



Lifehouse Detox
Name:
Room

Day 1 - Arrival		Location
Dinner	Detox Juice (Broccoli, Kale, Parsley, Green Apple, Celery) Fresh Soup of the Day (no wheat or dairy) No Bread Courgette & Carrot 'Spaghetti' with Walnut & Spirulina Pesto, Slow roast Cherry Tomatoes	The Restaurant
Bedtime	Vegan superfood latte	Make in room
Day 2 - Transition		Location
On rising	Fresh lemon & warm water	Delivered outside room
Breakfast 7.30-10.30am	Vegetable Juice (Beetroot, Celery, Carrot, Ginger) Mint & Moringa Breakfast Bowl	The Restaurant
Mid-morning Juice	Rejuve Apple, Kiwi, Pear & Celery	The Bar
Lunch 12.15 -2pm	Detox Juice (Green Apple, Cucumber, Kale, Mint, Celery) Fresh Soup of the Day (no wheat or dairy) No Bread Ugo's salad with roasted baby parsnips and heritage carrots, pomegranate, pumpkin seeds, spinach leaves and radicchio di treviso with chilli and ginger dressing.	The Restaurant
Mid-afternoon Juice	Clean Green Apple, Celery, Broccoli, Spinach, Parsley & Wheatgrass	The Bar
Dinner 7.30pm	Detox Juice (Broccoli, Kale, Parsley, Green Apple, Celery) Fresh soup of the Day (no dairy or wheat) No Bread Vegan Chickpea Ligurian Frittella with grilled vegetables Rocket and walnut sauce.	The Restaurant
Bedtime	Vegan superfood latte	Make in room

Day 3 - Cleansing

On rising	Fresh lemon & warm water	Delivered outside room
Breakfast 7.30-10.30am	Vegetable Juice (Beetroot, Celery, Carrot, Ginger) Fresh fruit platter dressed with fresh mint and strawberry	The Restaurant
Mid-morning Juice	Alkikator Pineapple, Celery, Apple, Mint	The Bar
Lunch 12.15-2pm	Detox Juice (Green Apple, Cucumber, Kale, Mint, Celery) Fresh soup of the day (No wheat, no dairy) No Bread	The Restaurant
Mid-afternoon Juice	Lemon Sherbet Apple & Lemon	The Bar
Dinner 7.30pm	Detox Juice (Broccoli, Kale, Parsley, Green Apple, Celery) Healing broth with accompaniments of chilli, ginger garlic & minced fresh herbs or soup of day Steamed seasonal vegetables & greens with beetroot dressing.	The Restaurant
Bedtime	Vegan superfood latte	Make in room

Day 4 - Introduction back to normal diet

On rising	Fresh lemon & warm water	Delivered outside room
Breakfast 7.30-10.30am	Vegetable Juice (Beetroot, Celery, Carrot, Ginger) Berry & Coconut Chia Breakfast Pudding	The Restaurant
Mid-morning Juice	Rejuve Apple, Kiwi, Pear & Celery	The Bar
Lunch 12.15 -2pm	Detox Juice (Green Apple, Cucumber, Kale, Mint, Celery) Fresh Soup of the Day (no wheat or dairy) No Bread Fresh fish of day with Ugo's Salad Avocado Dark Chocolate Mousse	The Restaurant