



DETOX



menu

WEEK 01

MENU FX MAYR

MONDAY

BREAKFAST

Bread, beetroot spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Zucchini soup

Herbal teas + Mineral water

DINNER

Vegetable broth

Herbal teas + Mineral water

TUESDAY

BREAKFAST

Bread + Carrot spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Parsnip soup

Herbal teas + Mineral water

DINNER

Vegetable broth

Herbal teas + Mineral water

WEDNESDAY

BREAKFAST

Bread + Yellow beetroot spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Celery soup

Herbal teas + Mineral water

DINNER

Vegetable broth

Herbal teas + Mineral water

THURSDAY

BREAKFAST

Bread + Zucchini spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Cooked fennel dish
+ Fennel purée

Herbal teas
+ Mineral water

DINNER

Vegetable broth

Herbal teas + Mineral water

FRIDAY

BREAKFAST

Bread + Avocado spread
+ Beetroot spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Cooked fennel dish
+ Fennel purée

Herbal teas + Mineral water

DINNER

Vegetable broth

Herbal teas + Mineral water

SATURDAY

BREAKFAST

Bread
+ Avocado spread
+ Olive oil

Vegetable broth
+ Herbal teas

LUNCH

Cooked Jerusalem artichoke
dish
+ Its purée

Herbal teas + Mineral water

DINNER

Vegetable broth

Herbal teas + Mineral water

SUNDAY

BREAKFAST

Bread + Avocado spread
+ Soft-boiled egg + Olive oil

Vegetable broth
+ Herbal teas

LUNCH

Carrot dish
+ Zucchini

Herbal teas + Mineral water

DINNER

Vegetable broth

Herbal teas + Mineral water

WEEK 02

MENU FX MAYR

MONDAY

BREAKFAST

Bread, beetroot spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Zucchini soup

Herbal teas + Mineral
water

DINNER

Vegetable broth

Herbal teas + Mineral
water

TUESDAY

BREAKFAST

Bread + Carrot spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Parsnip soup

Herbal teas + Mineral
water

DINNER

Vegetable broth

Herbal teas + Mineral
water

WEDNESDAY

BREAKFAST

Bread + Yellow beetroot
spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Celery soup

Herbal teas + Mineral
water

DINNER

Vegetable broth

Herbal teas + Mineral
water

THURSDAY

BREAKFAST

Bread + Zucchini spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Cooked fennel dish
+ Fennel purée

Herbal teas
+ Mineral water

DINNER

Vegetable broth

Herbal teas + Mineral
water

SUNDAY

BREAKFAST

Bread + Avocado spread
+ Soft-boiled egg + Olive
oil

Vegetable broth
+ Herbal teas

FRIDAY

BREAKFAST

Bread + Avocado spread
+ Beetroot spread
+ Flaxseed oil

Vegetable broth
+ Herbal teas

LUNCH

Cooked fennel dish
+ Fennel purée

Herbal teas + Mineral
water

DINNER

Vegetable broth

Herbal teas + Mineral
water

LUNCH

Carrot dish
+ Zucchini

Herbal teas + Mineral
water

SATURDAY

BREAKFAST

Bread
+ Avocado spread
+ Olive oil

Vegetable broth
+ Herbal teas

LUNCH

Cooked Jerusalem
artichoke dish
+ Its purée

Herbal teas + Mineral
water

DINNER

Vegetable broth

Herbal teas + Mineral
water

DINNER

Vegetable broth

Herbal teas + Mineral
water





