

Natures Corner Market
Juice Detox Program
Menu



• **24-Hour Detox**

1. **A.M.** : Apple Cider Vinegar and Cayenne Flush
2. **Breakfast** : Sweet and Spicy Juice (ginger, carrot, orange and cucumber)
3. **Lunch** : Green Garden with Heavy Metal Detox Juice (chard, apple, carrot, spinach, beet, cilantro and chlorella)
4. **Snack** : Turmeric Elixir (turmeric, ginger, lemon, and coconut water)
5. **Dinner** : Detoxifier Juice (kale, beet, cucumber and lemon)

The 24-hour program is great for anyone looking for a New Year boost. With an equal balance of greens and fruits you will not feel tired or bogged down. The heavy metal detox, ginger and turmeric add-ons included in this program are the superstars. These power foods are great to take during cold and flu season. This program is best for the curious first time juicer making a transition into the cleansing and juicing world. All your juices

will be fresh pressed and ready for pickup in glass pint jars that are yours to keep!

48-Hour Citrus Flush (ALL CITRUS!)

- 1. Day 1 & Day 2- Drink 4 quarts of Citri-C (grapefruit, orange and lemon)**
- 2. Day 1 & Day 2- Drink 1 gallon of water (preferably alkaline ph 8.8+)**

The 48-hour flush is a classic juice detox. Using simple ingredients and achieving awesome results, it is definitely a crowd pleaser. This is a great juice detox if you are interested in weight loss, immune defense and mental clarity. This is great fit for people new to juicing or the seasoned pro. All of your juice will be fresh squeezed and ready for pick up in glass quart jars that are yours to keep!

- **Charcoal Detox Lemonade \$6.99**

This is a new addition to our cafe! This item does not require 24-hour notice and can be made to order. This is not your Mama's Lemonade! We take activated charcoal, squeeze fresh lemon and add a

dash of local raw honey to create this refreshing treat. This is great for people who are experiencing stomach distress and need quick relief.

- **72 -Hour Signature Juice Cleanse**

1. **Day 1:** AM : Apple Cider Vinegar and Cayenne Flush
2. **Breakfast :** Citri-C Juice (lemon, grapefruit and orange)
3. **Lunch :** Detoxifier Juice (beet, cucumber, ginger and lemon)
4. **Snack :** Charcoal Detox Lemonade (activated charcoal, lemon and local raw honey)
5. **Dinner :** Green Garden Juice (chard, apple, spinach, carrot and beet)
6. **Day 2:**AM : Apple Cider Vinegar and Cayenne Flush
7. **Breakfast :** Muscle Builder Juice(carrot, apple and celery)
8. **Lunch :** Green Garden with Heavy Metal Detox Juice (chard, spinach, carrot, beet, cilantro, chlorella and apple)
9. **Snack :** Turmeric Elixir (turmeric, ginger, lemon and coconut water)
10. **Dinner :** Detoxifier Juice (beet, ginger, lemon, cucumber and chard)

11. Day 3:AM : Apple Cider Vinegar and Cayenne Flush
12. Breakfast : Sweet and Spicy (carrot, orange, ginger and cucumber)
13. Lunch : Green Garden Juice (chard, apple, carrot and spinach)
14. Snack : Wheatgrass Shot, 2oz
15. Dinner : Detoxifier (beet, cucumber, ginger, lemon and chard)

This is our Signature Juice plan. Packed with all the benefits from our organic fruits and vegetables you will not be disappointed. This is the perfect juice plan to restart your entire body for the New Year. You could experience weight loss, clear skin, immunity, an energy boost, gut health and mental clarity. All of your juices will be freshly pressed and ready for pick up in our glass pint jars that are yours to keep!

****All juice detox programs require 72 hours notice and are prepaid. A minimum 10% gratuity. We ONLY use the best quality ORGANIC produce and**

this is what makes us different from the “other” juice bars. All juice detox programs require proper hydration. We recommend that you drink a MINIMUM of 1 gallon of water a day (alkaline pH 8.8+ is available on our shelves). If you have any MAJOR medical conditions please consult your doctor/naturopath before entering into a juice fasting period. As always, WE ARE HERE for you! During your detox program you can call on us. We can help answer any questions that you may have.

NATURES CORNER MARKET CAFE

MARIETTA (678-833-5916) *Press 1 for Cafe*

WOODSTOCK (678-310-2532) * Press 1 for Cafe*

CAFE HOURS

MONDAY-SUNDAY 9AM-5PM