



medicinal meals MENU

medical medium cleanse recipes

100% Plant-based + Organic + Healing Foods

Low-to-no Salt or Radical Fat to Activate Natural Cleansing

Free of Dairy/ Eggs/ Gluten/ Oil/ Soy/ Corn/ Vinegar/ Caffeine/ Nutritional Yeast/ Natural + Artificial Flavors/ Fermented Foods/ Citric Acid/ MSG
made in an eco-friendly & chemical-free kitchen with love & super clean water

medicinal drinks

FRESH JUICES ————— \$40 - 4 servings

- 100% Celery
- 100% Cucumber
- Cucumber Apple
- Kale Apple Ginger
- Watermelon + Lime

INFUSIONS ————— \$12 - 64 oz

- Aloe Water
- Thyme Infused Water
- Ginger Infused Water

JUICE SHOTS ————— \$14 - 4 servings
\$20 - 8 servings

- Nerve-Gut Acid Stabilizer**
cilantro
- Trauma, Shock & Loss Stabilizer**
cherries, spinach, apple
- EMF & 5G Exposure**
parsley, potatoes, celery
- Toxic Fragrance Exposure**
radish, lettuce, cilantro, apple
- Pathogen Exposure**
thyme, rosemary, asparagus, brussel sprouts, celery
- Guilt & Shame Shifter**
ginger, spinach, orange
- Obsessive Thoughts Shifter**
radish, sage, apple, celery

HERBAL INFUSIONS — \$25 - 4 servings

**concentrated tea brewed for 8 hours*

- Stinging Nettle
- Red Clover
- Lemon Balm
- Burdock Root
- Mullein

DETOX TEAS ————— \$18 - 4 servings

- Anti-Chlorine/Fluoride**
blackberry leaf, raspberry leaf, hibiscus, rose hips
- Anti-Pesticide/Herbicide/Fungicide**
burdock root, red clover, lemon verbena, ginger
- Anti-Plastic**
fenugreek, mullein leaf, olive leaf, lemon balm
- Anti-Cleaning Solvents**
calendula, chamomile, bladderwrack, borage
- Anti-Radiation**
Atlantic kelp, Atlantic dulse, dandelion leaf, nettle leaf

add-ons / sweets

- Healing Broth** \$26 - 64oz
carrots, celery, onion, garlic, parsley, ginger, turmeric, nettles, shiitake mushroom
- Ginger Turmeric Shot** \$12 - 8oz
ginger, turmeric, orange
- Elderberry Syrup** \$20 - 12 oz
elderberries, wild blueberries, cinnamon, cloves, raw honey
- Spirulina Coconut Water** \$15 - 4 servings
spirulina, raw honey, coconut water
- Liver Rescue Smoothie** \$56 - 4 servings
dragon fruit, wild blueberries, banana, coconut water
- Heavy Metal Detox Smoothie** \$64 - 4 servings
wild blueberries, dulse, cilantro, barley grass juice powder, spirulina, banana, orange
- Wild Blueberry Hibiscus Tonic** \$25 - 8 servings
wild blueberries, hibiscus, rose hips, raw honey
- Garlic Infused Raw Honey** \$20 - 16oz
- Apple Oatmeal Cookies** \$30 - 20 qty
oats, coconut sugar, applesauce, apples, cinnamon
- Heart Tonic Date Balls** \$20 - 25 qty
carob powder, dates, hawthorn berry syrup, sumac berry

meals / snacks

SMOOTHIES ————— \$50 - 4 servings

- Green Mango**
mango, banana, spirulina, orange
- Tropical Sunset**
pinnapple, dragon fruit, banana, coconut water
- Raw Honey + Berries**
wild blueberries, raspberries, blackberries, banana, raw honey

RAW FOOD ————— \$40 - 4 servings

- Assorted Fruit + Veggie Platter**
carrots, cucumber, celery, bell pepper, sugar snap peas, apples, jicama, berries
- Shaved Brussel Sprout + Apple Salad**
brussel sprouts, asparagus, radish, apples, (garlic, onion, maple syrup, lemon)
- Kale Cucumber Tomato Salad**
kale, cucumber, celery, tomato, asparagus, green onions, (orange, garlic, dates)
- Cucumber, Avo & Mango Salsa**
cucumber, mango, red bell pepper, red onion, cilantro, avocado, garlic, lime
- Spinach Soup**
spinach, celery, cilantro mango, garlic, orange

SNACKS ————— \$36 - 4 servings

- Melon + Raw Honey & Lime
- Apple, Cucumber, Celery, Dates
- Cucumber, Avo & Oranges
- Berry Chia Seed Pudding**
chia seed, berries, raw honey coconut water
- Banana Oat Breakfast Cookies**
oats, banana, cinnamon, dates, golden berries

COOKED FOOD ————— \$40 - 4 servings

- Asparagus Pea Soup**
asparagus, peas, leek, garlic, thyme, lemon, broth, celtic sea salt
- Butternut Squash Soup**
butternut squash, carrots, celery, onion, garlic, thyme, dulse, broth, celtic sea salt (+\$4 cashews)
- Millet or Quinoa Herb Salad**
millet/quinoa, cucumber, red bell pepper, red onion, cumin, garlic, parsley, mint, lime, raw honey
- Mushroom Walnut "Meat"**
mushrooms, walnuts, maple syrup, coconut aminos (fermented & sea salted product), onion, garlic, lime, cumin, smoked paprika, chipotle
- Millet or Quinoa** ————— \$20 - 4 servings
- Lentils or Black Beans (pre-soaked)**

STEAMED OR ROASTED — \$25 - 4 servings

- Golden Potatoes
- Sweet Potatoes
- Roasted Butternut Squash
- Roasted Mixed Veggies

oil-free sauces / dips

HEALTHY FAT OPTIONS — \$25 - 16 oz

- (Raw) Zucchini Ranch Dressing**
zucchini, cashews, lemon, onion powder, garlic powder, dill, parsely
- (Raw) Creamy Hemp Seed Dressing**
hemp seeds, zucchini, tahini, lemon, garlic, celtic sea salt, maple syrup
- (Raw) Spinach Pesto**
spinach, basil, walnuts, lemon, garlic, celtic salt
- (Raw) Avocado Cilantro Dressing**
avocado, zucchini, cilantro, garlic, lemon, dates, celtic sea salt
- Cauliflower Alfredo Sauce**
cauliflower, cashews, onion, garlic, lemon, black pepper, celtic sea salt, broth
- White Bean Curry Sauce**
cannellini beans, tahini, garlic, lemon, curry powder, cumin, celtic sea salt

FAT FREE OPTIONS ————— \$20 - 16 oz

- (Raw) Honey Garlic Dressing**
raw honey, garlic powder, onion powder, lemon
- (Raw) Mint Lime Ginger Dressing**
mint, lime, ginger, garlic powder, dates
- (Raw) Tomato Basil Bruschetta**
tomato, basil, garlic, lemon, raw honey, celtic sea salt, black pepper
- Pea Hummus**
steamed peas, lemon, cilantro, cumin, garlic powder, onion powder, celtic sea salt