Fall Cleanse

Boost Your Immune System and Stay Hydrated!



Buy a 3 Days Cleanse and get 10% OFF! Buy a 5 Days Cleanse and get 1 Day FREE!

DAY 1

- **3** Cold Pressed Juices
- 1 Medium Soup
- 1 Small Salad
- 1 Entrée
- **1** Snack: Morning Oats, Chia Pudding or Energy Bites
- 1 Shot

Please let us know if you have any

allergies!

We can customize any cleanse to be just for you!

3 Days \$250 5 Days \$425

DAY 2

- 3 Cold Pressed Juices
- **1** Medium Soup
- 1 Small Salad
- 1 Entrée
- **1** Snack: Morning Oats, Chia Pudding or Energy Bites
- 1 Shot

DAY 3

- 3 Cold Pressed Juices
- 1 Medium Soup
- 1 Small Salad
- 1 Entrée
- **1** Snack: Morning Oats, Chia Pudding or Energy Bites
- 1 Shot

Immunity Boost Shot

Beets, Ginger, Lime & Cayenne Pepper

Turmeric Shot

Turmeric, Ginger, Lemon, Lime & Cayenne Pepper

Recommended Cold Pressed Juices!

Luis's Juice:

Red Apple, Carrots, Ginger, Turmeric, Lemon

Green Detox:

Celery, Parsley, Lime, Green Apple

Carlos P's Juice:

Red Apple, Beets, Carrots

Laura's Juice:

Romaine Lettuce, Kale, Celery, Spinach, Red Apple

The Hydrator:

Watermelon, Pineapple, Mint