

# Typical Meals on Retreats

A Guide to Meal Service at Well Being Retreat Center

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*Meal Service includes three meals a day served promptly at the scheduled times, plus all-day availability of drinks and snacks.*

## Breakfast

**Served at 8:30 AM**

Breakfasts usually consist of organic scrambled eggs, organic gluten-free ancient whole-grain cereal with a choice of nut and fruit toppings, yogurt, juice, coffee, and teas. Occasionally, we will serve organic chicken or vegan sausages.

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## Lunch

**Served at 12:30 PM**

Lunches vary with the season and availability of vegetables from our one-acre, organically tended garden. Generally, there will be a fresh, hearty, mostly organic salad. The salads may be mixed green salads, rustic coleslaw, or a grain salad such as a tangy quinoa or rice salad. Then usually a hearty homemade soup or other hot dish such as chili with homemade corn bread, or wild-caught Alaskan salmon salad.

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## Supper

**Served at 6:00 PM**

Suppers include a vegetable (almost never white potatoes and often from the garden in season), a meat dish, a vegetarian grain or bean dish, a freshly prepared complex salad, and dessert. Most of our meals are low glycemic, tending towards Paleo in character, but we will often make a sweet dessert for supper as well as offering fresh fruit for snacks and desserts.

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## All Day Drinks

- Chilled, tested, non-chlorinated well water that is delicious and mineral rich
  - Starbucks coffee, regular or decaffeinated, with half and half and almond creamer
  - Unsweetened black tea with ice (sweeteners available)
  - An unsweetened herbal tea (usually lemon balm) with ice
  - A variety of herbal and black teas
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## All Day Snacks

- Fresh Fruit
  - Mixed Nuts (does not include peanuts)
  - Paleo sweet loaf such as banana-apple-carrot cake or zucchini-almond loaf
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