NOURISHED/MEAL PLAN

OUR MEAL PLAN IS THE PERFECT OPPORTUNITY TO EXPERIENCE LOVING YOUR BODY WITH CAFÉ GRATITUDE'S NUTRITIONALLY RENOWNED PLANT-BASED CUISINE. $60/DAY

	MONDAY & THURSDAY	TUESDAY & FRIDAY	WEDNESDAY & SATURDAY	SUNDAY
8AM BREAKFAST	**POWERFUL** / *PROBIOTIC PARFAIT* coconut yogurt, superfood granola, seasonal fruit and cinnamon	**POWERFUL** / *PROBIOTIC PARFAIT* coconut yogurt, superfood granola, seasonal fruit and cinnamon	**POWERFUL** / *PROBIOTIC PARFAIT* coconut yogurt, superfood granola, seasonal fruit and cinnamon	**POWERFUL** / *PROBIOTIC PARFAIT* coconut yogurt, superfood granola, seasonal fruit and cinnamon
10AM MORNING JUICE	**HEALTHFUL** / *IRON & MINERALS* dandelion, pear, grapefruit and tarragon juice	**NOBLE** / *CARDIOVASCULAR HEALTH* carrot, beet, orange, turmeric and lime juice	**GLOWING** / *ANTI-INFLAMMATORY* pineapple, pear and ginger juice	**HOPEFUL** / *VITAMIN-C & OMEGA 3'S* pomegranate, orange, chia seeds and seasonal citrus juice
12PM LUNCH	**DAZZLING** / *CAESAR SALAD* romaine, avocado, capers, brazil nut parmesan and cashew caesar	**FULFILLED** / *CAFÉ SALAD* mixed greens, tomato, beet, sprouts, fig balsamic vinaigrette	**PURE** / *KALE & SEAWEED SALAD* avocado, cucumber, carrots, almonds, sesame wasabi tahini	**LIBERATED** / *THAI KELP NOODLES* kale, carrots, bell pepper, teriyaki almonds, Thai almond sauce
2PM MID-DAY BOOST	**BRAVE** / *IMMUNE BOOSTING SHOT* lemon, ginger, turmeric, cayenne pepper and oil of oregano	**BALANCED** / *B12 SHOT* coconut kefir, bioavailable fermented B12 and bee pollen	**RECOVERING** / *LIVER DETOX SHOT* burdock root, lemon and ginger juice	**BEAMING** / *VITAMIN-C SHOT* orange and carrot juice, goji berry and Infinity-C powder
5PM DINNER	**ACCEPTING** / *SUSHI GRAIN BOWL* brown rice, kale, cucumber, avocado, sesame wasabi sauce	**BUENO** / *MEXICAN GRAIN BOWL* brown rice, kale, pico de gallo, guacamole, cashew nacho cheese	**GRACIOUS** / *AUTUMN GRAIN SALAD* butternut squash, radicchio, sundried tomato pistachio pesto	**UNDERSTANDING** / *MACRO BOWL* rice, kale, wakame, beets, kim chee, almonds and garlic tahini
8PM NIGHT-CAP	**RESTORED** / *ADRENAL TONIC* ashwaganda, gynostemma, cordyceps, honey and almond milk	**IMMORTAL** / *AYURVEDIC TONIC* reishi, shilajit, mucuna, cinnamon, raw honey and almond milk	**GOLDEN** / *TURMERIC MILK* turmeric juice, raw honey, almond milk and oil of black pepper	**BELOVED** / *STRAWBERRY ROSE MILK* coconut milk, rose water, strawberry, cinnamon and vanilla

SAVE 20% ON ALL IN-STORE DETOX MARKET PRODUCTS WITH PURCHASE OF ANY CLEANSE

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