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a virtual weekend retreat for  
*Body, Mind, & Spirit*

# Weekend Meal Plan & Healthy Eating Guide

presented by



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*Welcome to your healthy eating guide and recipe selections for your Love. Your. Life. at-home retreat!*

Here you'll find a delicious, easy recipe for each meal during the retreat weekend, plus a great recipe for infused coconut waters that you can enjoy throughout the weekend (see the last page). All recipes in this guide are courtesy of [Thrive Market](#), a unique online natural foods and household products grocery store with wholesale prices.

As a **special bonus** for this retreat, [Thrive Market](#) is generously offering our attendees a **FREE** 2-month membership and an extra 25% off their already discounted prices with your first order. To get this bonus and check out all they have to offer, and to **get set up** to order all you'll need for your weekend retreat, [click here](#). We know you'll love it as much as we do.

Once you [register with Thrive Market \(CLICK HERE\)](#), you can click on the link below each recipe to shop ingredients and make preparing for your weekend super easy and affordable too, with much of what you'll need delivered right to your door (be sure to order a few days prior to the retreat). If you're running last minute, you can also find these ingredients at your local natural foods market, so no worries.

Feel free to mix and match these recipes, switch the order, and substitute ingredients. There are no rules. Enjoy and cheers to happiness and good health!



## Ahi Grapefruit Poke

Bring a taste of Hawaii to your table with this citrusy poke.

BY MERCE MUSE FOR THRIVE MARKET

PREP TIME 15 minutes

TOTAL TIME 45 minutes

YIELD 4 servings



### INGREDIENTS

- 1 pound sashimi-grade ahi tuna
- 5 cipollini onions, thinly sliced
- 3 scallions, chopped
- 2 tablespoons coconut aminos
- 1 tablespoon toasted sesame oil
- Juice of 2 lemons
- Juice of 1 grapefruit
- 1 teaspoon red pepper flakes
- 1 teaspoon ginger powder
- 2 avocados
- 1 grapefruit
- Roasted, salted seaweed

### DIRECTIONS



PHOTO CREDIT: PAUL DELMONT

*This Hawaiian poke (pronounced poke-ay) recipe combines sashimi-grade ahi tuna with a bright citrus and ginger marinade.*

Cut tuna into 1/2-inch cubes and place in a large bowl. Add the onions, scallions, coconut aminos, sesame oil, lemon and grapefruit juice, red pepper flakes, and ginger powder and toss gently. Cover and place in refrigerator 30 minutes.

Meanwhile, cut avocado into cubes and segment grapefruit. When ready to serve, toss tuna mixture with avocado. To serve, spoon tuna poke into roasted seaweed slices along with grapefruit.

[View This Recipe on the Thrive Market Blog](#)

## Blueberry Ginger Almond Milk Smoothie

Drink to your health with this immunie-boosting smoothie.

BY MERCE MUSE FOR THRIVE MARKET

PREP TIME 5 minutes

TOTAL TIME 5 minutes

YIELD 1 smoothie



### INGREDIENTS

- 1/2 frozen, peeled banana
- 2 tablespoons almond butter
- 1 Medjool date, pitted
- 1/2 cup blueberries, fresh or frozen
- 1 teaspoon ground ginger
- Pinch sea salt
- 1 1/2 cups almond milk

### DIRECTIONS



PHOTO CREDIT: PAUL DELMONT

*The kick of fresh ginger gives welcome heat to this blueberry-banana smoothie, made with almond milk. Plus, both blueberries and gingers are natural immune boosters, so you'll ward off illness, too!*

Place all ingredients in a blender and blend on high until fully incorporated. Thin out with more almond milk as desired.

[View This Recipe on the Thrive Market Blog](#)

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for taking part in this  
unique retreat!

Enjoy the recipes!

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