



Harmony Hikes

Living Foods Menu

Breakfast:

- Fresh fruit and wild berries
- Oatmeal
- Soaked dried fruit
- Soaked nuts

Lunch:

- Kale or spinach salad
- Wild edible salad
- Delicious pate
- Sprouts
- Crackers

Dinner:

- Nori rolls or collard wraps
- Avocado sandwiches
- Veggie soup
- Wild edibles

Dessert:

- Dried fruit
- Date balls

Snacks:

- Trail mix
- Crunchy sunflower seeds
- Dried fruit

Note: All meals will be *enzyme-rich, uncooked*, and DELICIOUS!
Meal options may vary due to availability of ingredients.