

## Lifehouse Detox & Cleanse Sample Menu

### Day 1 - Arrival

### Location

#### **Dinner**

6pm	Detox Juice (Broccoli, Kale, Parsley, Green Apple, Celery) Fresh Soup of the Day Courgette & Carrot 'Spaghetti' in Puttanesca-style Sauce with Capers, Olives and Cherry Tomatoes	The Restaurant
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#### **Bedtime**

9.30pm	Nourishing Night-Cap of warmed Coconut & Almond Milk with 70% Dark Chocolate & Cinnamon Stick Twizzle	Delivered to room
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### Day 2 - Transition

#### **On rising**

7.15am	Fresh lemon & warm water	Delivered outside room
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#### **Breakfast**

7.30-9.30am	Vegetable Juice (Beetroot, Celery, Carrot, Ginger) Fresh Fruit Platter	The Restaurant
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#### **Mid morning**

	Juice or Smoothie of choice	The Bar
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#### **Lunch**

12-2pm	Detox Juice (Green Apple, Cucumber, Kale, Mint, Celery) Fresh Soup of the Day Superfood Salad of Grilled Butternut Squash, Tender Stem Broccoli, Fine Beans, Spinach Leaves, Beetroot, Pomegranate, Courgette Ribbons, Almond Flakes with Chilli & Ginger Dressing, Flaxseed & Onion Crispbread	The Restaurant
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#### **Mid afternoon**

	Juice or Smoothie of choice	The Bar
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#### **Dinner**

6pm	Detox Juice (Broccoli, Kale, Parsley, Green Apple, Celery) Plate of Fine Seasonal Vegetables with Beetroot Dressing	The Restaurant
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#### **Bedtime**

9.30pm	Nourishing Night-Cap of warmed Coconut & Almond Milk with 70% Dark Chocolate & Cinnamon Stick Twizzle	Delivered to room
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### Day 3 - Cleansing

### Location

**On rising**

7.15am Fresh lemon & warm water Delivered outside room

**Breakfast**

7.30-9.30am Vegetable Juice (Beetroot, Celery, Carrot, Ginger)  
Fresh Fruit Soup The Restaurant

**Mid morning**

Juice or Smoothie of choice The Bar

**Lunch**

12-2pm Detox Juice (Green Apple, Cucumber,  
Kale, Mint, Celery)  
Fresh Soup of the Day The Restaurant

**Mid afternoon**

Juice or Smoothie of choice The Bar

**Dinner**

6pm Detox Juice (Broccoli, Kale, Parsley,  
Green Apple, Celery)  
Healthy Vegetarian Stir-Fry The Restaurant

**Bedtime**

9.30pm Nourishing Night-Cap of warmed Coconut &  
Almond Milk with 70% Dark Chocolate &  
Cinnamon Stick Twizzle Delivered to room

### Day 4 - Introduction back to normal diet (final day)

**On rising**

7.15am Fresh lemon & warm water Delivered outside room

**Breakfast**

7.30-9.30am Vegetable Juice (Beetroot, Celery, Carrot, Ginger)  
Mango & Coconut Chia Pudding The Restaurant

**Mid morning**

Juice or Smoothie of choice The Bar

**Lunch**

12-2pm Detox Juice (Green Apple, Cucumber,  
Kale, Mint, Celery)  
Fish of the Day with Steamed Vegetables  
Avocado Dark Chocolate Mousse The Restaurant