







## Healthy Breakfast Shots

Shot	Description	Garnish	Health Benefits	Nutrients	Price	Photo
<b>Bright sight</b>	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	
<b>Energizer</b>	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	
<b>Orange Horizon</b>	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	
<b>Parsley Shock</b>	3cl Parsley 2cl Pears 1cl Lemon	Fresh Parsley Leafs	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	

<b>Red Winds</b>	3cl Water Melon 2cl Tomato	Tomato Wedge	<ol style="list-style-type: none"> <li>1. Protects prostate</li> <li>2. Lowers cholesterol</li> <li>3. Promotes Weight loss</li> <li>4. Helps stops strokes</li> <li>5. Controls blood pressure</li> </ol>	Vitamin B + A + C	Included in the breakfast	
<b>Tropical waves</b>	3cl Kiwi 2cl Pineapple 1cl Parsley	Slice of Pineapple	<ol style="list-style-type: none"> <li>1. Strengthens bones</li> <li>2. Aids digestion</li> <li>3. Prevents Asthma</li> <li>4. Provides a healthy amount of antioxidants and vitamins</li> </ol>	Vitamin E + C Calcium Magnesium Iron	Included in the breakfast	
<b>Green Motions</b>	3cl Sweet melon 2cl Cucumber	Sweet Melon Wedge	<ol style="list-style-type: none"> <li>1. Lowers cholesterol</li> <li>2. Hangover cure</li> <li>3. Cures diabetes</li> <li>4. Reduces cholesterol</li> </ol>	Vitamin E + C	Included in the breakfast	