

Sample of two days' menu

«Detox»

Wednesday

07:45 Toast with hummus, avocado, and mixed salad greens; a vitamin-rich salad

11:00 Smoothie bowl

13:30 Rice-zucchini patties with vegetable ragout

17:00 Mix of roasted vegetables with salad

Thursday

07:45 Tofu syrniki (pancakes) with banana-almond sauce and strawberries

11:00 Spinach smoothie with banana and orange

13:30 Buckwheat with mushroom sauce and vegetables

17:00 Puréed soup with salad and chickpea croutons

