



## Transformation Seminar Menu

January 11<sup>th</sup> -13<sup>th</sup>

Meals Provided by The Real Café

### Thursday January 11<sup>th</sup> 6-8pm

Water is available - Anything you order this evening will be paid for separately.

### Friday January 12<sup>th</sup> 9-6pm: Lunch is at 12:30-1:30pm

#### MORNING

- Beverages (Water, Iced Tea, Hot Tea, Coffee) ALL DAY!!
- Bone Broth
- Fresh Fruit & Sprouted Almonds

#### LUNCH

- Hummus Plate with Veggies
- Quinoa Salad
- Chicken & Veggie Wraps
- Soup

#### AFTERNOON

- Cookies
- Fresh Fruit & Sprouted Almonds

### Saturday January 13<sup>th</sup> 9-6pm: Lunch is at 12:30-1:30pm

#### MORNING

- Beverages (Water, Iced Tea, Hot Tea, Coffee) ALL DAY!!
- Bone Broth
- Fresh Fruit & Sprouted Almonds

#### LUNCH

- Hummus Plate with Veggies
- Caesar Salad with Chicken
- Mini Sweet Potato Quesadillas
- Soup

#### AFTERNOON

- Cookies
- Fresh Fruit & Sprouted Almonds