



MENU DETOX

Menu 5 days

“Eating well feeds the spirit” - Ferran Adrià

day 1

BEFORE BREAKFAST	
BREAKFAST	
MORNING SNACK	
LUNCH	Beetroot salad with nuts, mixed salad leaves and tomatoes, dressed with extra virgin olive oil. Grilled fish. Dessert: fruit.
AFTERNOON SNACK	Smoothies: Pineapple, apple, mandarin.
DINNER	Lentils, celery, onion and artichoke hearts salad with lemon juice and extra virgin olive oil. Carrot and chicken burgers. 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





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

day 2

BEFORE BREAKFAST	Mandarin, kiwi, orange, blueberries and raspberries smoothie.
BREAKFAST	Oats, almond or rice milk and natural fruit juice or infusion or tea, whole wheat or rye bread, natural marmalade.
MORNING SNACK	Seasonal piece of fruit: watermelon, melon and dry fruits (nuts, cashew nuts, almond)
LUNCH	Quinoa salad with chopped cucumber, wakame seaweeds and tomato, dressed with natural orange juice and whole wheat rice vinegar. Dessert: piece of fruit
AFTERNOON SNACK	Smoothie Pineapple, coconut water, powdered ginger
DINNER	Lentils soup with onion, celery, sweet potato and carrot, dressed with whole wheat rice miso, cumin, turmeric and coriander. Dessert: Oats pudding.

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

day 3

BEFORE BREAKFAST	Detox smoothie. Orange, banana, pineapple, cucumber, spinach, agave syrup, chia seeds, oats milk.
BREAKFAST	Oats, almond or rice milk and natural fruit juice or infusion or tea, whole wheat or rye bread, natural marmalade.l
MORNING SNACK	Seasonal piece of fruit: watermelon, melon and dry fruits (nuts, cashew nuts, almonds).
LUNCH	Vegetables soup: courgette, leek, carrot, onion, parsley, water, salt, extra virgin olive oil. Salvage rice bowl with grilled asparagus. Dessert: fruit.
AFTERNOON SNACK	Smoothies: Carrot, onion, apples, celery, lemon zest
DINNER	Peas and lettuce soup, steamed vegetables, 1-2 spoonfuls of chucrut Dessert: Lemon slush

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“Smile, because time flies”. Mr Wonderful

day 4

BEFORE BREAKFAST	Detox smoothie. Banana, oats milk and nuts.
BREAKFAST	Oats, almond or rice milk and natural fruit juice or infusion or tea, whole wheat or rye bread, natural marmalade.
MORNING SNACK	Seasonal piece of fruit: watermelon, melon and dry fruits (nuts, cashew nuts, almonds).
LUNCH	Chickpeas salad and sliced apple dressed with white miso, tahini and mustard Dessert: fruit
AFTERNOON SNACK	Smoothies: almond milk, banana and coconut water.
DINNER	Courgette spaghetti with herbs and extra virgin olive oil Aubergine thick soup with vegetable broth. Dessert: fruit.

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

day 5

BEFORE BREAKFAST	Detox smoothie: cucumber, Swiss chard, lemon juice, green apple and chia seeds.
BREAKFAST	Oats, almond or rice milk and natural fruit juice or infusion or tea, whole wheat or rye bread, natural marmalade.
MORNING SNACK	Seasonal piece of fruit: watermelon, melon and dry fruits (nuts, cashew nuts, almonds).
LUNCH	Beetroot salad with nuts, mixed salad leaves and tomatoes, dressed with extra virgin olive oil. Dessert: fruit.
AFTERNOON SNACK	
DINNER	

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