

Cleanse Menu

Tackle digestive problems, hormonal issues, stress, insomnia, fatigue, 'burnout' and weight management with our Cleanse Plan. Enjoy delicious juices and foods while getting rid of toxins accumulated overtime. Get rebooted. Feel good. Be Happy.

100% Organic

All Natural Ingredients

Gluten Free

**Seasonal Ingredients
from the Farm**

Soups - Salads

Beetroot and Butternut Soup
Chickpeas Microgreens Salad
Kale, Pumpkin Seeds and Berries Salad
Zucchini Carpaccio

Entrées

Cannellini Quinoa Burger
Raw Zucchini Noodle and Cabbage, Alfredo Sauce
Sweet Potato and Broccoli Bowl

Treats - Snacks

Coconut Blueberry Parfait
Banana Nuts Muffins
Fruit Granola Bars

Drink plenty of water throughout the day to further support your cleanse and overall wellness