



PALM ROCK RETREATS

EXAMPLE MENU

Day 1

Juice- Fresh Orange Juice, Lime and Ginger

Breakfast - Huevos Rancheros w/ Mixed Beans

Lunch- Sesame Tuna w/ Lentils and Mixed Garden Salad

Snack - Fig and Nut Protein Ball

Dinner - Chicken Madras Cauliflower Rice, Fresh Relish and Tzatziki

Day 2

Juice- Beetroot and Horseradish

Breakfast - Banana Pancakes with Strawberry Compote & Greek Yogurt

Lunch - Spicy Thai Beef Salad w/ Carrot, Spring Onion, Rocket & Peanuts

Snack - Date and Coconut Energy Ball

Dinner - Cod w/ Salsa Verde, Roasted Tomatoes, Courgettes & New Potatoes

Day 3

Juice - Apple and Greens Juice

Breakfast - Overnight Oats with Chia Seeds, Fresh Berries & Toasted Nuts

Lunch - Corn Fed Chicken Wraps w/ Hoisin Sauce, Cucumber,

Snack - Protein Smoothie

Dinner - Baked Teriyaki Salmon w/ Pak Choi & Warm Asian Style Slaw

Day 4

Juice - Carrot, Turmeric and Ginger

Breakfast - Stuffed Portobello Mushrooms with Spinach & Scrambled Egg

Lunch - Orzo, Bean and Griddled Tuna Steak with Black Olives and Dill

Snack - Apricot and Peanut Energy Balls

Dinner - Herb & Garlic Pork w/ Ratatouille & Crushed Herby New Potatoes