

Stacy's Juicebar Food Plan

1) Print the list

2) Circle your choices

3) Bring it with you to the Juicebar

* Choose only ONE (1) orange item per day.

_____ name

_____ pickup day

_____ pick up date

Breakfast

Pick One (1)

Juices

- _Workout
- _Health
- _Hydration
- _Metabolism
- _Simply Green
- _Xtreme Green
- _Mint Green
- _Carrot Plus
- _Shandy
- _Strawberry Lemonade
- _Joint Juice
- _Radiance
- _Antioxidant Blast
- _Sweet Beet
- _Immunity

Smoothies

- _Chocolate Banana Protein
- _Banilla
- _Tropical
- _Muscle Up
- _Mangolicious (no honey)
- _Grasshopper
- _Wake Up
- _Cinnaberry Twist
- _Superberry Crunch
- _Banana Nut
- _PB Cup

Other

- _Chia Pod
- _Acai Bowl
- _Yogurt Parfait
- _3 Hard Boiled Eggs
- _Banana Bread

Lunch/Dinner

Pick Two (2)

Meal

- _Green Salad w/Creamy Avocado Dressing
- _Green Salad w/Chicken (FF Honey Dijon)
- _Green Salad (FF Honey Dijon) with Greek Quinoa
- _Green Salad (FF Honey Dijon) with Sweet Lime Quinoa
- _Kale Tahini Salad
- _Caesar Salad (Caesar Dressing)
- _Chicken Caesar Salad
- _RAW Veggie Lasagna
- _Bowl of Veggie Quinoa Chili
- _Cup of Zucchini Soup and Green Salad (FF Honey Dijon)
- _Greek Quinoa w/Chicken
- _Sweet Lime Quinoa w/Chicken
- _Spinach Goat Cheese Salad (Creamy Avocado Dressing)
- _Roasted Veggie Wrap
- _Hummus Wrap
- _Caprese Sandwich
- _Chicken Sandwich
- _Turkey Sandwich
- _Salmon Sandwich (add \$5)

Snacks

Pick One (1) from Each Category

Big Snack

- _RAW Energy Bar
- _Chia Pod
- _Veggie Sticks and Hummus
- _Apple and 24 Almonds
- _Cranberry Pumpkin Crunch
- _Maple Pecan Granola
- _Simply Naked Pita Chips
- _Fruit Berry Blast Smoothie
- _Strawberry Banana Smoothie
- _Banana Bread
- _GF Brownie

Little Snack

- _BBQ Pop Chips
- _Seasalt Pop Chips
- _2 Seaweed Snacks
- _Veggie Sticks (see below)
- _Green Apple
- _Red Apple
- _Orange
- _Grapefruit
- _Nutmilk with dates and cinnamon
- _Roasted Veggies
- _Simply Green Juice
- _Xtreme Green Juice
- _Carrot Plus
- _Joint Juice
- _Shandy Juice
- _Strawberry Lemonade
- _Antioxidant Blast Juice
- _V6 Juice

Mandatory Snack

- _Carrots and Celery
- _Carrots and Cucumber
- _Cucumber and Celery
- _Cucumber and Zucchini
- _Carrots and Zucchini
- _Celery and Zucchini