



# Join our 5 day cleanse!

Ready to have more energy, feel lighter and have a sharper mind?  
Sign up for our cleanse to experience all of this and more.



### When can I cleanse?

Monday to Friday

### How does it work?

Food is picked up daily, anytime after 8am

### What's included?

Freshly prepared vegan & organic meals  
Breakfast, lunch, dinner & a snack each day

### Cost? \$250

(Or \$50/day if you choose to do less than 5 days)

MEAL	Day 1	Day 2	Day 3	Day 4	Day 5
<i>Breakfast</i>	Heartbeet & Superfood Cookie	Creamsicle & Hemp Seed Bar	Tropical Green & Superfood Cookie	Strawberry Milkshake & Hemp Seed Bar	Superfood Smoothie & Superfood Cookie
<i>Lunch</i>	BLT+ Side Salad & Cinnamon Snowball	OCNS with Nori Rolls	All Green Goodness Salad & Spring Rolls	Greek Salad & Sweet Potato Fritters	Caesar Salad & Spring Rolls
<i>Snack</i>	Veggies with Caesar	Kale Chips	Nachos with Guacamole	Spiced Almonds	Kale Chips
<i>Dinner</i>	Taco Wrap with Spring Rolls & a Macaroon	Rawitch with Side Salad & a Macaroon	Pad Thai & a Chia Mudslide	Caesar Wrap with Side Salad & Choc Dipped Macaroon	Pizza with Side Salad & Cinnamon Snowball