



MENU DETOX

Menu 7 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 hake. Dessert: fruit.
AFTERNOON SNACK	Smoothies: Pineapple, apple, mandarin
DINNER	Lentil, celery, onion, artichoke hearts salad with lemon juice and extra virgin olive oil. Vegan 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





MENU DETOX

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"Today is a good day to smile" Mr. Wonderful

day 2

BEFORE BREAKFAST	Detox smoothie Mandarin, kiwi, orange, blueberries and raspberries smoothie.
BREAKFAST	Oats, almond or rice milk and fruit.
MORNING SNACK	Seasonal piece of fruit: watermelon, melon and dry fruits (nuts, cashew nuts, almonds).
LUNCH	reen salad (mixed salad leaves, Swiss chard), dry fruits. Grilled beef sirloin Dessert: piece of fruit.
AFTERNOON SNACK	Smoothies: Green apple, celery and lemon juice
DINNER	Andalusian gazpacho. Steamed sea bass. Dessert: fat-free yoghurt.

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

day 3

BEFORE BREAKFAST	Detox smoothie Apple, watermelon, melon.
BREAKFAST	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	Salad (varied salad leaves, tomato and avocado) Grilled squid.
AFTERNOON SNACK	Tea or infusions.
DINNER	Steamed spinach with dry fruit. Grilled chicken with herbs. Dessert: light coffee pudding.

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“Smile, because time flies”. Mr Wonderful

day 4

BEFORE BREAKFAST	Detox smoothie Cucumber, green apple and lime juice
BREAKFAST	Whole wheat muesli, almond or rice milk and fruit .
MORNING SNACK	Seasonal piece of fruit: watermelon, melon and dry fruits (nuts, cashew nuts, almonds).
LUNCH	Tuna, tomato and pepper salad. Steamed gilt-head bream.
AFTERNOON SNACK	Tea or infusions.
DINNER	Dressed boiled artichokes. Grilled beef entrecôte. 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	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	Grilled turkey breast. Salvage rice with vegetables. Dessert: fruit.
AFTERNOON SNACK	Smoothies: Aloe vera juice, celery, pineapple, lemon and ginger
DINNER	Grilled salmon. Grilled shrimps. Dessert: fat-free yoghurt.

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

day 6

BEFORE BREAKFAST	Detox smoothie Pear, lemon, watermelon and carrot juice.
BREAKFAST	Oats and almond milk with fruit.
MORNING SNACK	Seasonal piece of fruit: watermelon, melon and dry fruits (nuts, cashew nuts, almonds).
LUNCH	Mixed salad leaves, celery, spinach, cherry tomato Steamed salmon.
AFTERNOON SNACK	Smoothies: Aloe vera juice, celery, pineapple, lemon and ginger
DINNER	Grilled salmon. Seitan. Dessert: light coffee pudding.

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day 7

BEFORE BREAKFAST	Detox smoothie Cucumber, Swiss chard, lemon juice, green apple and chia seeds.
BREAKFAST	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	Whole-wheat rice with vegetables. Grilled chicken with herbs.
AFTERNOON SNACK	
DINNER	

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