


THE WELLNESS CUISINE PIONEER IN THE PHILIPPINES



	Arrival Date	Juicing Detox Days (# of days depends on program)			Checkout Date
<b>7AM shot and tea</b>	-	Turmeric Shot	Turmeric Shot	Turmeric Shot	-
	-	Ginger Tea	Ginger Tea	Ginger Tea	-
<b>8AM juice</b>	-	Green Juice	Electric Spice	Green Juice	-
<b>7-9AM Breakfast @ Alive</b>	-	-	-	-	Miso Soup
	-	-	-	-	Garden Green Salad
<b>10AM juice</b>	-	Heavy Metal Detox	Lime Cucumber Mint	Heavy Metal Detox	-
<b>12NN juice</b>	-	V7	Radish Kidney Detox	V7	-
<b>11AM-1PM Lunch @ Alive</b>	Choice of Guest: 3C Gourmet Vegan Meal	-	-	-	Choice of Guest: 3C Gourmet Vegan Meal
		-	-	-	
		-	-	-	
<b>3PM juice</b>	-	Green Lemonade	Ginger Zinger	Green Lemonade	-
<b>6PM juice</b>	-	Liver Tonic	Alkaline Boost	Liver Tonic	-
<b>6-8PM Dinner @ Alive</b>	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:

  
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