



Eldorado Mountain Yoga Ashram Yoga Kids Camp

What To Bring:

- a *water bottle*,
- *sunscreen and hat*
- a *change of clothes*,
- *tennis shoes or hiking boots*
- *two vegetarian snacks**,
- *one vegetarian lunch**,
- a *swimsuit and towel* on pool days (we will let you know when these are)

(Please mark items with the camper's name)

Here are some Veggie Lunch Ideas***:

(We appreciate kids trying out the vegetarian lifestyle that's observed at our ashram ☺)

- nut butter sandwiches or nut butter with apples or bananas
- hummus or white bean dip with veggies or crackers
- hummus/ veggie wrap
- Caprese salad, sandwich or just served on large tomatoes
- bean and cheese or plain cheese or cheese and veggie burritos
- boiled or deviled eggs
- egg salad
- muffin tin egg and veggie frittata
- quinoa salad (dress it up with raisins, olives, tomato, cucumber, or a fun sauce)
- falafel (pre-packaged falafel meals are available at most grocery stores)
- soups with beans kept in a thermos or rice and beans
- faux-meats are also always an option (veggie burgers, blt's, hot dogs)
- smoothie with hemp seeds blended and kept in a thermos
- yogurt with cereal or fruit
- bean noodles stir fry with or without a Thai peanut sauce
- mac and cheese
- seed and nut breads