

HIGH-PROTEIN PLANT-BASED MEAL PLAN

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Welcome to your private retreat and the customized, high-protein, plant-based meal plan designed to fuel your transformation, optimize performance, and support recovery. This plan has been specially developed for guests undergoing intense physical training and bodywork as part of our Strength & Recovery program. Every meal is curated with your wellness goals in mind - nourishing not just the body, but also promoting clarity, balance, and longevity.

PRECISION NUTRITION, PERSONALIZED FOR YOU

Your daily meal plan includes a protein-rich smoothie bowl for breakfast, a nourishing 3-course lunch, and a lighter 2-course dinner - each meal crafted to meet your specific protein and calorie needs. Nutritional requirements are calculated according to your weight range and physical activity level, ensuring the right balance to fuel your body and maximize retreat results. By tailoring portions to your metabolism and training intensity, we help you stay energized throughout the day without excess. Meals are timed and portioned to align with peak energy demands, optimizing both physical performance and recovery.

WHY PLANT-BASED, HIGH-PROTEIN?

This plan is fully plant-based, offering a break from processed foods and animal protein, while still meeting the demands of an active lifestyle. Meals are designed around clean protein sources like legumes, seeds, green peas, and sweet potato, along with healthy fats, complex carbs, and vibrant vegetables - supporting muscle repair, energy, and metabolic balance. Plant-based eating helps reduce inflammation, improve digestion, and elevate mental clarity. It also encourages a more mindful relationship with food, helping you build healthier long-term habits.

STRUCTURED FOR PERFORMANCE & RESTORATION

Each day's menu is thoughtfully sequenced to maintain energy levels throughout training sessions and promote effective recovery without overloading the digestive system at night. The 2-course dinner is intentionally lighter, making it easier to digest and allowing the body to enter a deeper state of rest and repair. This smaller evening meal helps regulate blood sugar levels, reduces nighttime bloating, and promotes better sleep quality. This rhythm supports deep recovery, reduced stress, and sustained vitality throughout your retreat journey.

HIGH PROTEIN
PLANT-BASED MENU

MONDAY

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

► TUESDAY

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

► WEDNESDAY

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

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THURSDAY

Breakfast	GREEN PROTEIN SMOOTHIE BOWL Avocado, banana, mango, mint & spinach smoothie bowl, topped with fresh fruit, crispy coconut, dried pineapple, chia seeds & plant-based protein powder
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

Breakfast	RED PROTEIN SMOOTHIE BOWL Red dragon fruit, strawberry, tomato avocado & plant-based protein powder
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

Breakfast	COLADA PROTEIN SMOOTHIE BOWL Coconut, pineapple, banana, cashew butter, chia seeds, dried coconut pineapple & plant-based protein powder
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

Breakfast	BERRY PROTEIN SMOOTHIE BOWL Strawberry, raspberry, blueberry, avocado chia & sunflower seeds, coconut flakes & plant-based protein powder
Lunch	GREEN MANGO SALAD With shiitake, bean sprouts & edamame ROASTED CAULIFLOWER Turmeric cauliflower with shallot puree 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