



Nutritional Detox

valor p/day: 34€

MONDAY

JUICE

FUSION DETOX (250ML)
Beetroot, Carrot, Apple,
Pear, Ginger and Lemon

LUNCH

DETOX
Thai Salad with Sesame Crusted Tuna
or PROTEIN+
Chicken Paprika

AFTERNOON SNACK

BLOSSOM SEEDS SMOOTHIE (250ML)
Orange, Almond, Pumpkin & Sunflower Seeds,
Banana, Blackberry, Walnut, Cinnamon and Ginger
and Medjool Date stuffed with
Homemade Almond Butter

DINNER

SOUP (500ML)
Vegetable Soup

TUESDAY

JUICE

AVOCADO FEAST (250ML)
Green Apple, Avocado, Cucumber, Grapes,
Parsley, Mint, Ginger and Lime

LUNCH

DETOX
Green Lentils with
Roasted Vegetables & Harissa
or PROTEIN+
Spicy Poke

AFTERNOON SNACK

SWEET POTATO SMOOTHIE (250ML)
Sweet Potato, Almond, Ginger, Date, Agave, Cinnamon,
Ground Cloves and Salt (possible to heat)
and Coconut Sweet Bite

DINNER

SOUP (500ML)
3 C's (Carrot, Coconut and Turmeric)

THURSDAY

JUICE

FRESH START (250ML)
Romaine Lettuce, White Cabbage,
Mint, Ginger, Lemon and Orange

LUNCH

DETOX
Indian Curry
or PROTEIN+
Chickpeas and Codfish

AFTERNOON SNACK

TROPICAL LIME SMOOTHIE (250ML)
Almond, Pineapple, Apple,
Cucumber, Kale, Celery, Lime and Linseed
and Cocoa Sweet Bite

DINNER

SOUP (500ML)
Beetroot

WEDNESDAY

JUICE

RED ALERT (250ML)
Carrots, Purple Cabbage, Cucumber, Grapes,
Celery, Ginger and Lemon

LUNCH

DETOX
CBS Poke
or PROTEIN+
Octopus with Sweet Potato and Kale

AFTERNOON SNACK

ENERGY BANANA SMOOTHIE (250ML)
Coconut Water, Banana, Peanut Butter,
Lime and Ginger

and Medjool Date stuffed with
Homemade Almond Butter

DINNER

SOYP (500ML)
Hot Spinach

FRIDAY

JUICE

PURE GREEN (250ML)
Pear, Broccoli, Spinach, Ginger,
Lime and Linseed

LUNCH

DETOX
Braised Tuna with Vegetables
or PROTEIN+
Chicken Caesar Salad

AFTERNOON SNACK

PINK VELVET SMOOTHIE (250ML)
Almond, Blueberries, Strawberries,
Date, Oat and Linseed
and Pink Sweet Bite

DINNER

SOUP (500ML)
Detox Orange



revolution
Monte Casas Jimérez