

Food Manifestation List

Please bring enough for yourself—what we contribute together becomes our shared feast.

- Ground meats / stew meats
- Breakfast sausage / bacon
- Farm eggs
- Butter
- Heavy cream (for coffee)
- Coffee / tea (your personal favourite)
- Honey or maple syrup
- Oatmeal
- Pancake mix (regular or gluten-free)
- Root vegetables / salad items / wholesome dressings
- Butternut squash
- Onions / garlic / ginger root
- Fresh or dried herbs
- Coconut oil / avocado oil / beef tallow
- Frozen fruits
- Coconut water
- Filtered or spring water

Whole foods focus. Avoid packaged or heavily processed items.

No chips or confectionary items / pop. **Alcohol is NOT permitted.**