

Menu

About the Detox Experience

On this retreat we will be detoxing the body using the natural presents of raw foods. We will be serving a array of smoothies and salads that help the body heal and restore vitality within and without.

Detox symptoms can vary depending on what foods one consumes on a regular basis. Helping the body go into a slower detox before the retreat would be beneficial preparation for symptoms to subside and one will be comfortably immersed in the experience.

If under any circumstances you require the menu to be adjusted, May like guidance on a transition into the detox or any questions please feel free to connect with us

Monday

Evening

Meal

Mixed Green Salad &
Pesto Courgette Noodles
*Served with Orange Miso
Dressing*

Desert

Banana Berry Smoothie
Bowl with Coconut Berry
Topping

Drinks

All meals will be served
with infused water

Tuesday

Break-Fast

Meal

Mixed fruit selection

Drinks

Fruit juice
&

All meals will be served
with infused water

Mid Rising

Meal

Kidney and Lymph
Cleanse Smoothie

Afternoon

Meal

Banana and Mango
Smoothie

Evening

Meal

Zucchini Carrot &
Courgette Ribbon Salad

Desert

Super Food Fruit
Smoothie Bowl

Drinks

All meals will be served
with infused water

Wednesday

Break-Fast

Meal

Mixed fruit selection

Drinks

Fruit juice
&

All meals will be served
with infused water

Mid Rising

Meal

Heavy Metal and Blood
cleansing Detox
Smoothie

Afternoon

Meal

Chocolate Coconut
Smoothie

Evening

Meal

Mixed Green Salad
with Green Chilli
Relish

Desert

Spiced Fruit Smoothie

Drinks

All meals will be served
with infused water

Thursday

Break-Fast

Meal

Mixed fruit selection

Drinks

Fruit juice
&

All meals will be served
with infused water

Mid Rising

Meal

Liver Detox Smoothie

Afternoon

Meal

Spinach and Carrot
Smoothie

Evening

Meal

Avocado Potato Salad,
Raw No-Meat Balls
Served with a Mixed
Salad & Tahini

Desert

Raw Snicker Pie & Coco
Banana Berry Blondie

Drinks

All meals will be served
with infused water

Friday

Break-Fast

Meal

Mixed fruit selection

Drinks

Fruit juice

&

All meals will be served
with infused water

At the Joy of Nutrition we love to create holistic food experiences that provide satisfaction and health in abundance, We hope you In-Joy these Natural Food Sources as much as we do!

