

Healthy Breakfast Shots

| Shot | Description | Garnish | Health Benefits | Nutrients | Price | Photo |
|-----------------------|--------------------------------------|--------------------|---|--|---------------------------|---|
| Bright sight | 3cl Carrots 2cl Green Apple | Slice Apple | 1. Saves eyesight 2. Prevents constipation 3. Combats cancer 4. Promotes weight loss | Vitamins B + C Iron Manganese | Included in the breakfast |  |
| Energizer | 3cl Papaya 2cl Strawberries | Half Strawberry | 1. Combats cancer 2. boosts memory 3. Calms stress 4. Increases quality of proteins 5. Boosts up the immune system. | Vitamins C + D | Included in the breakfast |  |
| Orange Horizon | 3cl Arugula 2cl Orange | Slice of an orange | 1. Supports immune systems 2. Straightens respiration 3. Combats cancer 4. Liver & Kidney protection | Vitamin C Calcium Iron | Included in the breakfast |  |
| Parsley Shock | 3cl Parsley 2cl Pears 1clLemon | Fresh Parsley Leaf | 1. Anti Inflammatory 2. Healthy Immune System 3. Controls blood pressure 4. Controls cholesterol levels | Vitamin C + K Calcium Magnesium Iron Manganese | Included in the breakfast |  |

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|----------------|--|--------------------|--|--|---------------------------|---|
| Red Winds | 3cl Water Melon 2cl Tomato | Tomato Wedge | 1. Protects prostate 2. Lowers cholesterol 3. Promotes Weight loss 4. Helps stops strokes 5. Controls blood pressure | Vitamin B + A + C | Included in the breakfast |  |
| Tropical waves | 3cl Kiwi 2cl Pineapple 1cl Parsley | Slice of Pineapple | 1. Strengthens bones 2. Aids digestion 3. Prevents Asthma 4. Provides a healthy amount of antioxidants and vitamins | Vitamin E + C Calcium Magnesium Iron | Included in the breakfast |  |
| Green Motions | 3cl Sweet melon 2cl Cucumber | Sweet Melon Wedge | 1. Lowers cholesterol 2. Hangover cure 3. Cures diabetes 4. Reduces cholesterol | Vitamin E + C | Included in the breakfast |  |