

WEEKLY MENU

Monday

Vegetable Smoothie: Made with fresh Parsley, Celery stem, Green Apple, Lemon & pungent Ginger

Fruit Smoothie: Made with sweet Banana & Coconut Yogurt with pro-biotic lacto bacillus

Salad 1: Steamed Zucchini, Cauliflower and sweet potato with Sauerkraut, Lemon & Cold-pressed Olive oil

Salad 2: Freshly Grated Cabbage, Carrot, Flakes of Radish, Parsley leaves, Dill thins & Alfalfa Sprouts served with Cold-pressed Olive Oil & fresh Lemon Juice

Soup: Cream of Broccoli, Spinach, Leek, Dill & lemon

Main: Risotto made with whole grain rice, Onion, Carrot, Fennel, Parsley, Kale in Creamy Coconut Curry

Tuesday

Vegetable Smoothie: Made with Raw & Fresh Carrot, Ginger, Turmeric Root, Celery stem & Lemon juice

Fruit Smoothie: Made with Fresh Pineapple, Banana & Coconut Yogurt with pro-biotic lacto bacillus

Salad 1: Freshly harvested greens, Cucumber, Fresh Parsley, Grated sweet Potato & Red Coral Radish sprouts served with Avocado Balsamic Cream Fresh Green salad mix with Cucumber, grated sweet potato & red radish Sprouts with Avocado, parsley & Lemon Dressing

Salad 2: Various seasonal roots, dill, fresh mung bean sprouts, avocado lemon dressing

Soup: Comforting & warming Pumpkin with Fresh Ginger juice & Coconut milk

Main: Oven Baked zucchinis served with Coco yogurt spearmint sauce, on the side homemade Sauerkraut

Wednesday

Vegetable Smoothie: Nutrient rich parsley, Avocado, ginger & Freshly Squeezed Lemon juice

Fruit Smoothie: Strawberries, coconut yoghurt and pro-biotic lacto bacillus

Salad 1: Various greens, cucumber, carrot flakes, avocado, parsley, dill, dressing with lemon, coconut yoghurt and basil

Salad 2: Steamed Beetroot, sweet potato, broccoli with Cold-pressed Olive Oil, oregano & Fresh Lemon

Soup: Purple Beetroot & celeriac root with Dill & Lemon

Main: Buckwheat Cooked in vegetable Broth, served with steamed Butternut Squash & Parsley Cream

Thursday

Vegetable Smoothie: Made with Beetroot, Carrot, Ginger & Turmeric Root with fresh Lemon juice

Fruit Smoothie: Made with Raspberries & Coconut Yogurt

Salad 1: Fresh green salad with Avocado, Parsley, Carrot Flakes & Pomegranate seeds served with Avocado Balsamic dressing

Salad 2: Grated Roots salad made with Carrot, Beetroot, celeriac root, fresh sprouts served with Avocado, Ginger & Dill and lemon dressing

Soup: Cream of broccoli with Lemon, spearmint & Marjoram

Main: Oven Baked Cauliflower in Coconut milk & Turmeric, lemon, Mustard Marinara served with Sauerkraut & Avocado

Friday

Vegetable Smoothie: Made with Avocado, Cucumber, Celery stem, Ginger & Lemon

Fruit Smoothie: Made with Black berries & Coconut Yogurt

Salad 1: Fresh greens with grated beetroot & Fresh Mung bean Sprouts with Avocado & Lemon Dressing

Salad 2: Grated Carrot, chinese cabbage, Parsley & spring Onion, steamed Broccoli florets with Coco Yogurt, spearmint & Lemon Dressing

Soup: Creamy Carrot & Leek with fresh Coriander, lemon, ginger & Coco yogurt

Main: Wholegrain Rice fused with Red Onion, Grated Carrots, spring Onion & Broccoli in Coconut Tamarind Curry

CALORIE TABLE

	ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
SMOOTHIE	41	56	113	55	107
SMOOTHIE	165	122	44	106	105
ΣΑΛΑΤΑ 1 SALAD 1	409	134	202	167	125
ΣΑΛΑΤΑ 2 SALAD 2	86	311	420	118	154
ΣΟΥΠΑ SOUP	388	395	483	266	349
ΚΥΡΙΩΣ MAIN	82	366	199	506	121
ΣΥΝΟΛΟ TOTAL Kcal	1.171	1.384	1.461	1.218	961



the plant kingdom