

RAWROSE CULINARY ARTS PROGRAM - BASICS SCHEDULE

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

FRIDAY, OCTOBER 16:

2:00-3:15 – check-in at Ocean Resort

3:30-6:30 – Introductions and Info – Watermelon Smoothies

Food Prep/Eat: Pizza (Pizza Crust, Barbeque Sauce, Marinated Mushrooms, Toppings), Simple Salad, Banana Lemon Pie

7:30 – DVD: "Is Raw Food For You?" by Victoria Boutenko

SATURDAY, OCTOBER 17:

8:15-10:00 – Food Prep/Eat: Smoothies, Energy Balls.

10:00-11:00 – Leisure Time (**walk the Labyrinth, stroll on the beach, exercise, meditate, read, relax, chat, or do absolutely nothing**)

11:00-1:30 – Food Prep/Eat: Beet Soup, Hummus, Chili Crackers, Chocolate Brownies/Fudge

1:30-3:30 – Leisure Time

3:30-6:30 – Food Prep/Eat: Spaghetti, Marinara Sauce, Neatballs, Tahini Turmeric on Greens

7:30 - Healthy Lifestyle Discussion
- Enjoy a Raw Facial

SUNDAY, OCTOBER 18:

8:15-10:00 – Food Prep/Eat: Almond Mylk, Oatmeal topped with fruit

10:00-11:00 – Leisure Time

11:00-1:30 – Food Prep/Eat: Amazing Avocados, Sprouts, Savoury Crackers, Tamarind

1:30-3:30 – Leisure Time

3:30-6:30 – Food Prep/Eat RawBQ: Sunburger on Romaine with BBQ Sauce, Better Than Mayo, Tomato, Onion, Cucumber, Dill, Apple Pie

7:30 – Discuss Challenges of Applying Raw to Your Lifestyle

MONDAY, OCTOBER 19:

8:15-10:00 – Food Prep/Eat: Smoothie, Cacao Fondue with Fruit

10:00-11:00 – Leisure Time and Checkout

11:00-1:30 – Food Prep/Eat: Nori Rolls, Pickled Ginger, Sweet & Sour Sauce, Seedy Salad, Truffles

1:30 – Goodbyes