

Understanding the Menu: This process makes it more efficient to prepare items for the group.

1. The first section below breaks down the Menu into **grouped days**, so you will be ordering for multiple days at a time.
2. The second page outlines a food menu for the cleanse from day 1-11.

Please email me your orders and I will confirm to make sure we are on the same page. Do not hesitate to email or call me if you have any questions. Joelkoch75@gmail.com 619-609-7705

Payment: You can pay by Check, Cash or I will have a PayPal account available as well (use joelkoch75@gmail.com). Make Checks Payable to Joel Koch.

Almond Milk

Day 1 = 1 qt total (unless you want more) - \$10 - Delivered on day 1 - Deadline is Sat December 31st

Veggie Juice

Days 1 - 3 = 3 qts/3 days - \$30 - Delivered Daily - Deadline is Sat December 31st

Days 1 - 6 = 6 qts/6 days - \$60 - Delivered Daily - Deadline is Sat December 31st

Days 7 - 9 = 3 qts/3 days - \$30 - Delivered Daily - Deadline is Sunday January 8th

Days 10 - 11 = 2 qts/2 days - \$20 - Delivered Daily - Deadline is Sunday January 8th

Soups

Days 1 - 3 = 3 qts/3 days - \$30 - Delivered Daily - Deadline is Sat December 31st

Days 1 - 6 = 6 qts/6 days - \$60 - Delivered Daily - Deadline is Sat December 31st

Days 10 - 11 = 2 qts/2 days - \$20 - Delivered Daily - Deadline is Sunday January 8th

Entrees – Protein, Grain, Veg

Days 1 - 3 = 3 meals/3 days - \$57 - Delivered Daily - Deadline is Sat December 31st

Days 1 - 5 = 5 meals/5 days - \$95 - Delivered Daily - Deadline is Sat December 31st

Lemonade

Days 7 - 9 = 3 gallons/3 days - \$30 - Delivered Daily - Deadline is Sun January 8th

Days 7 - 11 = 5 gallons/5 days - \$50 - Delivered Daily - Deadline is Sun January 8th

Tempeh Protein Option Available - on any of the first 3 days, please let me know if interested.

Due to availability of certain foods and proteins, menu is subject to change without notice! However it will still be Delicious!

Please note that if you want to Juice during days 7-9 and you would like more than 1 quart of Juice per day please indicate in your email.

Day 1 - Wed, January 4

\$10 - 1 Qts - Homemade Almond Milk - Organic - Use for first few days in your choice of morning cereal.

\$10 - Veggie Juice – Dhyanjot Vegetable Juice

\$10 - Soup – Vegetable Mulligatawny w/lentils

\$19 - Entrée – Roasted turkey breast with cauliflower mash and brussels sprouts, root veggies

Day 2 - Thurs, January 5

\$10 - Veggie Juice – Kale Bright

\$10 - Soup – Coconut Curry Yam with Cilantro

\$19 - Entrée – Miso glazed white fish with roasted asparagus, kale salad and millet pilaf

Day 3 - Fri, January 6

\$10 - Veggie Juice – Kale Bright

\$10 - Soup – White Mushroom Miso

\$19 - Entrée – Salmon or Arctic Char with quinoa and steamed veggies

Day 4 - Sat, January 7

\$10 - Veggie Juice – Skin Cleanser

\$10 - Soup – Hearty Seasonal Vegetable and Quinoa Soup

\$19 - Entrée – Amaranth “Polenta” with seared tempeh and steamed market vegetables

Day 5 - Sun, January 8

\$10 - Veggie Juice – Skin Cleanser

\$10 - Soup – Roasted Veggie (Puree of Yam, Shiitake, Chinese Cabbage, Parsnip, Celery Root...)

\$19 - Entrée – Raw Vegetable “Stir-fry”

Day 6 - Mon, January 9

\$10 - Veggie Juice – Detox B

\$10 - Soup – Everything Green puree (Broccoli, Asparagus, Spinach, Leeks...)

Day 7 - Tues, January 10

\$10 - Veggie Juice – Power Green Detox

\$10 - Lemonade Cleanse –

Day 8 - Wed, January 11

\$10 - Veggie Juice – Power Green Detox

\$10 - Lemonade Cleanse –

Day 9 - Thurs, January 12

\$10 - Veggie Juice – Schnell Detox Juice

\$10 - Lemonade Cleanse –

Day 10 - Fri, January 13

\$10 - Veggie Juice – Schnell Detox Juice

\$10 - Soup – Seasonal Vegetable Pure (delicate for coming out of lemonade cleanse)

Day 11 - Sat, January 14

\$10 - Veggie Juice – Pineapple Green Refresher

\$10 - Soup - Lentil, Broccoli, Spinach, etc.. (It will be green and delicious)