

RAWROSE CULINARY ARTS PROGRAM

2012 BASICS IMMERSION - SCHEDULE

Meals at approximately 9 am, 1 pm and 6 pm. Fruit & water always available.

FRIDAY:

- 3:00-6:30 - Introductions & Info - Watermelon Quencher
- Food Prep/Eat: Super Carrot Soup, Not Egg Salad on Greens,
Banana Lemon Pie
- 7:00-8:30 - DVD: "Simply Raw - Reversing Diabetes in 30 Days"

SATURDAY:

- 8:15-10:00 - Food Prep/Eat: Smoothies, Cinnamon Energy Balls.
- 10:00-11:00 - Leisure Time (**to stroll on the beach, exercise, meditate, relax, walk the Labyrinth, read, chat, or do absolutely nothing**)
- 11:00-1:30 - Food Prep/Eat: Beet Soup, Hummus on Red Peppers,
Super Carrot Soup Crackers, Chocolate Brownies/Fudge
- 1:30-3:30 - Leisure Time
- 3:30-6:30 - Q&A/Food Prep/Eat RawBQ: Sunburger on Romaine with
BBQ Sauce, Better Than Mayo, Tomato, Onion, Cucumber, Dill,
Tamarind, Mini Pecan Pie

SUNDAY:

- 8:15-10:00 - Food Prep/Eat: Almond Mylk, Granola topped with Fruit
- Healthy Lifestyle Discussion
- 10:00-11:00 -Leisure Time
- 11:00-1:30 - Food Prep/Eat: Amazing Avocados, Sprouts, Savoury Crackers,
Truffles
- 1:30-3:30 - Leisure Time
- 3:30-6:30 - Challenges of Applying Raw to Your Lifestyle
- Food Prep/Eat: Spaghetti, Marinara Sauce, Neatballs,
Tahini Turmeric on Greens, Apple Pie
- 7:00 – 8:00 - Enjoy a Raw Facial

MONDAY:

- 8:15-10:00 - Food Prep/Eat: Orange Banana Green Smoothie,
Cacao Fondue with Fruit
- 10:00-11:00 -Leisure Time & Checkout
- 11:00-1:30 - Food Prep/Eat: Nori Rolls, Pickled Ginger, Sweet & Sour Sauce,
Seedy Salad, Pineapple Coconut Pie