

MENU DETOX

Menu 5 days

“Eating well feeds the spirit” - Ferran Adrià

day 1

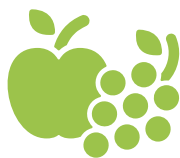
BEFORE BREAKFAST	
BREAKFAST	
MORNING SNACK	
LUNCH	Grilled blue fish with steamed potato and vegetables (recommendation: broccoli) + bread. Optional: accompany with mustard. Dessert: fruit
AFTERNOON SNACK	Fat-free yoghurt with oats and honey
DINNER	Vegetables purée. Salad (mixed lettuces) with raw seasonal vegetables, blue cheese, nuts and pear + bread Dessert: banana

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.

Protur Biomar Gran Hotel & Spa





MENU DETOX

Menu 5 days

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

day 2

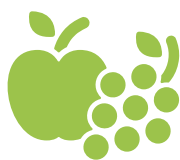
BEFORE BREAKFAST	Energy green juice.
BREAKFAST	Coffee with fat-free milk. Whole wheat bread with margarine and jam Natural orange juice.
MORNING SNACK	Fruit salad with honey.
LUNCH	Wok rice with prawns, seasonal vegetables and soya sauce. Dessert: fruit.
AFTERNOON SNACK	Toast with tomato and olive oil
DINNER	Chicken and vegetables brochette with mushrooms with garlic + bread Dessert: fat-free yoghurt

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

day 3

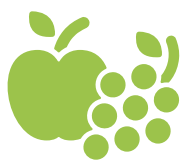
BEFORE BREAKFAST	Energy green juice.
BREAKFAST	Fat-free yoghurt with fruit bits (at least one whole piece), cereals and black chocolate shavings. Infusion.
MORNING SNACK	Natural orange juice and dates.
LUNCH	Majorcan-style white fish (cooked in the oven). Bread. Dessert: fruit.
AFTERNOON SNACK	Green juice.
DINNER	Egg with tomato and seasonal vegetables timbale. Bread. Dessert: light coffee pudding.

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“Smile, because time flies”. Mr Wonderful

day 4

BEFORE BREAKFAST	Energy green juice.
BREAKFAST	Coffee with fat-free milk. Whole wheat bread with tomato, olive oil and soft cheese. Natural orange juice.
MORNING SNACK	Banana + fat-free yoghurt.
LUNCH	Cold lentils salad with mango, cheese, avocado and nuts. Bread. Dessert: fruit.
AFTERNOON SNACK	Oil cookies + infusion.
DINNER	Grilled veal burger with dressed tomato and onion. Bread. Dessert: fruit.

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"It's only impossible if you don't try"-Mr Wonderful

day 5

BEFORE BREAKFAST	Energy green juice.
BREAKFAST	Coffee with fat-free milk. Whole wheat bread with margarine and jam Piece of fruit.
MORNING SNACK	Green juice.
LUNCH	Caprese Salad. Grilled blue fish with potato salad (with lettuce and vegetables). Bread Dessert: fruit.
AFTERNOON SNACK	
DINNER	

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