**M9 AWAKENING CATERING RIDER**

***NO ANIMAL PRODUCTS (VEGAN)***

NO ANIMAL MEAT

NO DAIRY

NO BUTTER

NO FISH

NO EGGS

NO GELATINE

NO RICE

**APPROVED FOODS**

BOTTLED WATER – STILL

FRUIT

NUTS

GRAINS LIKE QUINOA, FONIO, AMARYNTH, COUS COUS,

VEG – MUSHROOMS, POTATOE, CARROTS ETC.