

VITALITY



menu

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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

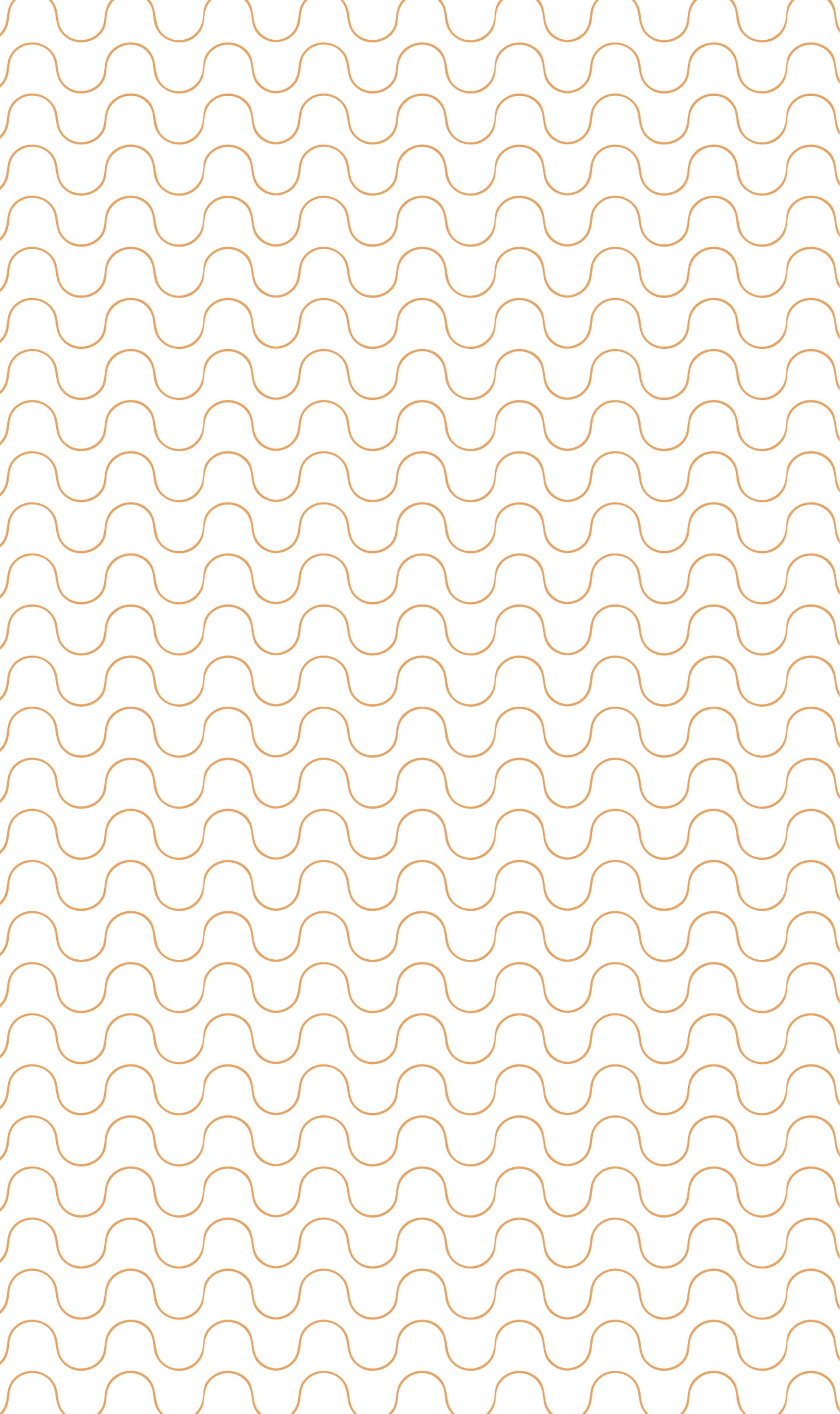
Pineapple and grenadine juice

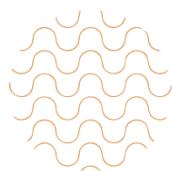
DINNER

Pearl barley risotto with
mushrooms, mozzarella
and rosemary

Verbena infusion







VITALITY

A METABOLIC RESET AT THE CELLULAR LEVEL

Designed to awaken the body's deepest reserves, the Vitality Program restores drive, dynamism and inner clarity. Combining energizing treatments, stimulating nutrition, adapted physical activities and invigorating sensory rituals, this program reactivates vital flow and rekindles the inner light. It is a journey designed to restore radiant energy, a sharp mind and lasting vitality - a renewed breath of life that flows through the entire body.





