

**Lifehouse Group Detox**

  **Day 1 - Arrival Location**

***Lunch***

At leisure Buffet lunch The Restaurant

***Dinner***

6.00pm Detox Juice (Broccoli, Kale, Parsley, The Restaurant

Green Apple, Celery)

Fresh Soup of the Day (free from wheat & dairy)

Portobello mushrooms with courgette & carrot

‘Spaghetti’ with walnut & spirulina pesto,

slow roast cherry tomatoes

***Bedtime***  Vegan cacao & coconut hot chocolate Make in room

  **Day 2 - Transition Location**

***On rising*** Fresh lemon & warm water Delivered to room

***Breakfast***

7.30-10.30am Detox Juice (Beetroot, Celery, Carrot, Ginger) The Restaurant

Mint & Moringa Breakfast Bowl

***Mid morning Juice*** Rejuve

 Apple, Kiwi, Pear & Celery The Bar

***Lunch***

12-2pm Detox Juice (Green Apple, Cucumber, The Restaurant

Kale, Mint, Celery)

Fresh Soup of the Day (no wheat or dairy)

Ugo’s salad with roasted baby parsips and heritage

carrots, pomegranate, pumpkin seeds, spinach leaves

and radicchio di treviso with chilli and ginger dressing.

***Mid afternoon Juice*** Clean Green

Apple, Celery, Brocolli, Spinach, Parsley & Wheatgrass The Bar

***Dinner***

6.00pm Detox Juice (Broccoli, Kale, Parsley, The Restaurant

Green Apple, Celery)

 Healing broth with accompinaments of chili, ginger, garlic

& minced fresh herbs

Vegan Lasagnetta with plant ‘pasta’, chestnut squash

cabbage with red pepper sauce.

***Bedtime*** Vegan cacao & coconut hot chocolate Make in room

**Day 3 - Cleansing Location**

***On rising*** Fresh lemon & warm water Delivered to room

***Breakfast***

7.30-10.30am Vegetable Juice (Beetroot, Celery, Carrot, Ginger) The Restaurant

Fresh fruit platter dressed with fresh mint and strawberry

***Mid morning Juice*** Alkilator

Pineapple, Celery, Apple, Mint The Bar

***Lunch***

12-2pm Detox Juice (Green Apple, Cucumber, The Restaurant

Kale, Mint, Celery)

Fresh soup of the day (free from wheat & dairy)

***Mid afternoon Juice*** Lemon Sherbet

Apple & Lemon The Bar

***Dinner***

6.00pm Detox Juice (Broccoli, Kale, Parsley, The Restaurant

Green Apple, Celery)

Healing broth with accompinaments of chili, ginger, garlic

& minced fresh herbs

Steamed seasonal vegetables & fresh

greens with beetroot dressing.

***Bedtime*** Vegan cacao & coconut hot chocolate Make in room

 **Day 4 - Introduction back to normal diet**

***On rising*** Fresh lemon & warm water Delivered to room

***Breakfast***

7.30-10.30am Vegetable Juice (Beetroot, Celery, Carrot, Ginger) The Restaurant

Berry & Coconut Chia Breakfast Pudding

***Mid morning Juice*** Rejuve

Apple, Kiwi, Pear & Celery The Bar

***Lunch***

12-2pm Detox Juice (Green Apple, Cucumber, The Restaurant

Kale, Mint, Celery)

Fresh Soup of the Day (free from wheat and dairy)

Fresh fish of the day or Vegan pattie with Ugo’s salad of

roasted baby parsips and heritage carrots, pomegranate,

pumpkin seeds, spinach leaves and radicchio di treviso with chilli and ginger dressing.

Avocado Dark Chocolate Mousse with raspberries