

RAWROSE'S OCEAN RETREAT - SCHEDULE

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

FRIDAY, JANUARY 30:

2:00-3:15 – check-in at Ocean Resort

3:45-6:30 – Introductions and Info

Assemble/Eat Pizza, Can't Beet That Salad, Banana Lemon Pie

7:30 – Video: "Is Raw Food For You?"

SATURDAY, JANUARY 31:

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

10:00-11:00 – Leisure Time (**walk on 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, Meatballs, Green Salad with Ginger Dressing, Apple Pie

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

SUNDAY, FEBRUARY 1:

8:00-10:00 – Food Prep/Eat Smoothie, Oatmeal topped with fruit

10:00-11:00 – Leisure Time

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

1:30-3:30 – Leisure Time

3:30-6:30 – Food Prep/Eat Sunburger on romaine with BBQ Sauce, Better Than Mayo, Tomato, Onion, Cucumber, Dill, Blueberry Ice Creme

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

MONDAY, FEBRUARY 2:

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

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

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

1:30-2:00 – Goodbyes