

Typical Meals on Retreats at Well Being

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

Breakfast

Breakfasts (served at 8:30 AM) usually consists of organic scrambled, eggs organic gluten-free ancient whole-grain cereal with a choice of nut & fruit toppings, yogurt, juice, coffee and teas. Occasionally, we will serve organic chicken or vegan sausages.

Lunch

Lunches (served at 12:30 PM) will vary with season and availability of vegetables from our one-acre, organically-tended garden. Generally, there will be a fresh hearty, mostly organic salad. (We won't bore you with a bowl of wimpy iceberg lettuce and call it a salad.) The salads may be mixed green salads, rustic coleslaw, or a grain salad such as a tangy quinoa or rice salad. And then usually a hearty home-made soup or other hot dish such as chili with home-made corn bread, or (wild-caught Alaskan) salmon salad.

Supper

Suppers (served at 6:00 pm) will have a vegetable (almost never white potatoes and often from the garden in season), a meat dish, a vegetarian grain or bean dish, 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.

All Day Choices for Drinks

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

Snacks are available all day and will include one or more of the following:

- Fresh Fruit
- Mixed Nuts (does not include peanuts)
- Paleo sweet loaf such as banana-apple-carrot cake, zucchini-almond loaf. These are moist and yummy, low-guilt delights that Patty serves up.