

Our Plant Based Menu, is based on a whole foods, plant based diet.

This means is food that has been processed or refined as little as possible and is free from additives or other artificial substances, being all vegan, so no animal products or food, sourced organic when possible.

It is:

- Whole (minimal processing)
- Mostly alkaline forming food (to keep your blood slightly alkaline)
- No refined foods
- Includes: vegetables, fruits, whole grains, roots, legumes, nuts, seeds, healthy oils
- Whole super foods are also included
- Non GMO ingredients or products
- Can be raw, steamed or stir fry (with little oil or water)

This because **evidence** suggests that plant-based diets can help **prevent** and even **reverse** some of the top killer diseases in the world and **can be more effective** than medication and surgery. Plus it helps your body detoxify naturally.

We also have a Raw Vegan menu, which is basically uncooked, unprocessed whole foods, plant based

It is:

- Living Foods – alive vitamins, minerals & enzymes (ready for absorption and use)
- No cooking – 41- 45 C (105-113 F), so the nutrients and enzymes don't get destroyed with the cooking process, and no unwanted substances are formed
- Includes: vegetables, fruits, nuts, seeds, herbs, grain and legume sprouts, cold pressed oils
- Minimally processed
- No chemicals and artificial additives
- Alkaline forming and naturally balanced

You can either stay having our plant based menu 80/20 (80% raw, 20% cooked) or 100% raw vegan. We also offer a Plant Based Athlete Menu, which is for plant based athletes, which want to get all the requirements for their training, from a plant based menu. Also, if you have some intolerance to raw food, we can design for you a menu of plant based cooked food, based on your sensibilities.

This is why we suggest for most of the clients if to have a consultation with our Nutritionist and Dietitian as soon as you arrive, so she can suggest the best menu for the costumer during your stay.

An example of a plant based menu can be the following:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Breakfast 8am</b>	Living Raw Oatmeal  Herbal tea	Cashew lemonade with summer berry  Herbal tea	Raw vegan bircher muesli  Herbal tea	Raw fruits pancake  Herbal tea	Chia pudding with fruit slices  Herbal tea
<b>Mid-morning 10am</b>	Green Glow Juice	Green Glow Juice	Green Glow Juice	Green Glow Juice	Green Glow Juice
<b>Lunch 12pm</b>	Zucchini lasagna	Rainbow salad	Avocado ceviche	Mushroom burger	Spiral veggies
<b>Mid- afternoon 3pm</b>	Green Glow Juice	Green Glow Juice	Green Glow Juice	Green Glow Juice	Green Glow Juice
<b>Dinner 6pm</b>	Buckwheat risotto	Tom kha vegetables	Raw cauliflower cous cous	Steamed vegetables platter with bean sprouts	Mixed vegetables bowl

And we also can provide a complete nutritious Juice Detox. For this one we will offer juices thought the day that will be cleansing you and at the same time giving you all the nutrients, enzymes and antioxidants needed.

### JUICE DETOX:

#	Juice
1	Wheatgrass shot
2	Cleanser
3	Nature's Cure
4	Green Glow
5	Up Beet
6	Green Glow
7	Immune Booster
8	Garden Tonic
9	Sweet Dreams

For our Juice detox, we suggest that you have done a pre detox before coming if you need to start right away, or here we can put you on 1-2 days of transition to detox (doing a plant based raw food diet). After the juicing, we also advise some days (depending how long your juicing lasted) of transition out of detox, with a plant based raw food diet.