



GOURMET MENU

DAY 1

Breakfast: "Energy Boost" Smoothie 260cl 8oz (200gr). Strawberries, raspberries, blackberries, quinoa, macadamia nuts, almond butter, chia seeds.

Lunch: "Wellness" Green Lentil Soup 225cl 8oz (200gr). Green lentil, squash, zucchini, green bell pepper, bok choy, fennel, celery, fresh parsley, garlic. Spices: paprika, nutmeg, bay leaves, dried ginger, basil, dried sumac, thyme, oregano, sesame seeds.

Snack: Dried fruits and nuts 150cl 4 oz (100gr)

Dinner: "Health Magic" Mushroom Soup 175cl 8oz (200gr). Dried porcini mushrooms, white champions, baby bella champions, shitake mushrooms, oyster mushrooms, buna-shimeji mushrooms, celery, fennel, carrots, garlic, gold potatoes, fresh parsley, and dill. Spices: paprika, nutmeg, bay leaves, dried ginger, basil, dried sumac, thyme, oregano.

DAY 2

Breakfast: "Sunshine" Smoothie 260cl 8oz (200gr). Pineapple, mint, hazelnuts, coconut oil, almonds.

Lunch: "Green Goddess" Soup 215 cl 8 oz (200gr). Spinach, zucchini, green bell pepper, bok choy, green cauliflower, garlic, parsley, farro. Spices: oregano, nut meg, paprika, turmeric, dried ginger.

Snack: Dried fruits and nuts 150cl 4 oz (100gr)

Dinner: "Very Tomato" Vegetable Soup 175 cl 8 Oz (200gr). Heirloom tomatoes, beefsteak tomatoes, grape tomatoes, sun dried tomatoes, zucchini, green and red bell pepper, squash, onions, leeks, golden potatoes, garlic, Greek olives. Spices: bay leaves, paprika, oregano, fresh basil, parsley.

DAY 3

Breakfast: "Energy Boost" Smoothie 260cl 8oz (200gr). Strawberries, raspberries, blackberries, quinoa, macadamia nuts, almond butter, chia seeds.

Lunch: "Health Magic" Mushroom Soup 175cl 8oz (200gr). Dried porcini mushrooms, white champions, baby bella champions, shitake mushrooms, oyster mushrooms, buna-shimeji mushrooms, celery, fennel, carrots, garlic, gold potatoes, fresh parsley and dill. Spices: paprika, nutmeg, bay leaves, dried ginger, basil, dried sumac, thyme, oregano.

Snack: Dried fruits and nuts 150cl 4oz (100gr)

Dinner: "Healing" Red Lentil Soup 225 cl 8oz (200gr). Red lentil, squash, zucchini, green bell pepper, bok choy, fennel, celery, fresh parsley, garlic. Spices: paprika, nutmeg, bay leaves, dried ginger, basil, dried sumac, thyme, oregano, cumin.

DAY 4

Breakfast: "Sunshine" Smoothie 260cl 8oz (200gr). Pineapple, mint, hazelnuts, coconut oil, almonds.

Lunch: "Wellness" Soup 225 cl 8oz (200gr). Green lentil, squash, zucchini, green bell pepper, bok choy, fennel, celery, fresh parsley, garlic. Spices: paprika, nutmeg, bay leaves, dried ginger, basil, dried sumac, thyme, oregano, sesame seeds.

Snack: Dried fruits and nuts 150cl 4oz (100gr)

Dinner: "Very Tomato" Vegetable Soup 175 cl 8 Oz (200gr). Heirloom tomatoes, beefsteak tomatoes, grape tomatoes, sun dried tomatoes, zucchini, green and red bell pepper, squash, onions, leeks, golden potatoes, garlic, Greek olives, olive oil. Spices: bay leaves, paprika, oregano, fresh basil, parsley.

DAY 5

Breakfast: "Energy Boost" Smoothie 260 cl. Strawberries, raspberries, blackberries, quinoa, macadamia nuts, almond milk, coco butter

Lunch: "Green Goddess" Soup 215 cl 8 oz (200gr). Spinach, zucchini, green bell pepper, bok choy, green cauliflower, garlic, parsley, farro. Spices: oregano, nutmeg, paprika, turmeric, dried ginger.

Snack: Dried fruits and nuts 150 cl

Dinner: "Healing" Red Lentil Soup 225 cl 8oz (225gr). Red lentil, squash, zucchini, green bell pepper, bok choy, fennel, celery, fresh parsley, garlic, cumin. Spices: paprika, nutmeg, bay leaves, dried ginger, basil, dried sumac, thyme, oregano, cumin.

Precautions

You should be aware of potential risks and discomfort associated with low calories, low protein diets. Potential symptoms include dizziness, headaches, fatigue, hunger, irritability drowsiness, constipation, low blood pressure. People who are underweight or malnourished or have chronic diseases or cancer or suffering from anorexia, should not undergo EatWellCo detox program.

The program may result in some people feeling lightheaded, drowsy, so during the detox period please avoid strenuous activities and heavy exercise, heat, and exposure to high and cold temperatures. Please completely avoid alcohol, juices, sodas and caffeine consumption.

Recommendations

During the detox program drink plenty of water, try to consume between 2-3l (65oz-100 oz) a day. Meditate, do yoga, connect with nature, walk in the parks, read your favorite books.