SAMPLE LIQUID DIET 2023 (with 16h intermittent fasting)

LONGEVITY
HEALTH & WELLNESS HOTEL
ALVOR · ALGARVE

*Please note that these are just examples and are subject to change

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 INFUSION	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water
11:00 SUPER SHAKE (vegetable drink, fruit, vegetable protein and superfoods)	Ener-Gee Booster	Vitale	Elixir of Life	Healing Smoothie	Tropical Mint	Anti-Oxi Cleanser	Pure Health
13:00 - SOUP	Chickpea	Beetroot	Tomato and Basil	Beans	Carrot and Turmeric	Lentils	Cabbage
15:00 - JUICE DETOX (water, fruit, vegetable protein, vegetables and superfoods)	Digestive Boost	Fresh Start	Detox Shake	Ultimate Green Detox	Just Beet-It	Mint-It Up	Radiant Health
17:00 - JUICE	Vegetable Juice	Vegetable Juice	Vegetable Juice	Vegetable Juice	Vegetable Juice	Vegetable Juice	Vegetable Juice
18:30 - SOUP	Carrot and Ginger	Coriander	Broccoli	Roasted Pumpkin	French Garlic	Green Bean	Beetroot
21:00 - INFUSION	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water	Longevity Herbal Infusion and Alkaline Water