


THE WELLNESS CUISINE PIONEER IN THE PHILIPPINES



| | Arrival Date | Eating Detox Days (# of days depends on program) | | | Checkout Date |
|--------------------------------|--|---|------------------------------------|-----------------------------------|--|
| 7AM shot and tea | - | Turmeric Shot | Turmeric Shot | Turmeric Shot | - |
| | - | Ginger Tea | Ginger Tea | Ginger Tea | - |
| 8AM juice | - | - | - | - | - |
| 7-9AM Breakfast @ Alive | - | Pomelo and Papaya Slices | Gluten-Free Bread w/ Cashew Cheese | Green Apple and Pineapple Slices | Miso Soup |
| | - | Scrambled Tofu w/ Onion and Tomato | Chickpea and Veg Stew | Vegan Sausage w/ Tamarind Chutney | Garden Green Salad |
| 10AM juice | - | Heavy Metal Detox | Lime Cucumber Mint | Heavy Metal Detox | - |
| 12NN juice | - | - | - | - | - |
| 11AM-1PM Lunch @ Alive | Choice of Guest: 3C Gourmet Vegan Meal | Fern Cucumber Salad | Lemony Chickpea Salad | Quinoa Tabouleh Salad | Choice of Guest: 3C Gourmet Vegan Meal |
| | | Red Beet Ravioli | Carrot Falafel | Coconut Pad Thai | |
| 3PM juice | - | Green Lemonade | Ginger Zinger | Green Lemonade | - |
| 6PM juice | - | - | - | - | - |
| 6-8PM Dinner @ Alive | Lentil & Vegetable Soup | Chickpea and Vegetable Soup | Roasted Vegetable Soup | Lemon Coriander Soup | - |
| | Red Beet Watermelon Salad | - | - | - | - |

**Detox Meal Plan will be finalized after Nutrition Assessment tailored to the individual's needs and health goals

Prepared by:


Jeanne Carla Bruce, RND
License # 16809

Nutritionist

(+63) 916-226-6993; nutritionist@thefarm.com.ph