

DAY 1

PREPARE

BREAKFAST

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

SNACK BREAK

Alkaline Green 250ml

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

LUNCH

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

DINNER

Green salad with baby rocket, caramelized manouri, pear, pine nuts, mint and dressing of aged vinegar with dried Kimi figs

DAY 3

RECOVERY

BREAKFAST

Coconut yogurt with homemade granola and seasonal fruits

SNACK BREAK

Glow green 250ml

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

LUNCH

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

DINNER

Sautéed mushrooms with asparagus, sweet potato, tahini cream and linseed

- 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

JUICE DETOX

6 VERVE JUICES X 500ML

VERVE natural juices are 100% fresh, raw, unpasteurized, without additives, preservatives and sweeteners.

Clarity Green 500ml

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

Sweet Green 500ml

cucumber, green apple, lime, pineapple

Minty Carrot 500ml

carrot, ginger, orange, spearmint

Almond Date 500ml

dates, filtered water, sprouted almonds, vanilla

Big Apple 500ml

ginger, green apple, lemon

Revive 500ml

basil, mint, pineapple, spinach



3 DAYS MENU: 85€ from 95€

Pre-order your plan at least 48 hours in advance