



WARRIOR SAMPLE MENU

Muskoka, Ontario
January 9 - 12, 2020

Meals	Menu
Light pre-practice breakfast	Select a light breakfast to power your practice. Choose from: <ul style="list-style-type: none"> ● Detox Green Smoothie ● High Fiber Seed Loaf ● Blueberry Chia Jam ● Almond Butter ● Boiled Eggs ● Herbal tea selection
Brunch	<ul style="list-style-type: none"> ● Creamy Cauliflower Soup ● Roasted Butternut Squash Harvest Bowl with Roast Chicken
Afternoon Snack & Tea	<ul style="list-style-type: none"> ● Spicy Sweet Potato Hummus ● Nori & Seed Crackers
Dinner	<ul style="list-style-type: none"> ● Lemon Dill Baked Salmon over Arugula ● Beet & Lentil Salad
Dessert	<ul style="list-style-type: none"> ● Gingerbread Brownies ● Night-time Tea