

DE - STRESS



menu

DE-STRESS

MENU SIGNATURE

MONDAY

BREAKFAST

Spelt porridge with red berries
and chia seeds

Warm lemon water
+ Rosemary infusion

LUNCH

Steamed sea bass fillet with
preserved lemon
+ Herbed quinoa
+ Arugula salad

Cucumber, lemon and fresh
ginger juice

DINNER

Alkaline soup
(zucchini, fennel, parsley)
+ Cumin carrot purée

Mineral water

TUESDAY

BREAKFAST

Chia pudding with almond milk
and mango

Green smoothie
(spinach, kiwi, ginger,
green apple)

LUNCH

Turmeric grilled chicken
+ Sweet potato purée
+ Kale salad

Pineapple, apple, turmeric
and ginger juice

DINNER

Cauliflower purée
+ Beetroot and arugula salad
+ Vegetable broth

Rosemary-lemon infusion

WEDNESDAY

BREAKFAST

Toasted whole-grain bread
+ Avocado + Poached egg
+ Fruit plate

Mint-lemon herbal tea

LUNCH

Garlic shrimp
+ Lemon quinoa
+ Steamed green vegetables
(broccoli, fine green beans)

Strawberry, watermelon
and lemon detox juice

DINNER

Artichoke and leek velouté
+ Red lentil and quinoa patty

Chamomile-rosemary infusion



THURSDAY

BREAKFAST

Toasted spelt bread with
almond butter and fresh fig slices

Mango, banana and chia seed
smoothie

LUNCH

Steamed sea bream fillet
with herbs + Parsnip purée
+ Vegetables

Cold cucumber, mint and
lemon infusion

DINNER

Zucchini soup
+ Poached egg
+ Bread slices
+ Flaxseed oil

Orange blossom infusion

FRIDAY

BREAKFAST

Greek yogurt
+ Pear compote
+ Granola

Orange, carrot, lemon
and ginger juice

LUNCH

Salmon fillet
+ Lemon quinoa with fresh herbs
+ Steamed green asparagus

Cucumber, green apple
and lemon juice

DINNER

Mild miso soup
+ Steamed green vegetables
+ Brown basmati rice

Verbena infusion

SATURDAY

BREAKFAST

Herb omelet with colorful
vegetables + Warm baby leaf
salad

Grapefruit and strawberry juice

LUNCH

Chicken breast stuffed with
rosemary + Cumin carrot purée
with mild olive oil

Orange, cucumber, lemon
and ginger juice

DINNER

Vegetable broth
+ Quinoa + Flaxseed oil
+ Fresh ricotta

Lavender infusion

SUNDAY

BREAKFAST

Rye bread
+ Ricotta + Omelet
+ Red berries

Jasmine green tea

LUNCH

Baked John Dory
+ Mild vegetable coulis
+ Steamed green asparagus

Pineapple and grenadine juice

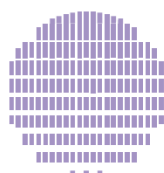
DINNER

Pearl barley risotto with
mushrooms, mozzarella
and rosemary

Verbena infusion







DE - STRESS

TAKE CONTROL OF YOUR INNER BALANCE

This program invites you to release accumulated tension, soothe the nervous system and rediscover a deep sense of calm. Through breathing practices, relaxing therapies, traditional massages and cocooning treatments, the De-Stress Program rebalances emotions and frees the mind. Guided by our expert therapists, this journey works gently to restore sleep, reduce mental load and re-establish lasting inner peace - a true return to the essential breath.





