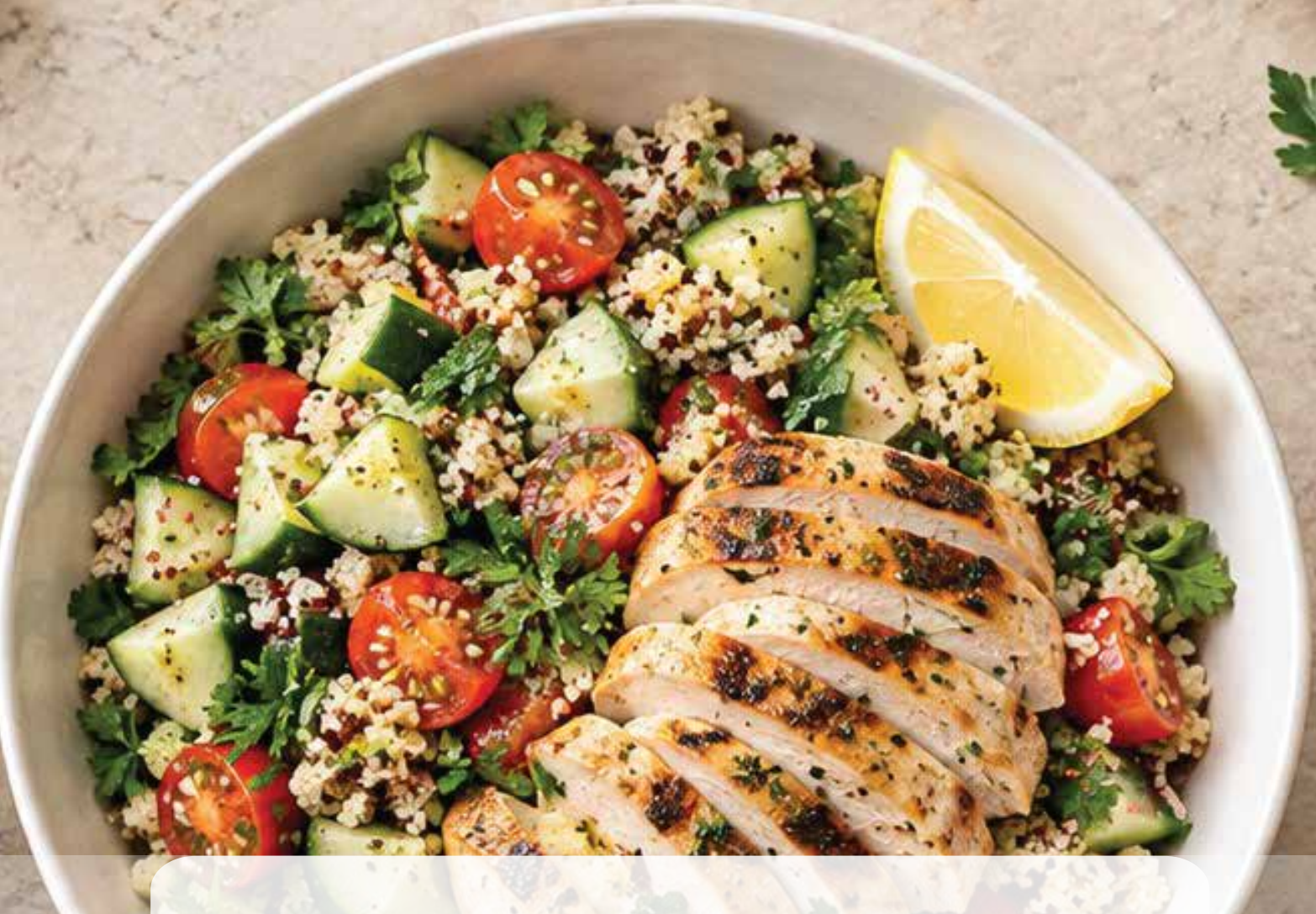
MOVE WITH ASHER
Wellness Retreat



7-DAY HEALTHY RETREAT MENU — 2

More variety • Simple preparation • Healthy choices

MOVE BETTER • FEEL YOUNGER • LIVE LONGER

MOVE WITH ASHER
Wellness Retreat

More variety for active days

Menu 2 adds new textures and flavors while keeping every meal colorful, familiar, and practical for an active wellness retreat.

B

BREAKFAST

Oats, yogurt, fruit, whole grains, cottage cheese, and occasional eggs create a more varied start.

L

LUNCH

Salads, soups, wraps, beans, chicken, turkey, and tuna offer a light meal that provides protein.

D

DINNER

Fish, turkey, chicken, lean beef, whole grains, beans, and vegetables finish the day with balance.

Flexible by design

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

MONDAY

FRESH FUEL



1

BREAKFAST

Overnight oats with Greek yogurt, banana, blueberries, strawberries, and chia seeds

2

LUNCH

Grilled chicken quinoa salad with cucumber, tomato, parsley, and lemon

3

DINNER

Turkey meatballs with whole-wheat spaghetti, tomato marinara, and roasted broccoli

TUESDAY

COMFORT MADE HEALTHY



1

BREAKFAST

Whole-grain pancakes with berries, plain yogurt, and a small drizzle of almond butter

2

LUNCH

Lentil vegetable soup with whole-grain toast and a fresh side salad

3

DINNER

Baked cod with wild rice and green beans

WEDNESDAY

COLOR AND CRUNCH



1

BREAKFAST

Greek yogurt parfait with peaches, low-sugar oat granola, and walnuts

2

LUNCH

Whole-grain turkey and avocado wrap with lettuce, tomato, and hummus, served with an orange

3

DINNER

Lean beef and colorful vegetable stir-fry with brown rice

THURSDAY

MEDITERRANEAN DAY



1

BREAKFAST

Savory oatmeal with spinach, mushrooms, and one poached egg

2

LUNCH

Mediterranean chickpea salad with cucumber, tomato, sweet peppers, parsley, lemon, and olives

3

DINNER

Turkey-stuffed bell peppers with brown rice and a green side salad

FRIDAY

COASTAL FRESHNESS



1

BREAKFAST

Cottage cheese with berries, sliced pear, cinnamon, pumpkin seeds, and rye crispbread

2

LUNCH

Tuna and white bean salad with arugula, tomatoes, and lemon

3

DINNER

Grilled mahi-mahi with corn and black bean salsa and cilantro-lime cauliflower rice

SATURDAY

FLAVORFUL WEEKEND



1

BREAKFAST

Spinach and feta egg muffins with roasted tomatoes and fresh melon

2

LUNCH

Roasted vegetable and hummus whole-wheat pita with cucumber-tomato salad

3

DINNER

Chicken fajita bowl with brown rice, black beans, peppers, corn, salsa, and guacamole

SUNDAY

WARM AND RESTORATIVE



1

BREAKFAST

Whole-grain French toast with berries, plain yogurt, cinnamon, and chopped almonds

2

LUNCH

Vegetable minestrone with cannellini beans and a crisp side salad

3

DINNER

Slow-cooked lean beef stew with carrots, celery, mushrooms, and small potatoes

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Healthy choices throughout the day

Small choices make the menu healthier without making it restrictive or boring.

WA	**WATER**	Drink water regularly; add lemon, lime, cucumber, or mint
GR	**GRAINS**	Choose oats, brown rice, quinoa, wild rice, and whole-grain bread
CO	**COLOR**	Include vegetables or fruit at every meal
PR	**PROTEIN**	Rotate fish, chicken, turkey, lean beef, beans, yogurt, and eggs
CO	**COOKING**	Grill, bake, roast, steam, or air-fry most often
SU	**SUGAR**	Keep beverages unsweetened and limit heavily sweetened foods

Keep it flexible

Adjust portions and ingredients for allergies, dietary preferences, local availability, and each guest's activity level.