



## Spring Menu 2022

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>
Elissa's Detox Tonic	Elissa's Detox Tonic	Elissa's Detox Tonic	Elissa's Detox Tonic	Elissa's Detox Tonic
<b>Mid-Morning</b>	<b>Mid-Morning</b>	<b>Mid-Morning</b>	<b>Mid-Morning</b>	<b>Mid-Morning</b>
Super Seed Bar with Goji Berry	Super Seed Bar with Goji Berry	Super Seed Bar with Goji Berry	Super Seed Bar with Goji Berry	Super Seed Bar with Goji Berry
<b>Noon</b>	<b>Noon</b>	<b>Noon</b>	<b>Noon</b>	<b>Noon</b>
Creamy Broccoli Green Goddess Salad	Spring Asparagus & Snap Pea Salad	Taco Quinoa Salad	Lentil Radicchio Frisée Salad	Kale Slaw with White Beans Salad
<b>Mid-Afternoon</b>	<b>Mid-Afternoon</b>	<b>Mid-Afternoon</b>	<b>Mid-Afternoon</b>	<b>Mid-Afternoon</b>
Healing Mineral Broth w/ Collagen	Healing Mineral Broth w/ Collagen	Healing Mineral Broth w/ Collagen	Healing Mineral Broth w/ Collagen	Healing Mineral Broth w/ Collagen
<b>Late-Afternoon</b>	<b>Late-Afternoon</b>	<b>Late-Afternoon</b>	<b>Late-Afternoon</b>	<b>Late-Afternoon</b>
Pickled Vegetables	Pickled Vegetables	Pickled Vegetables	Pickled Vegetables	Pickled Vegetables
<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>
Spring Minestrone	Creamy Dandelion Soup	Smoky Black Bean Soup w/ Cilantro Crema	Zesty Artichoke Soup	Watercress & Butternut Squash Soup
<b>Night</b>	<b>Night</b>	<b>Night</b>	<b>Night</b>	<b>Night</b>
Inner Peace Latte	Harmony Latte	Inner Peace Latte	Harmony Latte	Inner Peace Latte