

NEW YORK MINUTE CLEANSE
Prescription: Sarah's Menu

Good morning [upon rising]	Gotham City: alkaline water; activated charcoal; lemon; peppermint essential oil * allow at least an hour before your next elixir
When next hungry 9am - 10am	Central Park Smoothie: cold pressed juice base: celery, cucumber, spinach, lemon, parsley + banana; avocado; chia; kale leaf powder; collard greens powder; sprouted bio-fermented pea fibre; broccoli sprout powder; natural sea mineral complex [from wild harvested seaweed]
11am - 12pm	The Bronx: carrot; beetroot; lemon; ginger; flaxseed oil; burdock root herbal extract; rosemary herbal extract
1pm - 2pm	Day 1 + 2 The New Yorker alkaline water, activated cashews, banana, cashew butter, vanilla tea, protein powder, pine pollen, cordyceps mushrooms Day 3 Wall Street Smoothie: alkaline water, activated cashews, tahini, cacao, rice malt syrup, lion's mane mushrooms, shilagit
3pm - 4pm	Greene Spice: celery; cucumber; lemon; aloe vera; mint; ginger; turmeric; matcha green tea powder



GREENEST JUICE CO.

Cold Pressed Organic

5pm - 6pm	5th Ave Filtered Water, Activated Hazelnuts, Strawberries, Tahini, Vanilla Tea, Strawberry Powder, Beetroot Powder, Ashwagandha, Mesquite, Pau D'Arco, Probiotic supplement
6pm - 7pm	Greene Street Classic (* Apple Free) cos lettuce; celery; cucumber; kale; lemon; ginger; mint; parsley; dandelion herbal extract
7pm - 9pm	City of Dreams: alkaline water; activated cashews, vanilla tea, valerian tea infusion [camomile, lemon balm, valerian root], reishi mushrooms, rosehip tip: can be served hot - our favourite way to have this elixir!]

