

## RAW PLANT-BASED MENU & INTERMITTENT FASTING

Welcome to your Body & Mind Cleanse Retreat and your mindful meal plan during your stay with us.

### RAW PLANT-BASED MENU

Your retreat meal plan will start with a nourishing and filling smoothie bowl in the morning, ensuring your body receives a combination of all macro & micronutrients. For lunch, we will serve you the biggest meal of the day, a three-course meal consisting of a starter, main course, and dessert. Dinner will be the lightest meal to ensure your body can focus on resting during the night, promoting a healthy sleep without the need to digest any food.

All your meals consist of mostly unprocessed, plant-based foods that are either completely raw or heated at very low temperatures (below 104 - 118°F / 40 - 48°C) and are generally rich in fruits, vegetables, nuts, seeds, sprouted grains, and legumes.

### INTERMITTENT FASTING

During your retreat, you will follow a 16:8 intermittent fasting diet, meaning that you will only eat food for eight hours during the day. This fasting method is the mildest form and suitable for newcomers to fasting. Intermittent fasting is easy to incorporate into your daily lifestyle even after your stay with us. You may drink water, tea, and coffee (in moderation, without sugar and milk) during the whole day. Your daily schedule of activities, wellness therapies & treatments is tailored to the intermittent fasting plan to ensure you stay busy while fasting.

Intermittent fasting will provide your body, and especially your digestive system, a break from constant work in digesting food. The specific mechanisms at play involve shifts in hormone levels, changes in energy utilization, and cellular processes like autophagy.

### BENEFITS OF A RAW VEGAN DETOX

*Improved digestive health, detoxification, increased nutrient intake, weight management, increased energy, clearer skin, reduced inflammation, mental clarity.*

### BENEFITS OF INTERMITTENT FASTING

*Autophagy (removal of damaged cells), promotes fat loss, improved insulin sensitivity, heart health, brain health, reduction in inflammation, reduced levels of LDL cholesterol, mental clarity.*

## RAW PLANT-BASED MENU

### MONDAY

- Breakfast **GREEN SMOOTHIE BOWL**  
Avocado, banana, mango, mint & spinach smoothie bowl. Top with fresh fruit, crispy coconut, dried pineapple & chia seeds
- Lunch **LIME SCENTED ASPARAGUS**  
Cashew, paprika & poppy seed crumbs, served with fresh mint & radish salad
- VEGETABLE NEATBALLS**  
Served on tossed vegetable ribbons in tomato sauce & topped with fresh garden herbs
- TAMARIND PINEAPPLE SKEWERS**  
Spiced, pineapple wedges with tamarind & chilli, served with coconut sorbet
- Dinner **GREEN MANGO SALAD**  
With pineapple, guava & fresh garden herb pesto
- VIETNAMESE RAW PHO**  
With shitake, bean sprouts & edamame

### ▶ TUESDAY

- Breakfast **TROPICAL SMOOTHIE BOWL**  
Pineapple, mango, coconut water, fresh coconut flesh, fresh turmeric & chia seeds
- Lunch **TOMATO & STRAWBERRY SALAD**  
Fresh tomatoes, strawberries, red onion garlic & chives with herbs
- TURMERIC CAULIFLOWER**  
Turmeric cauliflower with shallot puree, fresh radish & beetroot sprinkled with almonds
- COFFEE CUPCAKES**  
Date, almond, cashew nut & coconut milk
- Dinner **CHILLED WATERMELON & LIME SOUP**  
Watermelon & limes, combined with ginger & topped with fresh mint
- RAW LASAGNA**  
3 layers of delicious plant-based cheese, sun-dried tomato sauce & homemade avocado

### ▶ WEDNESDAY

- Breakfast **SUPERFOOD SMOOTHIE BOWL**  
Banana, mango, avocado, blue spirulina, blueberries, coconut flakes, goji berries & roasted seeds
- Lunch **CHILLED CUCUMBER & LIME SOUP**  
Cucumber & limes, combined with green peppercorns topped with chives & fresh coriander
- LOTUS SEED RISOTTO**  
Crushed lotus seeds, kale, shallots & garlic served with dried mushrooms
- ASIAN PEAR CRUMBLE**  
Spiced pear served with a seed crumble
- Dinner **CITRUS SALAD**  
Spiced pomelo & orange segments with star anise & cinnamon
- RAW BEETROOT RAVIOLI**  
Filled with cashew & garlic herb, served on avocado carpaccio

## RAW PLANT-BASED MENU

### THURSDAY

- Breakfast** **SUNRISE SMOOTHIE BOWL**  
Papaya, orange, mango, turmeric, banana, chia seeds, almonds, coconut flakes
- Lunch** **GARDEN SPRING ROLLS**  
Fresh spring rolls with sunflower seeds, bean sprouts and spinach, assorted raw vegetables
- CARPACCIO**  
Carrot, beetroots, artichokes, radish served with shaved almonds, tahini dressing & herbs
- TROPICAL TARTLETS**  
Fresh mango, lime, turmeric in coconut & cashew base, sprinkled with almonds
- Dinner** **POMELO & WATERMELON SALAD**  
With sprouts, green chilli, fresh garden herbs & black sesame seeds
- RAW VEGETABLE RICE**  
Cauliflower, carrots, mushrooms, sprouts, red pepper with tamari & orange sauce

### ▶ FRIDAY

- Breakfast** **RED SMOOTHIE BOWL**  
Red dragon fruit, strawberries, tomato, avocado, goji berries, flax seeds & sunflower seeds
- Lunch** **CHILLED TOMATO ESSENCE**  
Clear essence of raw tomato with basil, garlic & red pepper
- FALAFEL**  
Zucchini & seed falafel, romaine, cucumber, coriander & raw tzatziki
- RAW BANOFFEE TRIFLE**  
Layered trifle combining cashew, almond, dates & fresh bananas
- Dinner** **MANGO AND PINEAPPLE SOUP**  
Chilled fresh mango & pineapple topped with a chilli & mint salsa
- FRESH GARDEN SALAD**  
With avocado, baby carrots, cucumber shavings, cherry tomato, sprouts & radish

### ▶ SATURDAY

- Breakfast** **COLADA SMOOTHIE BOWL**  
Coconut, pineapple, banana, cashew butter, chia seeds, dried coconut & pineapple
- Lunch** **KALE SALAD**  
Kale, apple, walnuts, cranberries & mustard dressing
- SPROUTS PAD THAI**  
Zucchini, carrot, red cabbage, coriander, bean sprout with micro herbs & chilli peanut sauce
- CHOCOLATE MOUSSE**  
With peanut butter truffles, almonds & banana
- Dinner** **ANTI-AGING FRUIT SALAD**  
Grapes, berries, kiwi salad with lime & pomelo dressing
- ZUCCHINI NOODLES**  
Tossed in homemade garden basil pesto sauce with kale & steamed asparagus

### ▶ SUNDAY

- Breakfast** **BERRY SMOOTHIE BOWL**  
Strawberry, raspberry, blueberries, avocado, chia & sunflower seeds & coconut flakes
- Lunch** **CUCUMBER ROLLS**  
Cucumber, vegan cream cheese & tomato pesto with garden herbs
- BLACK SESAME DAIKON NOODLES**  
Daikon noodles, cherry tomatoes & spinach with black sesame sauce
- PEANUT BUTTER COOKIE BAR**  
Peanut, almond, coconut milk & maple syrup
- Dinner** **ORANGE & CARROT SOUP**  
Orange, carrot, turmeric & garlic, topped with chives
- BANANA BLOSSOM SALAD**  
With apples, carrot, & shallots tossed in citrus juice with lime leaf pesto