



# Hand-Pressed Organic Juices

**Monday's Pre-Order Fresh & Raw Juices. Double up for Tuesday!**

**Whole Body Tonic:** Carrots, Kale, Beets, Cucumber, Parsley, Ginger, Lemon, Celery & ♥.\*

**Chlorophyll Boost:** Apples, Celery, Filtered Water, Kale, Parsley, Cilantro, Lemons, Ginger & ♥.\*

**Wednesday's Pre-Order Fresh & Raw Juices. Double up for Thursday!**

**Super Green Juice:** Cucumbers, Celery, Kale, Parsley, Cilantro, Lemon, Ginger & ♥.\*

**Chlorophyll Boost:** Apples, Celery, Filtered Water, Kale, Parsley, Cilantro, Lemons, Ginger & ♥.\*

**Friday's Pre-Order Fresh & Raw Juices. Triple up for the Weekend!**

**VeggieMint Juice:** Carrots, Cucumbers, Romaine, Celery, Kale, Parsley, Lemon, Mint & ♥.\*

**Chlorophyll Boost:** Apples, Celery, Filtered Water, Kale, Parsley, Cilantro, Lemons, Ginger & ♥.\*

## Other Organic Blends Available Throughout the Week, Including:

**Famous Green Alkalizing Soup:** Filtered Water, Avocados, Cucumbers, Celery, Lemon Juice, Kale, Parsley, Cilantro, Dulse, Basil, Ginger, Himalayan Salt & ♥.\*

**Ginger-Turmeric Tonic:** Filtered Water, Lemon Juice, Dates, Fresh Ginger, Ayurvedic Turmeric & ♥.\*

- ✓ Juice is **Made Fresh** on the above days and is ready for pick up at 10:00AM!
- ✓ Lydia recommends 2-4 qts. per day (3 days minimum) for a basic cleanse and 1 qt. per day ongoing for general nutrition and maintenance.
- ✓ Juice is **Cold-Packed** in 1 qt. jars: Only \$15.00/ea (+ glass deposit)!
- ✓ Want something different? **Custom Juices Made to Order** (6 qt. minimum)!
- ✓ Lydia's Mini-Market is **Open Monday - Saturday, 10:00AM - 6:00PM!**
- ✓ Orders must be placed (or canceled for refund) at least 1 day *before* pickup!

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\*Ingredients may vary due to availability.