### **Smoothies**

##### **Green Juice**

*Mixed Thai green vegetables & fruits*

##### **Boutenko Blaster**

*Leafy greens, coconut water and soft fruit*

##### **Coco Magic**

*Banana, coconut, cocoa*

#### **Hot Drinks**

Tea, coffee, espresso, cappuccino or latte

### **BREAKFAST MENU**

Choose 1 x breakfast dish from the selection below.

Your breakfast will be served with two hard boiled eggs on the side

##### **PORRIDGE / HOT OATMEAL**

*With apple, raisin & cinnamon*

##### **MUESLI**

*With fresh fruits, yoghurt and raw honey*

##### **MORNING MAGIC**

*Fresh papaya and mango topped with yoghurt & bee pollen*

## LUNCH

Choose 1 x salad from the selection below and your preferred protein. Served with brown Jasmine rice, (except Brown Rice Salad)

### TUNA POPPERS

*Peppered tuna cubes grilled med-rare, with a Wasabi mayo and market greens*

### BEETROOT & WALNUT

*Steamed beets served with pumpkin seed & cashew nut compote*

### CURRY VEGGIE SALAD

*Steamed carrot, green beans and tofu served with a light mustard vegan cream with curry*

### MEMO SALAD

*Vegetables chopped small Mediterranean style*

### MIXED GREEN SALAD

*Seasonal leafy greens with market veggies and Chef Charley's house dressing*

### GREEK STYLE

*Mixed greens and shredded cabbage with feta cheese, black olive, cashew, jicama, tomato, cucumber and apple cider vinaigrette*

### BROWN RICE SALAD (contains carbs)

*Mixed with sprouts, green beans, sweet peppers, tomato, feta, cashews, jicama, apple cider vinaigrette*

### JAPANESE STYLE SALAD

*Mixed crisp vegetables, with a sesame shoyu dressing and dried figs*

### TUNA

*Tuna blended with mayo, egg on bed of mixed greens, tomato, cucumber, onion*

### Protein Portion: Your choice of;

*Grilled prawns, or chicken breast, or salmon filet, or hardboiled egg, or feta cheese, or grilled tofu*

# DINNER

Your choice of 1 x soup and either 1 x salad or 1 x main course

## Soups

### POWER BROTH

*Clear fresh market vegetable soup with garlic and apple cider vinegar*

### LENTIL

*Delicious, hearty lentil soup with tomato, garlic, spinach, carrot and onion*

### BROCCOLI

*Rich in anti-oxidants, home-made using florets of organic broccoli*

### PUMPKIN & CARROT

*A delicious blend with a hint of Indian spices*

### TURKEY NOODLE

*Home-made roast turkey with veggies*

## Salads

Any of the salads + protein portion in the lunch list, except Brown Rice Salad.

## Main Courses

### RAW VEGETABLE LASAGNA SERVED WITH 1 x PROTEIN PORTION

*Simply stunning! With pesto and marinara sauces, cashew "cheez" and marinated veggies.*

### SUPERNATURAL FITNESS SPECIAL

*Your choice of chicken breast, or salmon, or sea-bass  
Served with steamed vegetables and fresh salad*