

mac juice

Smoothies

			20oz
Orange Berry	orange juice, pineapple, strawberry, blueberry	220cal	\$6.95
Mango Tango	mango, orange, pineapple	240cal	\$6.95
Manhattan Twist	banana, strawberry, orange	250cal	\$6.95
Berry Shake	strawberry, milk, yogurt, banana	250cal	\$6.95
Fanta Florida	banana, strawberry, pineapple, mango, orange	270cal	\$7.95
Blue Sky	banana, blueberry, orange, pineapple	280cal	\$6.95
Blue Banana	soy milk, blueberry, banana, yogurt	280cal	\$6.95
Casablanca	banana, mango, pineapple, milk	280cal	\$6.95
The Amazon (Acai)	acai, apple juice, banana, berry, yogurt	290cal	\$7.95
Southern Twist	banana, mango, soymilk	300cal	\$6.95
Champ Camp	banana, peanut butter, milk	360cal	\$6.95

Fruit and Veggie Juice

			12oz/20oz
Fresh squeezed orange juice		150cal/260cal	\$4.95/\$5.95
Fresh squeezed grapefruit juice		130cal/220cal	\$4.95/\$5.95
			1oz/2oz
Shot of wheatgrass		5cal/10cal	\$3.00/\$4.75
			12oz/20oz
Ocean Green	celery, cucumber, parsley, apple	90cal/130cal	\$5.95/\$6.95
Home Sweet Home	carrot, parsley, cucumber, spinach, and celery	90cal/140cal	\$6.95/\$7.95
Power Pack	orange, carrot, beet, strawberry	140cal/220cal	\$5.95/\$6.95
Fitness Refresher	carrot & orange juice	150cal/240cal	\$5.50/\$6.50
High Energy	apple, spinach, lemon, ginger	150cal/250cal	\$5.95/\$6.95
New York New York	carrot, apple, ginger	160cal/270cal	\$5.95/\$6.95
Purple Passion	blueberry, grapefruit, apple, ginger	160cal/270cal	\$5.95/\$6.95
Red Castle	pineapple, apple, beet	170cal/280cal	\$5.95/\$6.95
Green Dream	apple, celery, kiwi, lemon, avocado	180cal/270cal	\$6.95/\$7.95
Power Ball	apple, ginger, pear juice	190cal/310cal	\$5.95/\$6.95

Make Your Own

Based on your need and preference, choose your base and add any ingredients from the list

Fruit Base	apple	220cal	\$4.95	apple and orange	204cal	\$4.95
	orange	77cal	\$4.95			
Vegetable base	carrot	61cal	\$4.95	carrot and cucumber	40cal	\$4.95
	cucumber	17cal	\$4.95			

Add

*seasonal

To detoxify your body

Beets	24cal	\$1.00
Wheatgrass	5cal	\$3.00
Orange	39cal	\$1.00
Grapefruits	39cal	\$1.00
Lemon	12cal	\$1.00
Acai	45cal	\$1.50

To boost your energy

Wheatgrass	5cal	\$3.00
Acai	45cal	\$1.50
Spinach	20cal	\$1.00
Avocado	40cal	\$1.00
Parsley	20cal	\$1.00
Kiwi	46cal	\$1.00

To boost your immune system

Lemon	22cal	\$1.00
Blueberries	57cal	\$1.00
Strawberries	37cal	\$1.00
Carrots	41cal	\$1.00
Ginger	19cal	\$0.75
Watermelon*	68cal	\$1.00

To keep your heart healthy

Banana	89cal	\$1.00
Spinach	20cal	\$1.00
Acai	45cal	\$1.50
Celery	16cal	\$1.00
Carrots	41cal	\$1.00

To help your digestive system

Pineapple	68cal	\$1.00
Banana	89cal	\$1.00
Ginger	2cal	\$0.75
Beets	24cal	\$1.00
Avocado	40cal	\$1.00
Kale	43cal	\$1.00

Muscle booster protein list

Muscle milk	\$2.50
Designer Whey	\$2.00
Spirutein	\$2.00
Met-Rx & other brands	\$2.50
Myoplex Lite	\$2.50
Lean Body Low Carb	\$2.50

Breakfast

Oat Meal (hot) with Fresh Fruits	1/3 banana, 1 strawberry, and cinnamon powder	340cal	\$4.50
Diet Cereal (Multigrain) Smoothies	brown/black rice, barley, soybean, black sesame, banana, corn, apple, spinach, cabbage, kale	390cal	\$6.50
Black Cereal Smoothies	black rice, black bean, black sesame, brown tangle, brown seaweed	393cal	\$6.50

Protein Drink

Choice of Isopure, Maoplex Lite, Met-Rx, Muscle Milk, Lean Body Low Carb, Designer Whey, Spirutein, and other name brand proteins	with water	\$5.00
	with milk*	\$6.50

*a choice of skim, soy, almond milk