

## MENU: 7-day retreat

### 1. Friday

Dinner: Detox Soup (chunky cabbage, spring onions, celery, pepper, fresh herbs); Salmon fillets in lemon, garlic and parsley; green runner beans; carrots; cut-in-half small new potatoes; Chunky homemade tomato salsa

### 2. Saturday

Breakfast: Porridge oats with blueberries

Snack: Fruit smoothie

Lunch: Mixed chunky veggie soup (carrot, red pepper onion, chopped mange tout..) with chicken pieces; avocado and hommus dips with crudites (celery/cucumber/yellow & orange peppers)

Snack: Rice cake with pot of spring onion cottage cheese

Supper: Detox Soup; Rosemary or mint lamb burgers with mini wholemeal pita bread; tomato; sprinkle of feta; basil; and spinach salad (balsamic vinegar and low fat natural yoghurt dip)

### 3. Sunday (TREK DAY)

Breakfast: Porridge with stewed apple chunks or banana

Lunch: Carrot and celery or coriander soup – put into 3 flasks; granary or wholemeal turkey rolls with tomato and lettuce.

Snacks: Banana; apple; satsuma; oat/nut bar

Supper: Beef casserole with mushrooms, onion, carrots and small amount of chopped potatoes. Served with spinach leaves. OR Veggie sausage with casserole veg

Dessert: Strawberries and natural yoghurt

### 4. Monday

Breakfast: Porridge oats or homemade Museli (no added sugar) with half a grapefruit

Snack: Mixed toasted seeds

Lunch: Minestrone soup (wholemeal pasta hoops); Smoked salmon or cottage cheese on crackers with low fat philly; mixed green leaves; cherry tomatoes and homemade low fat dressing.

Snack: Pineapple chunks

Supper: Detox soup; Chicken hot pot with brown rice, green olives, onion, carrot, peppers, garlic; green runner beans on the side

### 5. Tuesday

Breakfast: Porridge or museli with apple pieces or prunes

Snack: Soya pot of yogurt

Lunch: French onion soup with handful chunky granary garlic croutons; smoked trout salad

Snack: Hard boiled egg

Dinner: Pork with apple puree, sweet pot mash with red cabbage and runner beans;

Dessert: Fruit salad (orange, pear, blueberries, raspberries)

## 6. Wednesday

Breakfast: Porridge oats or homemade museli (no added sugar) and strawberries

Snack: Banana and 2 squares of dark chocolate

Lunch - Whole grain couscous with (king)prawns, spring onion, tomatoes, cucumber, coriander, basil etc

Snack: Half an apple and almonds

Supper: Medium sized tuna steaks, half medium baked potato, broccoli, green peas and chunky tom/onion salsa

Dessert: Watermelon

## 7. Thursday

Breakfast: Porridge or museli with blueberries

Snack: Brazil/Walnuts, apple pieces

Lunch: Broccoli soup; smoked mackerel salad

Snack: Carrot, orange and ginger juice

Supper: Tomato based - chicken mixed peppers and onion curry; brown rice, spinach

Dessert: Baked 'apples and pears' (half of each per person) with oat cake crumbs topping and natural yoghurt.

## 8. Friday

Breakfast: Scrambled egg on one piece brown toast; grilled tomatoes and mushrooms

Snacks/lunch: Roll, Banana, Apple, Nut bar

NB. The "low fat" dressing for some of the salads is made with crushed garlic, lemon juice, a dash of balsamic vinegar, teaspoon of mustard and spoonful of natural low fat yoghurt.