

# CORRECT NUTRITION at 180° Wellness

During a 180° Wellness programme, balanced nutrition is key to your success. Our Menu has been developed by our Clinical Nutritionist to ensure good gut health, detoxification and weight loss goals are met. Our menu provides a fully alkaline diet, is low in calories and ketogenic.

	BREAKFAST	LUNCH	DINNER
Monday	Fruit Skewers with Coconut Chia Pudding	Spiced Moroccan Chickpea Salad	Zucchini Spirals with a Garlic and Tomato sauce
Tuesday	Smoothie Bowl with Cacao, Banana, Coconut Cream & Chopped Nuts	Raw, Vegan Jicama Sushi	Pumpkin, Carrot & Ginger Soup
Wednesday	Omlette with Spinach & Tomato	Raw, Vegan Vietnamese Spring Rolls	Cauliflower Rice Salad with Cherry Tomatoes, Bell Peppers, Cucumber, Seed mix and an Olive Oil & Apple Cider Vinegar dressing
Thursday	Smoothie Bowl with Dragon Fruit, Mango & Papaya	Quinoa & Pumpkin salad	Alkalizing Soup of Kale, Broccoli & Spinach
Friday	Quinoa Breakfast Bowl with Boiled Egg, Avocado, Cherry Tomatoes & Sautéed Mushrooms	Avocado, Broccoli & Mango salad	Lentil Dahl

