

DETOX TILL NIGHT

- Rest your digestive system, allow your body to eliminate toxins
- Reduce coffee, sugar and processed foods consumption
- Boost your energy
- Nourish and hydrate your body



DAY 2

BREAKFAST

Healthy Bar handmade cereal bar

SNACK BREAK

Glow green 500ml

celery, coriander, cucumber, ginger, lemon, pineapple, romaine lettuce, spinach

LUNCH

Big Apple 500ml

ginger, green apple, lemon

SNACK BREAK

Cocoa Bliss 250ml

cashews, cinnamon, dates, filtered water, pink salt, raw cacao, vanilla, maca

SNACK BREAK

Green salad with spearmint, cherry tomatoes and carrot

DINNER

Lentils (bio) and black-eyed peas salad with caramelized onion, carrot, celery, cherry tomatoes and baby rocket

DAY 1

BREAKFAST

Seasonal fruit salad with citrus juice, thyme honey, lime, spearmint and almonds

SNACK BREAK

Alkaline Green 500ml

cucumber, pear, romaine lettuce, kale, celery, spinach, lemon, parsley

LUNCH

Beet Boost 500ml

beetroot, carrot, celery, ginger, orange, red apple, turmeric

SNACK BREAK

Almond Date 250ml

dates, filtered water, sprouted almonds, vanilla

SNACK BREAK

Artichoke hearts, zucchini, red peppers and Kalamata olives with yogurt sauce

DINNER

Green salad with rocket, caramelized manouri cheese, pear, pine nuts, spearmint, aged vinegar vinaigrette and dried Kymi figs



DAY 3

BREAKFAST

Coconut yogurt with homemade granola and seasonal fruits

SNACK BREAK

Sweet Green 500ml

cucumber, green apple, lime, pineapple

LUNCH

Greek tomato with "katiki" goat cheese, capers, cucumber, peppers, oregano, carob honey, roasted buckwheat, spearmint and extra virgin olive oil

SNACK BREAK

Clarity Green 500ml

cucumber, green apple, kale, lemon, mint, red apple, romaine lettuce, zucchini

SNACK BREAK

Matcha Almond Latte 250ml

coconut oil, dates, ginger, Icaria pure honey, matcha maiden tea, sprouted almonds, vanilla

DINNER

Marinated green beans with sweet potato, tomato, tahini cream and grilled halloumi cheese

DAY 5

BREAKFAST

Healthy Bar handmade cereal bar

SNACK BREAK

Citrus Blast 500ml

grapefruit, honey, lemon, orange, apple, thyme

LUNCH

Glow green 500ml

celery, coriander, cucumber, ginger, lemon, pineapple, romaine lettuce, spinach

SNACK BREAK

Cocoa Bliss 250ml

cashews, cinnamon, dates, filtered water, pink salt, raw cacao, vanilla, maca

SNACK BREAK

Sweet potato spicy hummus with cinnamon, pumpkin seeds and pita crisps

DINNER

Quinoa (bio) with avocado, corn, roasted carrots, traditional feta cheese and tahini cream

DAY 4

BREAKFAST

Seasonal fruit salad with citrus juice, thyme honey, lime, spearmint and almonds

SNACK BREAK

Revive 500ml

basil, mint, pineapple, spinach

LUNCH

Beet Boost 500ml

beetroot, carrot, celery, ginger, orange, red apple, turmeric

SNACK BREAK

Pine lime 250ml

pineapple, lime, ginger, apple

SNACK BREAK

Green salad

with spearmint, cherry tomatoes and carrot

DINNER

Green with fresh chicken, coriander, avocado, radish, pumpkin seeds, herbs, sesame and sesame oil vinaigrette



5 DAYS MENU: 160€ from 178€

Pre-order your plan at least 48 hours in advance