
BC WELLNESS HOME · IBIZA

At-Home Orthomolecular Menu

Functional nutrition, private chef and personalised programmes to support energy, digestion and wellbeing from within.

Private nutrition guide

6-DAY MENUS · COLLABORATING CHEF · PERSONALISED WELLNESS



PRIVATE NUTRITION GUIDE

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A visual guide to integrate orthomolecular nutrition, personalised menus and a private chef experience at home, with the refined style of BC Wellness Home.

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A refined nutritional experience

Menus prepared and delivered at home with a collaborating chef, designed to support energy, digestion, inflammation, hydration and cellular wellbeing.



NUTRITION & CHEF AT HOME

Eat better without making it a daily burden.

At BC Wellness Home, we understand that no two people are the same. That is why our orthomolecular nutrition programmes are adapted to the real needs of each body and translated into practical menus for everyday life.

Prepared menus

Breakfast, lunch and dinner organised over 6 days, with a clear and functional structure.

Home delivery

Menus are prepared and delivered with a collaborating chef to make the experience comfortable and refined.

Orthomolecular approach

Nutrition designed to support energy, digestion, inflammation, hydration and cellular wellbeing.

Guidance

Option of a first consultation to adapt nutrition to goals, habits and personal needs.

ANTI-INFLAMMATORY MENU

6 DAYS · BREAKFAST · LUNCH · DINNER

Reduce inflammation and regain lightness.

Designed for people who want to reduce inflammation, abdominal bloating, fluid retention, digestive discomfort and a feeling of tiredness.

Benefits

- Helps reduce inflammation in the body.
- Supports better digestion.
- Reduces heaviness and bloating.
- Increases daily energy and wellbeing.
- Supports physical recovery and rest.

Key foods

Salmon, sardines, avocado, berries, leafy greens, seeds, extra virgin olive oil, turmeric and ginger.

Includes

- Breakfasts rich in antioxidants and protein.
- Lunches with fresh vegetables and quality protein.
- Light dinners to support overnight regeneration.





METABOLISM ACTIVATION MENU

6 DAYS · BREAKFAST · LUNCH · DINNER

Vitality, satiety and metabolic balance.

Created for those who want to increase vitality, improve weight management and optimise metabolic function.

Benefits

- Greater sense of energy.
- Less hunger between meals.
- Helps manage cravings.
- Supports maintenance of muscle mass.
- Supports an active and efficient metabolism.

Includes

- Energising and satiating breakfasts.
- Balanced lunches with high-quality protein.
- Light dinners that support rest.

Key foods

Eggs, fish, chicken, fresh vegetables, nuts, seeds, green tea and foods rich in protein and fibre.

Hydration, digestive rest and light wellbeing.

A programme designed to give the digestive system a break, increase hydration and support the body's natural detoxification processes.

Benefits

- Promotes a feeling of lightness.
- Helps improve digestion.
- Increases cellular hydration.
- Provides vitamins, minerals and antioxidants.
- Promotes overall wellbeing.

Key foods

Seasonal vegetables, selected fruits, vegetable creams, light proteins, functional infusions and foods rich in fibre and antioxidants.



PERSONALISED ORTHOMOLECULAR

First consultation to create a tailored nutrition path.

Each person has different needs. For this reason, we recommend an initial assessment with a qualified professional to guide and adapt nutritional recommendations to your goals, context and personal circumstances.

For whom

People who want to improve energy, digestion, inflammation, habits, weight, hormonal wellbeing or long-term quality of life.

Objective

To turn appropriate nutrition into a real tool for improving wellbeing, vitality and internal balance.

Wellness begins with a plan designed around you.



BC WELLNESS HOME · IBIZA

Nourish the body. Elevate the experience.

Orthomolecular menus, private chef and personalised follow-up to enjoy a comfortable, elegant and deeply refined wellness experience at home.

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QR WHATSAPP

Private nutrition, prepared with calm luxury.

