



Lifehouse Fitness & Weight Loss Sample Menu

Day 1		Location
Dinner		
7pm	Tartare of Fresh & Smoked Salmon Roasted Inshore Cod Loin with Sautéed Green Peppers, Onion, Tomato and Aioli	The Restaurant
Day 2		
On rising		
7.15am	Fresh lemon & warm water	Delivered outside room
Breakfast		
7.30-9.30am	Smoked Salmon with Two Poached Hens Eggs and Spinach	The Restaurant
Mid morning	BFresh Cold Pressed Juice of choice	The Bar
Lunch		
12-2pm	Superfood Chicken 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
Mid afternoon	Hummus and Crudites	The Bar
Dinner		
7pm	Soup of the Day (no bread) Loch Duart Salmon, Sugar Snap Peas and Tenderstem Broccoli with a Vinaigrette Dressing	The Restaurant
Day 3		Location
On rising		
7.15am	Fresh lemon & warm water	Delivered outside room
Breakfast		
7.30-9.30am	Two Egg Omelette with Mushrooms & Tomatoes, topped with Cracked Black Pepper	The Restaurant
Mid morning	BFresh Cold Pressed Juice of choice	The Bar
Lunch		
12-2pm	Fish of the Day with Steamed Vegetables Avocado Dark Chocolate Mousse	The Restaurant