



\$210 7 Day Detox Program

Thank you for your interest in this exciting new program! This program includes 7 Breakfast items, 7 Lunch items, and 7 Dinner items, and 7 Desserts. This meal program is a specific menu to encourage detoxification and includes many new menu items. The menu may be changed or updated with food allergy issues. Below is an overview of the program menu. Please let us know how we can best accommodate your needs at set-up. This program is available for pick-up Monday, Wednesday and Friday's at noon. Each day you will pick up meals through the following pick-up day's breakfast. It is best to start this program on a Monday and be sure to plan plenty of water to accommodate your detox in between meals. This meal program is designed to accomplish the following things: Encourage Healthy Digestive Function, Release Water Retention, Support Organ Cleanse, Support Healthy Metabolic Rate, and Encourage Optimum Health. Additionally this program is very low in nut content and promotes eating for longevity as described in Jenny's recent book, "The Art of Raw Living Food."

Day One:

- Buckwheat Bowl with Almond Milk
- Heirloom Squash Samosa and Marinated Kale Salad
- Buddha's Bowl with Sprouted Grains
- Chocolate Brownie

Day Two:

- Coconut Yogurt with Fresh Blueberries
- Pesto Tortellini with Marinated Vegetable Chop Salad
- Pizza Alfredo
- Raspberry Torte

Day Three:

- Avocado Cacao Crème with Fresh Blueberries