



Afro Feminista Vegan

Sample Menu

Day 1: Thursday March 21st

Welcome Snacks:

- Fruit & pipa waters
- Guacamole, hummus, chips & vegetables

Dinner:

- Traditional Casado (black beans, rice [quinoa for Satya], rainbow salad, sweet plantains)

Beverages:

- Evening tea, water, fruit juice
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Day 2: Friday March 22nd

Breakfast:

- Chocolate smoothie bowls with nuts, seeds, fruits
- Sourdough toast with jam and nut butter
- Pipa water

Lunch:

- Avocado Veggie Wrap (kale, cucumbers, carrots, etc), with sweet potato-quinoa salad and fruit.
 - Sauce options: Tahini Sauce, vinaigrette, cilantro-lime dressing

Dinner:

- Black Bean Burgers on buns or lettuce leaves, with rosemary potatoes and sauteed kale

Beverages:

- Tea, water, and fresh fruit juice

Snacks:

- Assorted fruit (available all day)

Day 3: Saturday March 23rd

Breakfast:



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- Avocado Toast, fruit, tropical smoothie, pipa water

Lunch:

- Black bean burrito wraps, plantain chips and rainbow side salad

Dinner:

- Vegetable chickpea curry with brown rice [or quinoa for Satya] and rainbow side salad
- Mango Papaya Lassi

Beverages:

- Tea, water, fruit juices

Snacks:

- Assorted fruit (available all day)
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Day 4: Sunday March 24th

Breakfast

- Chocolate smoothie bowls with nuts, seeds, fruits
- Sourdough toast with jam and nut butter
- Watermelon Water & Reg Water

Lunch:

- Casado Lunch (beans, rice [or quinoa for Satya], sweet plantains, side salad

Dinner:

- Maryland-Style Crabless Crab cakes with Potato Salad and Sauteed greens

Dessert:

- Chocolate coconut bites

Snacks:

- Assorted fruit (available all day)

Day 5: Monday March 25th

Breakfast



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- Vegan Pancakes with fruits, nuts, nut butter seeds, maple syrup or agave, pipa water, Papaya Strawberry Smoothie
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END OF RETREAT @ 11AM

Notes:

*This Menu can be adjusted to meet the needs of gluten free/nut free attendees

*I would be happy to make a dish more frequently if attendees would like to eat it more frequently, as long as supplies are available

*This menu may change if necessary items are unavailable