MOVE WITH ASHER
Wellness Retreat



7-DAY HEALTHY RETREAT MENU—1

Fresh food • Simple preparation • Balanced choices

MOVE BETTER • FEEL YOUNGER • LIVE LONGER

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Wellness Retreat

Simple food that feels good

This seven-day menu is designed for active retreat days: nourishing breakfasts, light and colorful lunches, and satisfying dinners made from familiar ingredients.

B

BREAKFAST

Eggs, avocado, fresh vegetables, cheese, and whole grains help begin the day with satisfying food.

L

LUNCH

Fruit, cultured dairy, nuts, and seeds keep midday meals colorful, refreshing, and easy to prepare.

D

DINNER

Chicken, fish, or lean meat is paired with potatoes, grains, vegetables, and fresh salads.

Flexible by design

Meals may be adjusted for allergies, dietary preferences, local ingredients, and individual energy needs.

MONDAY

FRESH START



1

BREAKFAST

Two-egg vegetable omelet, half an avocado, soft white cheese, and whole-grain toast

2

LUNCH

Papaya, pineapple, and berries with Greek yogurt, mixed nuts, and chia seeds

3

DINNER

Lemon-herb chicken breast, baked potato, and grilled zucchini

TUESDAY

BRIGHT AND BALANCED



1

BREAKFAST

Two boiled eggs, half an avocado, farmer's cheese with a little sour cream, tomatoes, and cucumber

2

LUNCH

Grapes, berries, and apple with cottage cheese and walnuts

3

DINNER

Baked salmon, buckwheat or another grain, and cucumber-tomato-onion salad

WEDNESDAY

SIMPLE STRENGTH



1

BREAKFAST

Two eggs lightly fried in olive oil or butter, half an avocado, white cheese, and sliced tomato

2

LUNCH

Pineapple, papaya, and banana with plain kefir or yogurt, almonds, and pumpkin seeds

3

DINNER

Grilled steak, mashed potatoes, and mixed sauteed vegetables

THURSDAY

COLORFUL ENERGY



1

BREAKFAST

Scrambled eggs with spinach and tomatoes, cottage cheese, and half an avocado

2

LUNCH

Mixed seasonal fruit with Greek yogurt, pecans, and unsweetened coconut

3

DINNER

Roasted chicken thighs, white rice or couscous, and a fresh salad

FRIDAY

LIGHT AND FRESH



1

BREAKFAST

Mushroom-and-cheese omelet, half an avocado, and sliced cucumber

2

LUNCH

Berries, grapes, and pear with plain kefir or yogurt and mixed nuts

3

DINNER

Baked white fish, herb-roasted potatoes, and steamed asparagus

SATURDAY

TROPICAL BALANCE



1

BREAKFAST

Two boiled eggs, soft white cheese, half an avocado, tomatoes, and whole-grain toast

2

LUNCH

Tropical fruit with cottage cheese, walnuts, and cinnamon

3

DINNER

Beef or chicken kebabs, quinoa or buckwheat, grilled peppers, and a fresh salad

SUNDAY

RELAX AND RESTORE



1

BREAKFAST

Two poached eggs, cornmeal porridge, farmer's cheese with a little sour cream, half an avocado, soft white cheese, and cottage cheese

2

LUNCH

Mango, apple, and berries with Greek yogurt and mixed nuts

3

DINNER

Lamb chops or pork chops, mashed sweet potato, and roasted vegetables

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Hydrate throughout the day

Keep water available before, during, and after activities. Flavor it naturally and offer a variety of unsweetened beverages.

WA	**WATER**	Cold water with lemon, lime, cucumber, or mint
TE	**TEA**	Unsweetened loose-leaf green tea or black tea
HE	**HERBAL**	Caffeine-free herbal tea in the afternoon and evening
CO	**COFFEE**	One cup of coffee available for guests who prefer it
KE	**KEFIR**	Plain kefir served with selected lunches (kefir can be replaced with yogurt)
SK	**SKIP**	No sugary sodas or heavily sweetened juices

Make every plate inviting

Rotate herbs and spices, serve sauces separately, use seasonal produce, and choose baked, grilled, steamed, or air-fried preparations most often.