



VEGAN MENU DETOX

Menu 3 days

“Eating well feeds the spirit” - Ferran Adrià

day 1

BEFORE BREAKFAST	
BREAKFAST	
MORNING SNACK	
LUNCH	Tepid hummus salad (chickpea purée with AOVE (extra virgin olive oil) Assorted lettuce, avocado, broccoli, aubergine, courgette & boiled carrot. Dessert: a piece of fruit.
AFTERNOON SNACK	Smoothie: water melon, strawberries, lemon & orange.
DINNER	A small bowl of brown rice & sesame seeds. Sautéed or steamed vegetables with fresh herbs & 1-2 spoonfuls of sauerkraut Dessert: a 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	Detox shake of fresh pineapple, lime without skin, apple, boiled beetroot, aloe juice & chia seeds.
BREAKFAST	Oatmeal, almond or rice milk + fresh fruit or herbal/regular tea, brown or rye bread & natural jam.
MORNING SNACK	Whole fruit in season: water melon, melon with nuts (walnuts, cashew, almonds).
LUNCH	Salad of quinoa with finely slice cucumber combined with wakame seaweed, tomato, seasoned with orange juice & brown rice vinegar. Dessert: a piece of fruit.
AFTERNOON SNACK	Smoothie: Pineapple, coconut milk, powdered ginger.
DINNER	Lentil soup with onion, celery, sweet potato& carrot seasoned with brown rice miso, cumin, turmeric, ginger & coriander. Dessert: oatmeal flan.

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

day 3

BEFORE BREAKFAST	Detox shake. Orange, banana, pineapple, cucumber, spinach, Agave nectar, chia seeds, oat milk.
BREAKFAST	Oatmeal, almond or rice milk with fresh fruit or herbal/regular tea, brown or rye bread, natural jam.
MORNING SNACK	Whole fruit in season: water melon, melon with nuts (walnuts, cashews, almonds).
LUNCH	Vegetable purée of courgette, leek, carrot, onion, parsley, water, salt & Aove (extra virgin olive oil). A bowl of wild rice & grilled asparagus. Dessert: a piece of fruit
AFTERNOON SNACK	
DINNER	

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