



ITINERARY FOR WEEKEND WORKSHOP

20TH/21ST JANUARY 2023

SATURDAY 20TH JANUARY

10.50am Paul pick up

11.45am 10km Park Run

1pm Brunch/Lunch at Weetons CONFIRMEE

2pm Check in

2.30pm Workshop incl **SNACKS #1**

7pm EVENING MEAL #2 and chill time

SLEEP

9am BREAKFAST #3 and depart

SNACKS #1

Houmous x 2

Carrot batons, cucumber

Lentil crisps

EVENING MEAL #2

Chicken and sweet potato coconut curry with brown rice or naan (you choose one)

Lindahls protein choc pudding/fruit cocktail

BREAKFAST #3

Porridge with protein powder, almond milk, blueberries, strawberries and banana

Lemon and ginger tea