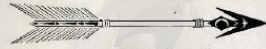


CLEAN NATURE



Ayurvedic Retreat Chef



Ashley Chavez is a culinary nutritionist, personal chef, and yoga teacher based in the Morongo Basin area. She specializes in cooking nourishing, well-balanced meals packed with flavor. Her family-style approach gathers people around the table to cherish community and connection.

Due to her passion for health and wellness, she's found a deep love in cooking for yoga and other related like-minded retreats.

Ashley attended Bastyr University where she studied nutrition and culinary arts. She is trained in Ayurvedic nutrition, therapeutic cuisine, and has worked alongside classically trained chefs.

"Food is the most grounding and connective bridge to another person's heart and soul."



Sample Menus

Menu should reflect the overall intention of your retreat. Yoga retreats typically enjoy plant-based meals, with cheese, egg or dairy options.

Gluten-free can be made upon request. For other related retreats or events, grass-fed and organic animal proteins can be included. By request and if retreating in Morongo Basin, local sourdough bread with grass-fed butter and ghee can be added to any meal. Snacks are light and single-dish. Opt for things like quick breads, bone or veggie broths, mini mezze platter, granola bars, smoothie shooters, Ayurvedic warm lattes or tonics. With my Ayurvedic background, I tend to favor cooked foods over raw, but am happy to customize a menu tailored to the needs of your retreat.



BREAKFAST

Breakfast is self serve buffet style. Every morning upon request, breakfast includes but is not limited to warm porridge, granola, fresh or cooked fruit, baked breakfast sweet, and either an egg or savory dish. Assorted tea bags can be purchased upon request. For a simpler option, choose a Traditional Ayurvedic Cuisine.

Filtered Water (everyday)

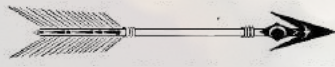
Rotating infused water | warm water for digestion

Coffee & Tea (everyday)

Locally roasted organic coffee | homemade tea | local raw honey | coconut sugar | organic cow's creamer | varied alternative creamers

Granola Bar

Rotating flavors: Clean Nature's Granola | fresh or warm-spiced seasonal fruit | homemade almond milk



BREAKFAST

Baked Breakfast Sweets

Rotating: tahini oat breakfast cookies | Ayurvedic cacao bread | cinnamon apple muffins | buckwheat banana bread

Chia Seed Parfaits (seasonal)

Flavors: strawberry rose milk chia | golden turmeric chia | maple chai chia | coconut cacao chia

Porridge Bar

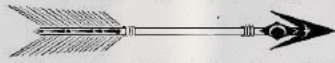
Rotating porridge: ancient grain porridge | creamy millet | chamomile oatmeal | congee | spiced amaranth chopped medjool dates | chai-soaked goji berries | cinnamon cayenne raisins

Smoothie & Juice Bar (upon request)

Rotating smoothies and Ayurvedic juices: warm cinnamon date shake | berry basil smoothie | spirulina hemp shooters | ginger mint limeade | goji lemonade

Egg or Savory Dish

Choice of: sweet potato frittata | traditional shakshuka | balsamic brussels & egg muffins | tortilla de patata | hard boiled eggs | beet-pickled pink eggs | sweet potato kale hash | lentil veggie skillet pie | savory oat crisp | coriander mint chutney | sprouts or microgreens



LUNCH

Lunch is casual, and can be hands-on, self serve, build-your-own, or plated.

Classic Soup & Salad

3-bean chili, skillet cornbread, microgreen mix |
rosemary beet soup, sweet potato kale salad, creamy
ginger miso dressing | turmeric roasted cauliflower and
fennel soup, sautéed bitter greens

Ayurvedic Mezze Platter (great if you opted out of the midday snack option)

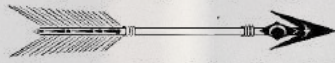
Baked herbed falafels | beetroot hummus | coconut
tzatziki | assorted roasted veggies | fennel sourdough
crackers | quick-pickled veg | lemon lentil soup

Medicinal Pho or Congee Bar

Veggie or bone broth | buckwheat or rice noodles | bok
choy | carrots | cilantro, mint, basil, lime
Turmeric congee | sautéed greens | soft-boiled egg |
cilantro | grilled green onion | various toppings

Build-your-own Yogi Bowls

Adzuki bean stew | creamy millet or quinoa | maple
roasted squash | steamed greens | quick-pickled radish
| microgreens or sprouts | turmeric tahini sauce



DINNER

Dinner is served at a set table with family style and/or plated. Unless agreed upon otherwise, dinner typically includes a main dish, 1-2 sides (depending on entree and retreat's request), and choice of soup, salad, or additional side. 2nd entree / dessert can be added with additional fee.

Pumpkinseed Pesto Zucchini Lasagna

Almond milk ricotta | blistered cherry tomato confit | chimichurri
roasted root veg | lemony white bean and chard soup

Mung Bean Stuffed Sweet Potato

Garlicky greens and shrooms | lemon tahini drizzle |
herby vegetable soup | shaved fennel and citrus salad with tangy
vinaigrette

Lemon Ginger Dal

Coconut basmati rice | homemade chapati bread | cumin veggie
medley | sesame ginger chutney

Vegetable Tagine

Mujadarra | grain-free tabbouleh | citrus-marinated beets | lemon
preserve | spicy date chutney

Taco Night: 3 Ways

Roasted sweet potato & kale | black lentil & golden Moroccan
vinaigrette | asada chili mushroom | homemade masa tortillas |
tomatillo verde | seasonal fruit salsa |
wild rice azteca | carrot-cabbage-jicama salad with honey citrus
vinaigrette



DESSERT

Dessert is either plated or family style.

Divya Alter's Almond Delights

**Spiced Baked Apples | Walnut Sesame Dukkah |
Coconut Caramel Sauce**

Golden Milk Lattes | Salted Rose Chocolates

Oat Apple Crisp | Whipped Cinnamon Butter

Raw Walnut Brownies | Cacao Frosting

Avocado Key Lime Tart | Clean Nature's Granola Crust

Ayurvedic Mango Lassi

Cacao-dipped Vanilla Coconut Macaroons

Cardamom Rose Stuffed Dates

Caramelized Cinnamon Plantains

Ayurvedic Saffron Elixir



RETREAT PRICING

Under 10 people

\$400 | single meal / day (breakfast, lunch, or dinner)

\$600 | two meals / day (breakfast + lunch, lunch + dinner, breakfast + dinner)

\$800 | three meals / day (breakfast, lunch, dinner)

10-15 people

\$450 | single meal / day (breakfast, lunch, or dinner)

\$700 | two meals / day (breakfast + lunch, lunch + dinner, breakfast + dinner)

\$950 | three meals / day (breakfast, lunch and dinner)

Add On's

*\$50 | hearty welcome snack and to-go lunches or final snack

*\$50 | light snack between meals on full days

\$50 | drink bar (1x fresh tea, 1x fresh juice, 1x specialty latte)

\$50 | second entree addition

\$50 | dessert

**

Hearty welcome snacks and to-go lunches are highly recommended to ensure your guests arrive and leave with satisfied bellies. Arrival and departure days entail a lot of traveling.

Cost of groceries is separate.



RETREAT PRICING - Traditional Ayurvedic Cuisine

If you're looking for simpler and lighter meals, with food to accent the retreat, go down a simpler route and choose a Traditional Ayurvedic Cuisine.

Ayurveda emphasizes specific food combinations, preparation techniques, and smaller quantities.

Breakfast includes warm filtered water, full coffee bar, 1x homemade herbal tea, and a single, complete breakfast dish.

Under 10 people

\$350 | single meal / day (breakfast, lunch, or dinner)

\$550 | two meals / day (breakfast + lunch, lunch + dinner, breakfast + dinner)

\$750 | three meals / day (breakfast, lunch, dinner)

10-15 people

\$400 | single meal / day (breakfast, lunch, or dinner)

\$650 | two meals / day (breakfast + lunch, lunch + dinner, breakfast + dinner)

\$900 | three meals / day (breakfast, lunch and dinner)

Sample Menu:

Breakfast

Cinnamon Stewed Apples and Raisins, Creamy Millet, Clean Nature's Granola, Fresh Almond Milk

Lunch

Coconut Beet Curry, Fennel Basmati Rice

Dinner

Tridoshic Kitchari, Spicy Date Chutney, Herbal Green Chutney



CLEAN NATURE'S GRANOLA

Clean Nature's Granola is small-batched, handcrafted, and organic.

Granola for breakfast is complimentary. No additional fees.

Please contact me if you'd like to include granola in a pop-up shop or arrange to have small bags as an arrival gift for guests. Fees will apply.

I do my best to bring granola bags to be purchased at the end of the retreat for guests.

Flavors

Vanilla-Almond Coconut Clusters

Maple Nut (grain-free)

Honey Lavender

Cacao Peanut Butter





PRICE BREAKDOWN



8-10 hours menu design + menu revision and finalization.

Ongoing correspondence.

2-3 full days seasonal recipe testing.

10+ hours kitchen prep for retreat.

Travel to Joshua Tree, Orange County, and Palm Springs to ensure freshest, organic, quality and specialty ingredients.

Farmer's Markets when possible.

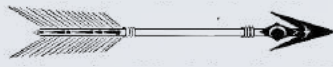
3-4 full workdays to design and prep for retreat.

6-8 hours onsite food prep for single meal days.

8-10 hours onsite food prep for two meals / day.

15-17 hours onsite food prep for all day event.

Please note prices also reflect chef's training, experience and education in holistic and Ayurvedic nutrition.



DETAILS

Menu is seasonal and subject to change based on availability and quality of ingredients (Joshua Tree is a very small desert town).

Menus are entirely customizable, plant-forward and whole foods based.

I aim to buy 90% organic, always favoring prana-rich fresh produce.

Filtered water included.

Breakfasts include coffee and homemade teas.

No alcohol provided. Please plan to bring your own.

Additional requests subject to additional fees.

Cost of groceries is always separate. You will be billed after retreat.

My services include travel for up to a 20 mile radius. \$1 / .5 miles if traveling beyond.

Cooking is done on-site and assumes a full service kitchen. If traveling, accommodations are required for chef (and assistant). Depending on the number of guests and the retreat's demands, a kitchen assistant may work alongside me. Subject to additional fees.

Airfare and transportation required for destination retreats. A 50% deposit is due upon booking to reserve your retreat and for groceries. 25% of the booking deposit is non-refundable unless spoken about in advance. Remaining 25% is fully refundable up until 30 days of the event. Remaining costs will be deducted from deposit.