



### **1) RAMMIS ENERGY**

beets ,lemon ,carrots ,girger

### **2)GREEN JUICE**

spinach, kale, green apple,cucumber ,celery

### **3)MORNING BREEZE**

carrots, celery, orange, pineapple

### **4)RED ORANGE JUICE**

beets , oranges, carrots

### **5)BODY CLEANSER**

cucumber , parsley, ginger ,celery ,lemon

### **6)SUPER MORNING**

cucumber , celery carrot , one shot of wheatgrass



# SMOOTHIES

## 1) GREEN DELIGHT

kale , spinach, pineapple, banana, honey , orange juice

## 2) VERY BERRY

blueberry, raspberry, strawberry, yogurt

## 3) RAMMIS POWER PACK

peanut butter, granola, banana, chocolate , w/ almond milk

## 4) MAHOPAC PLAZA

mango , pineapple, strawberry, w/ apple juice

## 5) POWER BLAST

kale , banana , avocado, blueberry , w/ almond milk

## 6) CLEANING BREEZE

grapefruit, watermelon, mint , honey

## 7) APPLE SMOOTHIE

orange juice , apple , cinnamon, yogurt

## 8:) HAWAIIAN ISLAND

pineapple , kiwi , grapes , banana w/ coconut water

# SHOTS

1) Shot of ginger

2) Shot of ginger and lemon

3) Shot of pure ginger, lemon, and honey

4) shot of wheatgrass

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