

Dallas Courtney LLC
Wellness/Yoga Retreat 1 Day Sample Menu
(Gluten Free, Dairy Free, Vegan, dietary restrictions easily accommodated for)

Breakfast:

Freshly made juice with breakfast caramelized onion and vegetable tarte in gf coconut flour crust



Lunch:

Thai style Soup served with spring rolls and various dipping sauces



Dinner:

Cleansing Ayurvedic Kitchari (lentil and rice with ginger and east Indian spices) served with Red Cabbage Slaw



Dessert:
Raw Peach Tart



Snack:
High protein flourless cookie dough bites, high protein berry truffles

