

Fruits, nuts, coffees, lemon water, teas and iced teas are available through the day.

Morning pre-practice

Hot lemon water with fresh-grated turmeric.

Mango, raspberry, maca root and fresh-grated turmeric smoothie.

Fruits and nuts.

A selection of coffees and teas.

Brunch

Super-juice of apple, cucumber, lime, mint and wheatgrass.

Peach and mango iced tea with pomegranate and orange wedges and fresh mint.

Spiced and toasted granola with pumpkin, almond, date and flaked coconut.

Almond milk. Natural yoghurt with lemon. Honey.

Fruit salad of galia melon, watermelon, strawberry and redcurrant.

Baked avocado and egg with sumac, coriander, lemon, Ibiza salt and freshly cracked black pepper.

Warm, herby tomato salad and rocket.

A selection of coffee and teas.

Evening post-practice

Roasted sticky-rice and quinoa vegan 'meat' balls with bell pepper, shallot, oregano, parsley and nutritional yeast - served with a rustic tomato and orange sauce.

Thick griddled lemony courgettes.

Sicilian orange salad with black olives and dill.

Raspberry iced tea with lime wedges.

Raw balls of medjool date, raw cacao, toasted cashew, chia seed, coconut and edible orange flower.

A selection of coffee and teas.