

AKASHA WELLNESS RETREAT

Welcome to Akasha!

Our menus will be published daily and we hope you savour them
as much as we have enjoyed creating them.

DAY 1 MENU

JUICE

Orange Ginger: Carrot, Apple & Ginger

• • •

SNACKS

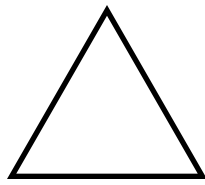
Akasha Home made bread with " Zacusca" & Fresh basil
Cruditees & home made hummus

• • •

DINNER

Coconut Quinoa Curry

Akasha Lentil Brownies



fire

AKASHA WELLNESS RETREAT

DAY 2 MENU

SMOOTHIE

Green Goddess Moringa Smoothie

Kiwi, Banana, Mint, Spinach, Moringa Powder

• • •

BREAKFAST

Raw Cacao Chia Pudding with Forest Berries

• • •

LUNCH

Spicy Carrot & Chickpea Soup with home-made Akasha bread

Butternut Squash & Sweet Potato Salad

Courgette Noodles with Grapefruit & Brazil nut pesto

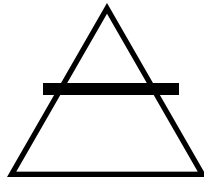
• • •

DINNER

Spicy Butter Bean Dhal

Raspberry Sorbet

• • •



air

AKASHA WELLNESS RETREAT

DAY 3 MENU

SMOOTHIE

Anti - Ageing Coconut Turmeric Smoothie

Coconut milk, Pineapple, Banana, Turmeric, Ginger, Maca Powder

• • •

BREAKFAST

Overnight Rolled Oats with Chia Jam

• • •

LUNCH

Creamy Courgette Soup

Beetroot Noodle, Spinach & Pistacchio Salad

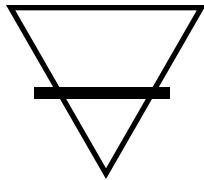
Walnut & Black Bean Wraps

• • •

DINNER

Green Buckwheat Risotto

Chocolate Avocado Pudding



earth

AKASHA WELLNESS RETREAT

DAY 4 MENU

SMOOTHIE

Fiber Boost Chocolate Coconut Smoothie

Banana, Avocado, Cacao, Coconut Water, Ground Flaxseeds

• • •

BREAKFAST

Turmeric Breakfast Bowl

• • •

LUNCH

Tomato, Sweet Potato & Chia Soup

Lentil Salad with Radish & Dill

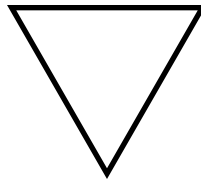
Tofu Veggie BBQ Skewers & Green Goddess Dip

• • •

DINNER

Courgette Spaghetti

Lemon Curd Petit Pots



water

AKASHA WELLNESS RETREAT

DAY 5 MENU

SMOOTHIE

Blueberry Balancer Smoothie

Almond milk, Blueberries, Banana, Spirulina & Lucuma Powder

• • •

BREAKFAST

Vanilla Quinoa Porridge

• • •

LUNCH

Broccoli, Pumkin & Tofu Soup

Red Potato & Walnut Salad

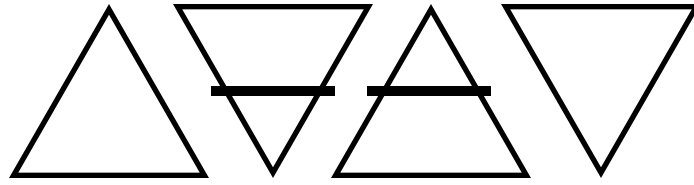
Tabbouleh with Pomegranate & Edamame

• • •

DINNER

3 Bean Spicy Chilli

Raw Blueberry "cheesecake"



AKASHA WELLNESS RETREAT

DAY 6 MENU

SMOOTHIE

Green Goddess Protein Smoothie

Pineapple, Spinach, Celery, Avocado & Hemp Protein

• • •

BREAKFAST

Smashed Avocado & Pumpking Butter on toast

• • •

We hope you enjoyed your stay at Akasha, we'll also send you a copy of the Akasha Recipe Book to try these at home!

Namaste

From all of us at Akasha