



AHIMSA DAY LONG RETREAT MENU



Ahimsa Bowl

White Quinoa

Steamed Green Beans

Roasted White Sweet Potato

Charred Asparagus

Roasted Zucchini & Yellow Squash

Cilantro Coconut Walnut Crème Sauce

Sides

Coconut Aminos (Soy Sauce replacement)

Hemp Seeds

Chopped Cilantro

Julienned Swiss chard & Kale from the Garden

