



NUTRITION



ANTI-INFLAMMATORY MEALPLAN

A healthy and tasty, mostly plant-based diet to nourish the mind, gardening the flora and reenergize the body.

SPECIALLY DESIGNED FOR

- ✓ Balance blood glucose levels
- ✓ Boost energy and mental clarity throughout the day
- ✓ Improve metabolism, digestion and sleep quality
- ✓ Reduce bloating, water retention and inflammation
- ✓ Overall sense of physical and emotional wellbeing

Excluded items to reduce inflammation: gluten, dairy, refined sugar, refined grains, processed food, trans fats & processed oils.

This mealplan is on a full board basis only. (breakfast, lunch, snack and dinner included), and can complement any of our programs.

<i>Breakfast</i>	Anti-inflammatory shot and nutritive smoothie Lean protein and healthy fats
<i>Lunch</i>	Starters and main course nourished with whole plant foods kombucha to garden the gut
<i>Snack</i>	Healthy Smoothie with anti-oxidant fruits and flaxseeds Nuts
<i>Dinner</i>	Bone broth, to boost collagen Roasted veggies with fresh fish Digestive and relaxing tea

First day and last day are charged as one, due check-in and check-out time policy.

Values in euros, including VAT.

PRICE PER PERSON PER DAY

122€

