



SAMPLE MENU



DETOX PLAN

This program is an intense 3-days flash detox juicing program newly designed to cleanse the body from the toxins that might have accumulated due to bad eating habits or even stress factors! It also helps sharpen the mind and gain focus especially towards the end of the program.

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DETOXIFYING

Green Glow Skin Smoothie

Banana, cucumber, green apple, ginger, spinach, avocado.
Kcal: 121 Fat: 3g Carbs: 19g Proteins: 4g

Grapefruit Carrot & Ginger

Grapefruit, carrot juice, ginger.
Kcal: 124 Fat: 0g Carbs: 30g Proteins: 1g

Beet Apple, Mint

Carrot, beets, green apple, mint.
Kcal: 184 Fat: 1g Carbs: 39g Proteins: 4g

Strawberry Grapefruit & Ginger

Strawberry, grapefruit & ginger.
Kcal: 84 Fat: 1g Carbs: 22g Proteins: 1g

SOOTHING

Peanut Butter Smoothie

Peanut butter, oat milk, maple syrup, banana.
Kcal: 355 Fat: 21g Carbs: 35g Proteins: 12g

Golden Latte

Oat milk, spices mix, banana, honey.
Kcal: 115 Fat: 4g Carbs: 20g Proteins: 1g

Matcha Iced Latte

Oat milk, matcha powder, honey, banana.
Kcal: 165 Fat: 3g Carbs: 30g Proteins: 4g

Vegan Milkshake

Strawberry, banana, coconut milk, honey.
Kcal: 143 Fat: 2g Carbs: 30g Proteins: 2g

HYDRATING

Mango Coconut

Mango, coconut milk, cayenne pepper.
Kcal: 108 Fat: 2g Carbs: 18g Proteins: 1g

Apple Celery Ginger

Green apple, celery, cucumbers, ginger, lemon juice.
Kcal: 64 Fat: 0g Carbs: 10g Proteins: 0g

Pomegranate Coconut

Pomegranate, coconut milk, coconut oil.
Kcal: 112 Fat: 3g Carbs: 20g Proteins: 1g

Minted Red Shake

Berries, strawberries, pomegranate, coconut milk.
Kcal: 101 Fat: 3g Carbs: 17g Proteins: 0g

ANTI-INFLAMMATORY

Blueberry Green Tea

Blueberry, green iced tea, honey.
Kcal: 143 Fat: 0g Carbs: 21g Proteins: 1g

Spinach Apple

Spinach, green apple, cucumber, orange juice, lemongrass.
Kcal: 235 Fat: 0g Carbs: 57g Proteins: 4g

Green Goodness

Spinach, kale, green apple, kiwi, ginger.
Kcal: 79 Fat: 0g Carbs: 21g Proteins: 4g

Kale Pineapple Banana

Kale, Pineapple, ginger, banana, coconut milk.
Kcal: 112 Fat: 2g Carbs: 24g Proteins: 1g

ENERGIZING

Vegan Mocha

Coffee, peanut butter, oat milk, dark chocolate, banana.
Kcal: 170 Fat: 9g Carbs: 20g Proteins: 5g

Blackberry, Rose, Raw Chocolate

Banana, blackberries, honey, rosewater, oat milk.
Kcal: 224 Fat: 4g Carbs: 42g Proteins: 2g

Chocolate Banana Smoothie

Chocolate, peanut butter, oatmilk, banana, maple syrup.
Kcal: 380 Fat: 22g Carbs: 43g Proteins: 13g

Oatmeal Smoothie

Rollled oats, banana, peanut butter, maple syrup, dates.
Kcal: 478 Fat: 16g Carbs: 72g Proteins: 9g