

	Day 1	Day 2	Day 3	Day 4
8am   Rise & shine	<b>GREEN SUPERFOOD SMOOTHIE</b> with spirulina & hempseeds	<b>THICK &amp; NOURISHING JUICE</b> with chia seeds	<b>ACAI SMOOTHIE</b> with forest fruits, mint, coconutwater & flaxseeds	<b>LIVER CLEANSE JUICE</b> with greens, lemon & parsley
11am   Strengthen	<b>CHIAPUDDING</b> with mango, homemade raw cashew mylk, fresh fruit and probiotics	<b>RAWNOLA</b> with homemade raw cashew mylk and probiotics	<b>KEY LIME MOUSSE</b> topped with blueberries and coconutflakes	<b>RAW FLATBREAD</b> with home made cashew cheeze & microgreens
1pm   Feast	<b>NICOISE SALAD</b> greens, homemade raw vegan tuna pate, kalamata olives, capers, dill and cherry tomatoes with a maple-musterd dressing	<b>RAINBOW SALAD</b> greens, seasonal fruits, dates, nuts & seeds with a balsamic vinegar dressing	<b>TACO SALAD</b> greens, veggies, home made raw vegan taco mince, pickled red onion and a cashew-chipotle dressing	<b>NOODLE SALAD</b> kelpnoodles, veggies, sea asparagus, mango, black sesame, Thai basil and a tamari-ginger dressing
4pm   Boost	<b>BEET BOOST JUICE</b> with apple, beet and ginger	<b>LEMON GINGER ELIXER</b> , with black pepper & agave	<b>BEET BOOST JUICE</b> with apple, beet and ginger	<b>LEMON GINGER ELIXER</b> , with black pepper & agave
6pm   nourish	<b>ZUCHINNI SPAGHETTI</b> with raw pesto sauce, microgreens and superfoods	<b>RAW PAD THAI</b> with kelpnoodles, sprouts, raw peanuts, microgreens and superfood	<b>RAW SUSHI ROLLS</b> with veggies, avocado and a tamari-tahini dip	<b>KALE SALAD</b> massaged kale, dried tomatoes, olives, bell pepper, pumkinseeds and a tahini dressing
After dinner   Self love	Raw chocolate bar and a herbal tea kit	Dried fruit candy and a herbal tea kit	Raw chocolate bar and a herbal tea kit	Dried fruit candy and a herbal tea kit
8 pm   Heal	<b>KOMBUCHA</b> raw & organic with beneficial probiotics	<b>KOMBUCHA</b> raw & organic with beneficial probiotics	<b>KOMBUCHA</b> raw & organic with beneficial probiotics	<b>KOMBUCHA</b> raw & organic with beneficial probiotics