



IDEAL WEIGHT



menu

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MENU SIGNATURE

MONDAY

BREAKFAST

Poached egg + 1 slice of spelt bread (30 g), 1/2 avocado + 1 tsp olive oil

Lemon-ginger infusion

LUNCH

120 g grilled chicken fillet, 250 g steamed vegetables (broccoli, zucchini, carrot), 1 tsp olive oil, 1/2 apple

Jasmine tea

DINNER

Vegetable soup (250 g: zucchini 100 g, carrot 60 g, leek 40 g, celery stalk 30 g, onion 30 g), 1 slice whole-grain bread, flaxseed oil + plain yogurt

Mineral water

TUESDAY

BREAKFAST

Oats (20 g) + Flaxseed oil (5 g)

Kiwi (70 g), 1/2 banana (60 g), spinach leaves (30 g), lemon juice (10 ml), unsweetened plant milk (100 ml), chia seeds (5 g)

LUNCH

200 g baked sole fillet + Zucchini (150 g), broccoli (100 g), carrot (60 g), fennel (50 g), 1 tsp flaxseed oil and one apple (120 g)

Infusion: turmeric, ginger, lemon

DINNER

Broccoli soup (100 g), zucchini (100 g) and onion (30 g) with 1 tsp olive oil (5 g) + 2 egg whites + 1 slice whole-grain bread

Mineral water

WEDNESDAY

BREAKFAST

1 plain yogurt + Oats (50 g) + Apple

Green tea

LUNCH

Tuna carpaccio (200 g) + Salad: chickpeas + Tomato + parsley + Olive oil (2 tsp)

Rosemary, artichoke and lemon infusion

DINNER

260 g grilled vegetables (100 g zucchini + 80 g eggplant + 60 g red pepper + 20 g red onion) + 1 poached egg

Mineral water



THURSDAY

BREAKFAST

2 scrambled eggs
+ 40 g whole-grain bread
+ 1 orange (100 g)

Lemon-ginger infusion

LUNCH

Organic chicken supreme,
parsnip purée,
virgin rapeseed oil

Jasmine tea

DINNER

Alkaline broth
(carrot, leek, celery)
+ Warm apple-fennel compote

Mineral water

FRIDAY

BREAKFAST

2 hard-boiled eggs + avocado
+ chia seeds

Pink smoothie:
cooked beetroot (100 g), apple
(100 g),
fresh ginger (5 g), lemon juice (10
ml),
water (100 ml)

LUNCH

Grilled salmon fillet, steamed
vegetables:
zucchini (150 g), broccoli (100 g),
carrot (60 g), fennel (50 g), 1 tsp
flaxseed oil
and one apple (120 g)

Infusion: nettle, rosemary, dandelion,
lemongrass, verbena and peppermint

DINNER

Spinach cream with plant milk
+ Spelt crouton (25 g)

Mineral water

SATURDAY

BREAKFAST

2 rice cakes
+ Almond purée (1 tsp)
+ 2 hard-boiled eggs

Rosemary-mint infusion

LUNCH

200 g chicken breast + Fluffy egg-
white omelet
(4 whites) + Baby leaf salad (100
g),
grilled zucchini (100 g)
+ 50 g soft ricotta

Infusion: mint, anise, licorice

DINNER

Green vegetable soup
+ 1/2 avocado with lemon

Mineral water

SUNDAY

BREAKFAST

Soft-boiled egg + Spelt bread (40 g)
+ 1 avocado

Green juice (celery, lemon, green
apple)

LUNCH

Steamed chicken fillet
(200 g), roasted vegetables,
flaxseed oil

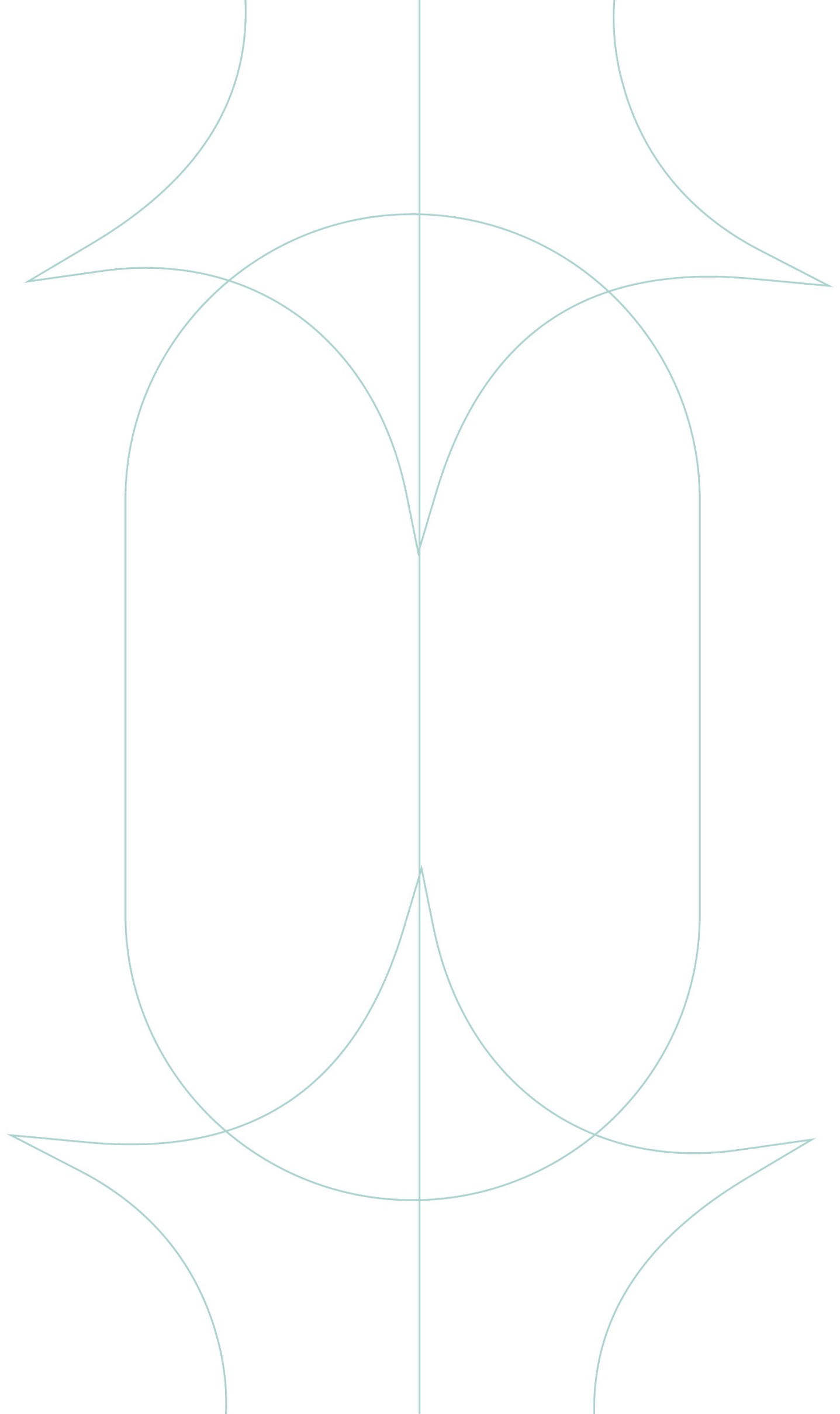
Steamed chicken fillet
(200 g), roasted vegetables,
flaxseed oil

DINNER

Zucchini and fennel velouté
scented with fresh mint,
garnished with chia seeds and a
drizzle
of mild olive oil
+ Warm cinnamon pear compote

Mineral water







IDEAL WEIGHT

SHIFT YOUR BIOLOGY, SHIFT YOUR WEIGHT

Designed as a true reset for body and mind, the Detox Program offers deep purification guided by the FX Mayr Method and targeted natural therapies. By easing the digestive system and stimulating elimination processes, this journey reactivates mental clarity, vital energy and inner lightness. Between revitalizing nutrition, detoxifying treatments, hydrotherapy and purifying rituals, Detox becomes a rebirth: a return to a clearer, lighter, more vibrant body.



