

MENU DETOX

Menu 3 days

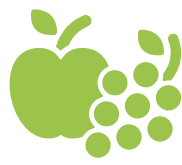
“Eating well feeds the spirit” - Ferran Adrià

day 1

| | |
|---------------------|-----------------------------------------------------------------------------------------------|
| BEFORE BREAKFAST | |
| BREAKFAST | |
| MORNING SNACK | |
| LUNCH | Rice soup with fish (recommendation: monkfish, shrimps and cuttlefish) Dessert: fruit |
| AFTERNOON SNACK | Toast with tomato and olive oil |
| DINNER | Grilled chicken breast with seasonal roasted vegetables + bread Dessert: fat-free yoghurt. |

If you want, you can get recipes to savour them at home too! Request information at the reception!

Reminder: all meals (lunches and dinners) must be accompanied with a piece of bread, even if the meal includes potato. You may go without bread when the meal contains cereals as a main course: rice or pasta. This way, the organism receives the necessary quantity of carbohydrates every day, a special nutrient that provides energy to the organism, among other things. All the meals (morning and afternoon snack) are necessary, as they reduce hunger and avoid an excessive appetite before the meals. These snacks can be varied and may be combined as desired, trying to include dry fruits, cereals like bread or oats, fat-free dairy, natural juices and fruits. Please notify us of any allergy, intolerance or of any ingredient you dislike. Menus for vegetarians and vegans on request.



MENU DETOX

Menu 3 days

“Today is a good day to smile” Mr. Wonderful

day 2

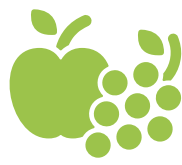
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|---------------------|----------------------------------------------------------------------------------------------------------|
| BEFORE BREAKFAST | Energy green juice |
| BREAKFAST | Fat-free yoghurt, whole wheat toast with tomato, olive oil and tuna Natural orange juice. |
| MORNING SNACK | Infusion + 3 whole wheat cookies. |
| LUNCH | Cold chickpeas, cauliflower and Iberian ham salad + bread Dessert: fruit |
| AFTERNOON SNACK | Green juice. |
| DINNER | Dressed avocado and tomato. Chicken salad with parmesan shavings + bread Dessert: light peach mousse. |

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Protur Biomar Gran Hotel & Spa





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“Don't count the days, make the days count”. Muhammad Ali

day 3

| | |
|---------------------|--------------------------------------------------------------------------------------------------------------------|
| BEFORE BREAKFAST | Energy green juice |
| BREAKFAST | Fat-free yoghurt with fruit bits (at least one whole piece), cereals, dry fruits and honey Natural orange juice |
| MORNING SNACK | Oil cookies and infusion. |
| LUNCH | Pasta with pesto sauce. Dessert: light coffee pudding. |
| AFTERNOON SNACK | |
| DINNER | |

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