

WE ONLY USE 100% ORGANIC PRODUCE!

If an ingredient is not available, it is substituted with another organic ingredient.

The juice cleanse consists of six 16 ounce juices daily – choose from one of the packages provided. Contact Chef Liz to schedule a pick-up time for your daily juices. All juices are in BPA-free plastic bottles and include recommendations on how to cleanse properly.

BENEFITS

- cleanses and regulates colon
- weight loss (fat, not water)
- balances pH and blood sugar levels
- strengthens immune system
- increases mental clarity
- less cravings for sugar and other stimulants
- cellular cleansing and rebuilding
- diminishes toxin load
- diminishes pains and allergies
- blood, tissue and organ cleansing
- restores liver function capacity
- increases energy levels
- enhances sense of joy and lightness

Chef Liz has over 20 years of juicing experience. Working with Jeff Konchalski, owner of Nature's Temptations they've taken their favorite juices and created an effective cleanse just for you.

For more information on how to get started, stop in and speak with Chef Liz or call her at 203-438-5443.

CLASSIC JUICE CLEANSE PACKAGES

Ease On Into It

Very Veggie, Greens, Pineapple-Wheatgrass, Greens, Almond Milk, Apple-Lemonade

Level Off

Greens, Pineapple-Wheatgrass, Greens, Apple-Lemonade, Greens, Almond Milk

Bring It On

Greens, Greens + Wheatgrass Shot, Greens, Pineapple-Wheatgrass, Greens, Apple-Lemonade

RAW RETREAT

Chef Liz has combined some of your favorite juices and smoothies with her raw foods to create a daily retreat for your body.

Each day, you will receive 3 juices and 2 raw foods "meals" to nurture your body and revive your being.

PACKAGE PRICING

1 Day	\$89
3 Days	\$259
5 Days (recommended)	\$379

RAW RETREAT

3 Day	\$229
5 Days	\$375

Prices are subject to change without notice.

