

Living Springs Retreat

Menu for 10-Day Training with Barbara O'Neill

Central Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	Delicious Wholesome Breakfast					
	Safe Travels	Buckwheat Waffles Red Lentil Dal Blueberry Cardamon Sauce Whipped Sweet Topping Pear Cream Fruit Platter & LSA/Chia Avocado & Tomato Platter	Millet Savory Brown Lentils Ambrosia Fruit Platter Peach Cream Chia, LSA	Rice Pudding Scrambled Tofu Simple Kneads Bread & Vegan Butter Avocado & Tomato Fruit Platter Peach Cream LSA & Chia	Banana Splits w/ Millet Strawberry Sauce Cranberry Orange Muffins Chia & LSA Pear Cream Fruit Platter Walnuts/Pumpkin Seeds	Spelt Biscuits Brown Gravy New Breed "Sausage" Patties Fruit Platter Pear Cream LSA & Chia
1:15 PM	Delicious Wholesome Lunch					
	Safe Travels	Broccoli Cheese Soup Sunflower Burgers Tomato Sauce Baked Sweet Potato Chunks Asian Salad Asian Dressing	Barbecue Soy Curls Barbecue Sauce Scalloped Potatoes Vegetable Medley All American Salad Sunflower Dressing Carob Pudding	Brown Rice Coconut Curry w/Greens Baked Squash Italian Salad Ranch Dressing Ginger Carrot Beet Salad	Vegetarian Chili Corn Bread Vegan Butter Collard Greens Greek Salad #1 on bed of Lettuce Kale Cauliflower Brussel Salad	Pecan Cauliflower Patties Macaroni & Cheese Lebanese Green Beans Greek Salad #2 Almond Parmesan Cheese Carob Pudding
6:15 PM	Delicious Light Supper					
	Green Splt Pea Soup Gluten-Free Crackers	Tomato Basil Soup Spelt Rolls Vegan Butter	Popcorn Smoothies	Curried Sweet Potato & Lentil Soup Crackers	Lentil Soup Carrot Crackers	"Chicken" Noodle Soup Sweet Potato Crackers

Central Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
7:30 AM	Delicious Wholesome Breakfast					
	Quinoa Black-Eyed Peas Stewed Apples Fruit Platter Buckwheat Granola Almond & Soy Milk Coconut Cream LSA & Chia	Buckwheat Waffles Red Lentils Apple Sauce Fruit Platter Peach Cream Avocado & Tomato LSR & Chia	Scrambled Tofu Millet Pudding Avocado & Tomato-Sliced Almond Cheese Fruit Platter LSA, Chia Pear Cream Spelt/Millet Bread & Butter	Sweet & Savory Pancakes Buckwheat Granola/Milk Mixed Berry Sauce Fruit Platter Tomato Guacamole/Hummus Peach Cream Fruit Platter Chia & LSA	Quinoa Buckwheat Granola/Milk Falafels & Tahini Sauce Stewed Apples Fruit Platter Pear Cream LSR & Chia Tomato & Avocado	Apple Crumble/Milk Sweet Potato Squash Hash Simple Kneads Toast Almond Butter Vegan Butter Fruit Platter Avocado & Tomato LSA & Chia
1:15 PM	Delicious Wholesome Lunch					
	Chips/ Rice Haystack Beans Veggies Cheese Sauce Guacamole Salsa Pomegranate Cheesecake	Brown Rice Black Bean Stew Sweet Potatoes Cucumber Dill Tomato Avocado Salad on Bed of Lettuce	Quinoa with Almonds Tasty Lima Beans Peas & Carrots Cauliflower Couscous Santa Fe Salad French Dressing	Curried Chick Peas & Cauliflower Indian Cabbage Brown Rice Baked Plantain Tossed Salad w/Avocado Tahini Dressing	Sandwich Buns New Breed Burgers "Chicken Salad" Potato Wedges & Ketchup Soy & Garlic Mayo Asian Coleslaw w/ Avocado Vegetable Tray	Safe Travels
6:15 PM	Delicious Light Supper					
	Popcorn Watermelon	Potato Leek Soup Onion Crackers	Vegetarian Borscht Spelt Rolls Vegan Butter	Banana Muffins Fruit Platter/Salad	Minestrone Soup Kale Chips	Safe Travels