



# MYSTICS RETREAT



## SAMPLE MENU

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### BREAKFAST

**Paleo:** Veggie Frittata Bake with pasture-raised eggs | sautéed organic Greens | fresh organic Berries

**Vegetarian:** Garbanzo Bean Frittata Bake | sautéed organic Greens | rosemary breakfast Potatoes | fresh seasonal organic Berries

### SNACK

raw Coco-Cacao Fudge

### LUNCH

**Paleo:** wild-caught dilled Salmon | Kale Avo-Tomato Salad w/ EVOO | Multi-Colored Curried Cauliflower Char

**Vegetarian:** Lentil-Veggie Balls in sun-dried tomato sauce | Kale Avo-Tomato Salad w/ EVOO | Multi-Colored Curried Cauliflower Char |

### DINNER

**Paleo:** pasture-raised herb roasted Chicken | baby Carrots with Fennel Confit | sea salted steamed Broccoli with EVOO

**Vegetarian:** roast Portobello Mushroom | baby Carrots with Fennel Confit | sea salted steamed Broccoli with EVOO | Spiced Sweet Potato Mash

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