

## 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

Breakfast	<b>SUNRISE PROTEIN SMOOTHIE BOWL</b> Papaya, orange, mango, turmeric, banana, chia seeds almonds, coconut flakes & plant-based protein powder
Lunch	<b>KALE SALAD</b> Green apple, walnut, cranberry & Dijon mustard sauce  <b>SPROUTS PAD THAI</b> With tofu, roasted peanut & chive  <b>MANGO STICKY RICE</b> Ripen mango & young coconut cream
Dinner	<b>CAULIFLOWER COCONUT SOUP</b> Potato, red chilli, garlic, onion & coconut milk served with julienne lime leaf  <b>ASIAN VEGETABLE SPAGHETTI</b> Carrot, chayote, kohlrabi, Japanese green beans white radish, sesame, cashew nuts & spring onion

## ► TUESDAY

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

## ► WEDNESDAY

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

## PLANT-BASED MENU

### THURSDAY

Breakfast	<b>GREEN PROTEIN SMOOTHIE BOWL</b> Avocado, banana, mango, mint & spinach smoothie bowl, topped with fresh fruit, crispy coconut, dried pineapple, chia seeds & plant-based protein powder
Lunch	<b>CHILLED CUCUMBER &amp; LIME SOUP</b> Cucumber & limes, combined with green pepper- corns topped with herbs served with edamame & lotus seed  <b>SWEET POTATO &amp; CHICKPEA PATTIES</b> Served with tahini garlic sauce, fresh mustard cress & avocado salad  <b>HIBISCUS POACHED PEARS</b> Pears poached in hibiscus tea, served with dark chocolate & coconut sauce sprinkled with toasted hazelnuts
Dinner	<b>SAVORY TARTS</b> Spinach, mushroom & almond tart served with saffron falafel & a creamy cashew-mushroom sauce  <b>CITRUS GLAZED TOFU</b> Pan-fried tofu with orange, ginger & maple glaze, served with sesame stir-fried bok choy & organic brown rice noodles

### ► FRIDAY

Breakfast	<b>RED PROTEIN SMOOTHIE BOWL</b> Red dragon fruit , strawberry, tomato avocado & plant-based protein powder
Lunch	<b>CHILLED TOMATO ESSENCE</b> A light, clear tomato essence with basil garlic & red pepper  <b>PEARL BARLEY WOK BOWL</b> Red capsicum, shiitake mushroom, carrot & coconut milk  <b>SALTED PEANUT BUTTER BAR</b> A satisfying, nutty energy bar with a touch of sea salt
Dinner	<b>POMELO &amp; WATERMELON SALAD</b> With sprouts, green chilli, fresh garden herbs & black sesame seeds  <b>VIETNAMESE PHO AN CHAY</b> Shiitake mushroom, edamame, bean sprout & basil

### ► SATURDAY

Breakfast	<b>COLADA PROTEIN SMOOTHIE BOWL</b> Coconut, pineapple, banana, cashew butter, chia seeds, dried coconut pineapple & plant-based protein powder
Lunch	<b>TOMATO &amp; STRAWBERRY SALAD</b> Fresh tomatoes, strawberries, red onion garlic & chives with herbs  <b>BAKED FALAFEL</b> <b>WITH VEGAN TZATZIKI &amp; VEGETABLES</b> Flax seeds , sunflower seeds served with romaine lettuce & baby cucumber  <b>TAMARIND PINEAPPLE SKEWERS</b> Spice, pineapple wedges with tamarind & chilli, served with coconut sorbet
Dinner	<b>NORI ROLLS</b> Carrot, avocado, cucumber served lettuce & tahini citrus dipping sauce  <b>LOTUS ROOT WITH GARLIC &amp; BLACK BEAN</b> Green capsicum, black bean paste & red chilli

### ► SUNDAY

Breakfast	<b>BERRY PROTEIN SMOOTHIE BOWL</b> Strawberry, raspberry, blueberry, avocado chia & sunflower seeds, coconut flakes & plant-based protein powder
Lunch	<b>GREEN MANGO SALAD</b> With shiitake, bean sprouts & edamame  <b>ROASTED CAULIFLOWER</b> Turmeric cauliflower with shallot puree with fresh radish, beetroot slices & sprinkled with toasted almonds  <b>RAW BLUEBERRY CHEESECAKE</b> With almond, date, cashewnut & coconut milk
Dinner	<b>MISO SOUP</b> Wakame, enoki mushrooms, beech mushrooms, cubed tofu & sliced leek  <b>ROAST BUTTERNUT WITH SPICED PEANUTS</b> Sous vide roasted butternut, served with curried pumpkin & topped with spiced peanuts, toasted coconut bean sprouts & cherry tomatoes