

## PLANT-BASED MEAL PLAN

Welcome to your retreat and the mindful, plant-based meal plan included with your stay.

### BREAKFAST LIKE A KING, LUNCH LIKE A PRINCE, DINNER LIKE A PAUPER

This thoughtfully designed meal plan begins with a nourishing breakfast to fuel your day and boost metabolism. Guests can enjoy a wide variety of options from our plant-based buffet or order à la carte. Lunch features a satisfying 3-course menu, while dinner is a light 2-course meal - the gentlest of the day - supporting easy digestion and restful sleep.

### WHY PLANT-BASED?

Our meals are rich in essential nutrients - vitamins, minerals, healthy fats, fiber and plant-based protein. Each dish highlights vibrant vegetables and fruits, with legumes, nuts and seeds as wholesome protein and fat sources. Dinners are intentionally light and easy to digest and may include fruit, which can help satisfy hunger and support balanced blood sugar levels through its natural fiber.

Each day's meals are carefully crafted to meet the nutritional needs of a moderately active lifestyle. If you're engaging in more intense physical activity during your stay, let us know - we're happy to adjust portion sizes to ensure you get the protein and calories your body needs.

This plant-based plan also gives your body a welcome break from processed fats and animal products. If you're considering continuing a plant-based diet after your retreat, we recommend consulting a physician or nutritionist, as individual needs vary based on age, activity level and health conditions.

### BREAKFAST GUIDELINES

Help yourself to our breakfast buffet or order à la carte from our restaurants or in-room service.

If you feel hungry between meals, be sure to stay hydrated. You're also welcome to enjoy snacks like nuts, seeds, or a refreshing coconut, rich in electrolytes.

### BENEFITS OF "KING-PRINCE-PAUPER" APPROACH

*Enhanced Metabolism, Better Sleep, Balanced Hormones, Improved Digestion, Stable Blood Sugar, Reduced Stress & Anxiety*

### BENEFITS OF A PLANT-BASED DIET

*Improved Mood, Increased Energy, Sharper Focus, Reduced Anxiety, Better Sleep, Weight Balance*

PLANT-BASED  
MENU

## MONDAY

|        |  |
|--------|--|
| Lunch  | <b>KALE SALAD</b><br>Green apple, walnut, cranberry & Dijon mustard sauce  |
|        | <b>SPROUTS PAD THAI</b><br>With tofu, roasted peanut & chive   |
|        | <b>MANGO STICKY RICE</b><br>Ripen mango & young coconut cream  |
| Dinner | <b>CAULIFLOWER COCONUT SOUP</b><br>Potato, red chilli, garlic, onion & coconut milk served with julienne lime leaf                   |
|        | <b>ASIAN VEGETALBE SPAGHETTI</b><br>Carrot, chayote, kohlrabi, Japanese green beans white radish, sesame, cashew nuts & spring onion |

## ▶ TUESDAY

|        |  |
|--------|--|
| Lunch  | <b>MUSHROOM &amp; TOFU DUMPLINGS</b><br>Delicate dumplings filled with savory tofu & mushrooms, served in a hot vegetable broth                                  |
|        | <b>QUINOA &amp; VEGETABLE NEATBALLS</b><br>Served on tossed vegetable ribbons in homemade tomato sauce & topped with fresh garden herbs                          |
|        | <b>COCONUT PROTEIN NICE CREAM</b><br>A creamy, dairy-free coconut-based treat infused with plant protein   |
| Dinner | <b>MANGO &amp; PINEAPPLE SOUP</b><br>A light & fruity chilled soup with a tropical touch   |
|        | <b>VEGETABLE "LASAGNA"</b><br>Three layers of delicious plant-based cheese sun-dried tomato sauce & homemade avocado pesto, stacked with grilled zucchini sheets |

## ▶ WEDNESDAY

|        |   |
|--------|---|
| Lunch  | <b>STEAMED ASPARAGUS</b><br>Lime-scented asparagus with cashew, paprika & black sesame crumbs, served with a fresh mint & radish salad    |
|        | <b>PUMPKIN &amp; BUCKWHEAT RISOTTO</b><br>Asian mushrooms, kale & pumpkin cooked risotto-style with coconut cream, served with herb pesto |
|        | <b>CHOCOLATE TOFU MOUSSE</b><br>A rich, high-protein chocolate mousse made with tofu  |
| Dinner | <b>CHILLED WATERMELON &amp; LIME SOUP</b><br>Watermelon & lime blended with ginger, topped with fresh mint                                |
|        | <b>SAUTÉED VEGETABLES WITH CURRY SAUCE</b><br>Cauliflower, carrots, mushrooms, sprouts & red pepper in a fragrant coconut curry sauce     |

PLANT-BASED  
MENU

## THURSDAY

Lunch

CHILLED CUCUMBER & LIME SOUP  
Cucumber & limes, combined with green pepper- corns topped with herbs served with edamame & lotus seed

SWEET POTATO & CHICKPEA PATTIES  
Served with tahini garlic sauce, fresh mustard cress & avocado salad

HIBISCUS POACHED PEARS  
Pears poached in hibiscus tea, served with dark chocolate & coconut sauce sprinkled with toasted hazelnuts

Dinner

SAVORY TARTS  
Spinach, mushroom & almond tart served with saffron falafel & a creamy cashew-mushroom sauce

CITRUS GLAZED TOFU  
Pan-fried tofu with orange, ginger & maple glaze, served with sesame stir-fried bok choy & organic brown rice noodles

## ▶ FRIDAY

Lunch

CHILLED TOMATO ESSENCE  
A light, clear tomato essence with basil garlic & red pepper

PEARL BARLEY WOK BOWL  
Red capsicum, shiitake mushroom, carrot & coconut milk

SALTED PEANUT BUTTER BAR  
A satisfying, nutty energy bar with a touch of sea salt

Dinner

POMELO & WATERMELON SALAD  
With sprouts, green chilli, fresh garden herbs & black sesame seeds

VIETNAMESE PHO AN CHAY  
Shiitake mushroom, edamame, bean sprout & basil

## ▶ SATURDAY

Lunch

TOMATO & STRAWBERRY SALAD  
Fresh tomatoes, strawberries, red onion garlic & chives with herbs

BAKED FALAFEL  
WITH VEGAN TZATZIKI & VEGETABLES  
Flax seeds, sunflower seeds served with romaine lettuce & baby cucumber

TAMARIND PINEAPPLE SKEWERS  
Spice, pineapple wedges with tamarind & chilli, served with coconut sorbet

Dinner

NORI ROLLS  
Carrot, avocado, cucumber served lettuce & tahini citrus dipping sauce

LOTUS ROOT WITH GARLIC  
& BLACK BEAN  
Green capsicum, black bean paste & red chilli

## ▶ SUNDAY

Lunch

GREEN MANGO SALAD  
With shiitake, bean sprouts & edamame

ROASTED CAULIFLOWER  
Turmeric cauliflower with shallot puree & roasted pumpkin, with fresh radish, beetroot slices & sprinkled with toasted almonds

RAW BLUEBERRY CHEESECAKE  
With almond, date, cashewnut & coconut milk

Dinner

MISO SOUP  
Wakame, enoki mushrooms, beech mushrooms, cubed tofu & sliced leek

ROAST BUTTERNUT  
WITH SPICED PEANUTS  
Sous vide roasted butternut, served with curried pumpkin & topped with spiced peanuts, toasted coconut bean sprouts & cherry tomatoes