

ALCHEMY

ORGANIC & GLUTEN-FREE HEALTH FOOD & JUICE LAB

“RAW FOOD & JUICE” CLEANSE MENU

DAY 1:

32 OZ. CLEANSE JUICE

kale, cucumber, celery, spirulina, lemon, turmeric, fulvic acid

32 OZ. RESTORE SMOOTHIE

kale, mint, spirulina, cucumber, apple, lime, chlorella, seasonal fruit, banana

KALE SALAD

kale, carrot, tomato, cucumber, sunflower seeds, lemon, olive oil, pink salt, apple cider vinegar, sesame oil

DAY 2:

32 OZ. ENERGIZE SMOOTHIE

kale, cucumber, celery, spirulina, lemon, seasonal fruit, banana, dates

32 OZ. RESTORE SMOOTHIE

kale, mint, spirulina, cucumber, apple, lime, chlorella, seasonal fruit, banana

RAW TACOS

cabbage, avocado, jalapeno, pico de gallo, cashew cheese, walnut meat

DAY 3:

32 OZ. STRENGTHEN SMOOTHIE

coconut milk, chlorella, wheat grass, banana

32 OZ. GLOW SMOOTHIE

apple, orange, beet, ginger, seasonal fruit, ashwaganda

RAW TERIYAKI NOODLES

kelp noodles, almond teriyaki dressing, kale, seasonal nuts, herb garnish

DAY 4:

32 OZ. REVIVE SMOOTHIE

coconut milk, banana, cacao, dates, flax seed, french vanilla stevia

32 OZ. RESTORE SMOOTHIE

kale, mint, spirulina, cucumber, apple, lime, chlorella, seasonal fruit, banana

KALE SALAD

kale, carrot, tomato, cucumber, sunflower seeds, lemon, olive oil, pink salt, apple cider vinegar, sesame oil

DAY 5:

32 OZ. GLOW SMOOTHIE

apple, orange, beet, ginger, seasonal fruit, ashwaganda

GREEN PROTEIN

kale, spirulina, plant protein, nut milk, banana, coconut nectar, chia seeds

NELSON'S raw burger or burrito

DAY 6:

32 OZ. ENERGIZE SMOOTHIE

kale, cucumber, celery, spirulina, lemon, seasonal fruit, banana, dates

32 OZ. CLEANSE JUICE

kale, cucumber, celery, spirulina, lemon, turmeric, fulvic acid

RAW TACOS

red cabbage, avocado, jalapeno, pico de gallo, cashew cheese, walnut meat, house seasoning, lime, cilantro

DAY 7:

32 OZ. GLOW SMOOTHIE

apple, orange, beet, ginger, seasonal fruit, ashwaganda

32 OZ. STRENGTHEN SMOOTHIE

coconut milk, chlorella, wheat grass, banana

RAW TERIYAKI NOODLES

kelp noodles, almond teriyaki dressing, kale, seasonal nuts, herb garnish

“GREEN DETOX” CLEANSE MENU

DAY 1:

32 OZ. CLEANSE JUICE

kale, cucumber, celery, spirulina, lemon, turmeric, fulvic acid

32 OZ. HYDRATE SMOOTHIE

kale, mint, spirulina, cucumber, apple, lemon juice, lime juice, dates

32 OZ. GLOW SMOOTHIE

apple, orange, beet, ginger, seasonal fruit, ashwaganda

DAY 2:

32 OZ. ENERGIZE SMOOTHIE

kale, cucumber, celery, spirulina, lemon, seasonal fruit, banana, dates

32 OZ. RESTORE SMOOTHIE

kale, mint, spirulina, cucumber, apple, lime, chlorella, seasonal fruit, banana

32 OZ. REVIVE SMOOTHIE

coconut milk, banana, cacao, dates, flax seed, french vanilla stevia

DAY 3:

32 OZ. STRENGTHEN SMOOTHIE

coconut milk, chlorella, wheat grass, banana

32 OZ. CLEANSE JUICE

kale, cucumber, celery, spirulina, lemon, turmeric, fulvic acid

32 OZ. GLOW SMOOTHIE

apple, orange, beet, ginger, seasonal fruit, ashwaganda

DAY 4:

32 OZ. SPICY TURMERIC JUICE

jalapeno, turmeric, cayenne, ginger, lemon, apple, himalayan salt

32 OZ. POWER PUNCH JUICE

apple, orange, beet, ginger

32 OZ. SWEET GREENS JUICE

kale, mint, spirulina, cucumber, apple

DAY 5:

32 OZ. GREEN GODDESS JUICE

kale, cilantro, cucumber, celery, cabbage, spirulina, lemon

32 OZ. RESTORE SMOOTHIE

kale, mint, spirulina, cucumber, apple, lime, chlorella, seasonal fruit, banana

32 OZ. SWEET GREENS JUICE

kale, mint, spirulina, cucumber, apple

DAY 6:

32 OZ. SPICY TURMERIC JUICE

jalapeno, turmeric, cayenne, ginger, lemon, apple, himalayan salt

32 OZ. GLOW SMOOTHIE

apple, orange, beet, ginger, seasonal fruit, ashwaganda

32 OZ. SWEET GREENS JUICE

kale, mint, spirulina, cucumber, apple

DAY 7:

32 OZ. GREEN GODDESS JUICE

kale, cilantro, cucumber, celery, cabbage, spirulina, lemon

32 OZ. CITRUS ENERGY JUICE

orange, grapefruit, lemon

32 OZ. SWEET GREENS JUICE

kale, mint, spirulina, cucumber, apple