



\$210 DETOX MENU - 7 Day 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."

7 Day Weekly Detox Menu

Day One:

- Smothered Banana with Almond Milk
- Heirloom Squash Samosa and Marinated Kale
- Lemon Alfredo Pizza on Buckwheat Breads
- Chocolate Go Go Balls

Day Two:

- Coconut Yogurt with Fresh Blueberries
- Pesto Rolls with Marinated Vegetable Chop Salad
- Winter Tacos with Napa Slaw
- Raspberry Torte

Day Three:

- Avocado Cacao Crème with Fresh Strawberries

***Please be advised if you have food specific allergies/modifications your meals may differ slightly**