

# PUURE CLEANSE

## *Puurely Organic*

### #1 Morning

#### Sunrise

Apple  
Lemon  
Orange  
Ginger

### #2 Noon - All Green

Kale  
Parsley  
Cucumber  
Spinach  
Dandelion  
Lemon  
Apple  
Ginger  
Pear

### #3 Early Afternoon - The Energizer

Carrots  
Celery  
Parsley  
Apple  
Lemon

### #4 Late Afternoon - Metabolism Booster/Cleanser

Lemon  
Cayenne Pepper  
Water  
Maple Syrup

### Alternative For #4

Grapefruit Juice  
Cayene Pepper

**INTRO PRICE 1 DAY FOR 65\$**

**HEALTHWAY NATURAL FOODS**

**35 Riveredge Road Tenafly NJ 07670**

**201-569-4558 For Orders Please give 48 Hours**

### #5 Evening - All Green

Kale  
Parsley  
Cucumber  
Spinach  
Dandelion  
Apple  
Lemon  
Ginger  
pear

### #6 Dinner - Desert

Almond Milk  
Vanilla  
Agave  
Cinnamon

### FRESH PRESSED ORGANIC SINGLE JUICE ADD ONS

Grapefruit Juice 4oz  
Orange Juice 4oz  
Apple Juice 4oz  
Pear Juice 4oz  
Young Coconut Juice 4oz  
Pomegranate Juice 4oz  
Aloe Vera Cold Pressed 4oz  
Lemonade 4oz

### ADD ONS

SMALL RAW ORGANIC SALAD  
WHEATGRASS SHOT  
SHOT OF GINGER  
FIBER SHOT  
SHOT OF SPIRULLINA  
SHOT OF BEE POLLEN

**Healthway Natural Foods Tenafly NJ**