



# juice

12 oz    16 oz    24 oz

<b>brain juice</b>	164	239	328
<b>fatigue fighter</b>	174	232	348
<b>immune booster</b>	205	273	410
<b>mood mender</b>	198	264	396
<b>quick quencher</b>	187	249	374
<b>skin tonic</b>	179	239	358
<b>tension tamer</b>	183	244	366
<b>all greens</b>	155	207	310

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<b>bottled orange</b>	224
<b>bottled grape</b>	192

## individual ingredients

carrot / 1 medium	35
kale / 1 bunch	33
spinach / 1 medium	6
celery / 2 stalks	20
apple / 1 apple	80
beet / 1/4 cup	15
ginger / 1 tablespoon	16
lemon / 1/2 lemon	30
orange / 1/2 orange	30
pineapple / 1 cup	80
grapefruit / 1 cup juice	96
watermelon / 1 cup	40
cucumber / 1 cup	16
vitamin c	4
aloe vera	3
ginkgo	4
st. john's wort	3



# smoothies

## energy elixir

**16 oz**  
**328**

banana	80
mixed berries	41
orange juice	112
protein	100
ginseng	3

**24 oz**  
**415**

banana	120
mixed berries	52
orange juice	140
protein	100
ginseng	3

## skin smoothie

**16 oz**  
**255**

banana	80
stawberries/raspberries	50
orange juice	112
aloe vera	3
lecithin	10

**24 oz**  
**340**

banana	120
stawberries/raspberries	67
orange juice	140
aloe vera	3
lecithin	10

## smart start

**16 oz**  
**344**

banana	80
strawberries/melon	46
apple cider	58
orange juice	56
protein	100
ginkgo	4

**24 oz**  
**427**

banana	120
strawberries/melon	60
apple cider	72
orange juice	71
protein	100
ginkgo	4

## immune smoothie

**16 oz**  
**245**

banana	80
strawberries/peaches	52
orange juice	56
rice milk	50
vitamin c	4
echinacea	3

**24 oz**  
**329**

banana	120
strawberries/peaches	70
orange juice	70
rice milk	62
vitamin c	4
echinacea	3

## soy berry

**16 oz**  
**196**

banana	80
mixed berries	42
soy milk	70
vitamin c	4

**24 oz**  
**266**

banana	120
mixed berries	54
soy milk	88
vitamin c	4

## the skinny

**16 oz**  
**333**

banana	80
melon/peaches	43
rice milk	100
protein	100
lecithin	10

**24 oz**  
**329**

banana	120
melon/peaches	60
rice milk	116
protein	100
lecithin	10

## peach dream

**16 oz**  
**234**

banana	80
strawberries/peaches	52
rice milk	100
cinnamon	2

**24 oz**  
**316**

banana	120
strawberries/peaches	70
rice milk	124
cinnamon	2

## total bliss

**16 oz**  
**345**

banana	80
strawberries/pineapples	45
apple cider	117
protein	100
st. john's wort	3

**24 oz**  
**425**

banana	120
strawberries/pineapples	57
apple cider	145
protein	100
st. john's wort	3

## berry lean

**16 oz**  
**302**

banana	80
mixed berries	41
watermelon juice	76
protein	95
lecithin	10

**24 oz**  
**372**

banana	120
mixed berries	52
watermelon juice	95
protein	95
lecithin	10



### beta bee

<b>16 oz</b>	banana	80
	strawberries	55
<b>333</b>	carrot juice	94
	protein	100
	bee pollen	4

<b>24 oz</b>	banana	120
	strawberries	73
<b>414</b>	carrot juice	117
	protein	100
	bee pollen	4

### blues blaster

<b>16 oz</b>	banana	80
	strawberries/blueberries	44
<b>244</b>	apple cider	117
	st. john's wort	3

<b>24 oz</b>	banana	80
	strawberries/blueberries	60
<b>328</b>	apple cider	145
	st. john's wort	3

### peanut butter & jelly

<b>16 oz</b>	banana	80
	strawberries	55
<b>353</b>	apple cider	117
	peanut butter	101

<b>24 oz</b>	banana	120
	strawberries	73
<b>488</b>	apple cider	145
	peanut butter	150

### pomegranate açai

<b>16 oz</b>	banana	80
	blueberries	13
<b>329</b>	apple cider	58
	pomegranate juice	68
	açai	110

<b>24 oz</b>	banana	120
	blueberries	25
<b>412</b>	apple cider	72
	pomegranate juice	85
	açai	110

### pina pom

<b>16 oz</b>	banana	80
	pineapple	42
<b>246</b>	orange juice	56
	pomegranate juice	68

<b>24 oz</b>	banana	120
	pineapple	55
<b>330</b>	orange juice	70
	pomegranate juice	85

### coconut quencher

<b>16 oz</b>	banana	80
	peaches/pineapples	51
<b>305</b>	coconut water	23
	orange juice	56
	protein	95

<b>24 oz</b>	banana	120
	peaches/pineapples	68
<b>382</b>	coconut water	29
	orange juice	70
	protein	95

### creamsicle

<b>16 oz</b>	banana	80
	peaches	60
<b>326</b>	orange juice	56
	soy milk	35
	protein	95

<b>24 oz</b>	banana	120
	peaches	80
<b>418</b>	orange juice	70
	soy milk	53
	protein	95

### workout boost

<b>16 oz</b>	banana	80
	strawberries	41
<b>336</b>	orange juice	56
	apple cider	58
	protein	95
	spirulina	6

<b>24 oz</b>	banana	120
	strawberries	55
<b>418</b>	orange juice	70
	apple cider	72
	protein	95
	spirulina	6

### açai smoothie

<b>16 oz</b>	banana	80
	blueberries	13
<b>320</b>	apple cider	117
	açai	110

<b>24 oz</b>	banana	120
	blueberries	25
<b>401</b>	apple cider	146
	açai	110

### green tea smoothie

<b>16 oz</b>	banana	80
	melon	45
<b>300</b>	soy milk	75
	protein	100
	matcha green tea	0

<b>24 oz</b>	banana	120
	melon	60
<b>374</b>	soy milk	94
	protein	100
	matcha green tea	0