

HEALTHY NUTRITION PROGRAM

Mental Wellness Menu

	09:00 BREAKFAST	11:15 SMOOTHIE	12:00 LUNCH	15:30 SMOOTHIE	18:00 DINNER	
MONDAY	BUCKWHEAT PORRIDGE (buckwheat, sun flower seed, date, cinnamon, almond milk) 372 KCAL	FOCUS SMOOTHIE (avocado, macademia milk, moringa, date, green tea powder, cbd oil) 207.40 KCAL	MACROBOWL (cucumber, carrot, beetroot pickle, quinoa, avocado, chickpeas) 413 KCAL	TIRAMISU (nut, cashew, almond, date, oatmeal, cacao) 257 KCAL	SUSHI (cauliflower, cashew, cucumber, carrot, red bell pepper, nori, wasabi, ginger pickled, tamari) 210 KCAL	TOTAL: 1384 KCAL
TUESDAY	TURKISH BREAKFAST (cashew cheese, cucumber, tomato, olive, avocado, flaxseed cracker) 424 KCAL	ANTI STRESS SMOOTHIE (spinach, banana, frozen blackberry, flaxseed, acai powder, magnesium powder, cbd oil, almond milk) 225 KCAL	EGGPLANT CANNELONI (eggplant, tomato, dill, green olive, spicy souce, cashew base, garlic) 363 KCAL	CHERRY SORBE (cherry, agave) 81 KCAL	QUINOA SALAD (pesto: cashew, basil, arugula) (quinoa, mixed greens) 200 KCAL	TOTAL: 1293 KCAL
WEDNESDAY	FIG PORRIDGE (figs, walnuts, cinnamon, almond milk) 402 KCAL	ZEN ENERGY SMOOTIE (banana, hemp seed, coconut milk, date, maca powder, vanilla extract, cbd oil) 246 KCAL	BROWN RICE RISOTTO (brown rice, mushrooms, vegan mayonnaise, onion, asparagus, spinach) 334.26 KCAL	BLUEBERRY CHEESECAKE (cashew, coconut flakes, agave, blue berry, coconut oil) 225 KCAL	KONJAC SPAGHETTI (pesto: cashew, basil, arugula), (konjac, tomato, olives) 184 KCAL	TOTAL: 1391 KCAL
THURSDAY	SANDWICH (bread base: cauliflower, dry tomatoes, cashew, nutritional yeast), (filling with kaju cheese, olive, avocado, lettuce, spicy sauce) 283 KCAL	CALM SMOOTHIE (banana, peanut butter, cacao powder, coconut milk, reishi, cbd oil, nut, date) 260 KCAL	BUCKWHEAT RICE (buckwheat, red bellpepper, green pepper, cumin) 166.63 KCAL	STRAWBERRY ICE CREAM (cashew, agave, strawberry, vanilla extract, probiotic) 180 KCAL	HOT ZUCCHINI SPAGHETTI (Garlic, red bell pepper, zucchini, black pepper) 177.43 KCAL	TOTAL: 1243 KCAL
FRIDAY	APPLE PORRIDGE (oat, apple, raisin, agave, vegan protein, almond milk) 482 KCAL	BALANCE SMOOTHIE (hemp milk, banana, turmeric, cinnamon, cardamom, ginger, chili pepper, agave, vanilla extract, cbd oil) 219 KCAL	VEGGIES WITH SAFFRON SAUCE (zucchini, asparagus, mushroom, broccoli, red bell pepper, onion, green pepper) 205 KCAL	AVOKADO MOUSSE (avocado, agave, cacao, vanilla) 189 KCAL	HOT SPINACH SALAD (spinach, garlic, dry tomatoes, pistachio) 240 KCAL	TOTAL: 1335 KCAL
SATURDAY	VEGAN BREAKFAST (cashew cheese, olives, tomatoes, cucumber, avocado, flaxseed crackers) 340 KCAL	CHILL SMOOTHIE (frozen blueberry, fig, almond milk, cbd oil, chia seed) 112 KCAL	HUMUS WRAP (humus: chickpeas, tahini, turmeric, cumin), (mixed greens, rice paper) 227 KCAL	BLACKBERRY ICE CREAM (cashew, agave, frozen blackberry, vanilla extract, probiotic) 180 KCAL	MANGO SALAD WITH BLACK RICE (black rice, mango, enginar, artichoke, garlic, parsley, agave, lemon juice) 290 KCAL	TOTAL: 1279 KCAL
SUNDAY	BANANA PUDDING (banana, walnut, cocoa, almond milk) 277 KCAL	ANTI PAIN SMOOTHIE (pineapple, mango, strawberry, nut milk, cbd oil, cinnamon, ashwagandha) 260 KCAL	SWEET POTATO TORTILLA (bread base: sweet potato, nutritional yeast, chia seed, psyllium), (filling with cashew cheese, mixed green, carrot, red bell pepper) 381 KCAL	LIME CHEESECAKE (lime juice, coconut, raspberry, cashew) 170 KCAL	QUIONA HARISSA (tomato, red bell pepper, garlic, quinoa) 216 KCAL	TOTAL: 1304 KCAL