



## 7-DAYS DETOX

We all want our body to feel good inside as well as look good on the outside, right? Our DETOX program is perfect way to achieve that. The secret to clear skin, recharged energy, glossy hair and a healthy body is simply eating 'clean'. Eating the super cleanse way can work in just a week, and we've made the whole process so easy for. While inhaling the magical healing air of the island, we will make sure that our detox program also heals you from the inside.

The offer includes;

7 days meal plan (breakfast, lunch, snack, dinner)

Price per person: 350€

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MEAL PLAN

BREAKFAST:

Granola & yogurt (served with fresh blueberries and raspberries)

Avocado & poached egg (integral toast, guacamole, toasted pumpkin seeds)

Fruit salad

Chia pudding with spirulina and mint

Omelette with broccoli & smoked salmon (young spinach salad)

Smoothie bowl (mango, banana, spinach, coconut milk, strawberries)

Various types of smoothies:

\* orange, turmeric, ginger

\* strawberry, pineapple, spinach

\* mango, green tea

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SNACK:

Vegetables & humus

Chips & salsa (guacamole, humus)

Roasted chickpeas

Fresh fruit

Nuts

Greek yogurt with honey

\* Breakfast and snack are the same in 7 days

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## I. DAY

### LUNCH:

Red lentil soup

Crispy salad with broccoli

Thai beef salad

Crispy salmon with asparagus (lemon and caper sauce)

### DINNER:

Roasted beets and vegetables with gluten free pasta

Salad with kale and broccoli

Grill toothpick salsa Verde

Buckwheat and bean risotto

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## II. DAY

### LUNCH:

Zucchini noodles with coriander pesto

Tuna with bean and pine nuts cream

Buddha bowl (seasonal steamed vegetables, sprouts, various types of legumes)

Roasted tomato & orange soup

### DINNER:

Salad with quinoa and nutmeg

Warm salad with broccoli & chicken

Stir-fry shrimp with mushrooms and legumes

Cream of pea & watercress soup

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### III. DAY

#### LUNCH:

Poached chicken with mushrooms & chili

Spicy kimchi and tofu stew

Couscous with cauliflower, dried fruits & almonds

Carrot soup with lemongrass & ginger

#### DINNER:

Pho with beef & kale

Steam with lentils and poached egg

Purple potato soup

Grill Thai salad

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### IV. DAY

LUNCH:

Broccoli and coriander soup

Chicken salad with creamy miso sauce

Roasted salmon with bulgur and celery

Eggplant stuffed with chickpeas and couscous (tahini sauce)

DINNER:

Potatoes stuffed with smoked mackerel

Salad with roasted beets and goat cheese

Sea bass with stir fry vegetables

Nutmeg soup (pumpkin seeds, pumpkin oil)

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V. DAY

LUNCH:

Tuna in sesame (steamed vegetables)

Sweet potato soup

Crispy root vegetable salad

Quinoa bowl with lentils and grainy mustard sauce

Chicken pho

DINNER:

Salad with shrimp, arugula & cherry tomatoes

Poached salmon with young spinach and nuts

Crispy quinoa salad

Tomato soup with basil pesto

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## VI. DAY

### LUNCH:

Forest mushroom stew

Sweet potato wedges with tahini

Vegetable stew

Lentil soup

### DINNER:

Stir-fry squid with roasted fennel

Chicken stew with basmati rice

Cream broccoli soup

Quinoa risotto with mushrooms and spinach

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## VII. DAY

### LUNCH:

Salad with lentils, red cabbage and roasted chickpeas

Cream of zucchini soup

Asian stir-fry

Ayurvedic kitchari with mung beans

### DINNER:

South west chicken soup

Tuna salad

Pad Thai zucchini noodles with quinoa salad

Bombay buddha bowl

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