



SUMMER MENU

TO ORDER CALL TAYLA: 081 882 9420
 TAYLAMADEMEALPREP@GMAIL.COM
 WWW.TAYLAMADE.CO.ZA

TAYLAMADE JUICES AND SMOOTHIES

R41.90 PER JUICER | R49.90 PER SMOOTHIE

TAYLAMADE JUICE CLEANSE, DETOX AND REBOOT

1. THE TAYLAMADE 3-DAY JUICE BODY RESET CLEANSE.

4 X 500ml JUICES PER DAY | 16 JUICES IN TOTAL OVER 3 DAYS | ONE DELIVERY.
 JUICES ARE BEST KEPT FROZEN IN YOUR FREEZER & 4 JUICES TAKEN OUT EVERY NIGHT
 FOR THE NEXT DAY'S CONSUMPTION.

This 3 day cleanse is an excellent introduction to juicing and just enough time to begin
 to feel the benefits of detoxification + Includes 2 Green juices, 1 Root juice, and
 1 Nut Milk juice per day

R 670.00

2. THE TAYLAMADE 5-DAY JUICE BODY DETOXIFICATION

Conscious Detox. For the seasoned juicer looking to heighten and extend their cleansing experience.

+ Includes 3 Green juices, 2 Root juices, and 1 Nut Milk juice per day

6 X 500ml JUICES PER DAY | 30 JUICES IN TOTAL OVER 5 DAYS | ONE DELIVERY
 JUICES ARE BEST KEPT FROZEN IN YOUR FREEZER.

AND 6 JUICES TAKEN OUT EVERY NIGHT FOR THE NEXT DAY'S CONSUMPTION

R 1,230.00

3. THE TAYLAMADE 7-DAY FULL BODY JUICE REBOOT

Complete Reboot. A week's worth of pure and raw nutrition to fully and completely detoxify the body.

+ Includes 3 Green juices, 2 Root juices, and 1 Nut Milk juice per day

6 X 500ml JUICES PER DAY | 42 JUICES IN TOTAL OVER 7 DAYS | ONE DELIVERY
 JUICES ARE BEST KEPT FROZEN IN YOUR FREEZER,

AND 6 JUICES SHOULD BE TAKEN OUT EVERY NIGHT TO DEFROST,
 FOR THE NEXT DAY'S CONSUMPTION

R 1,722.00

JUICES

Menu Codes:

- BUDDHA MAGIC:** J 1
Beetroot, Carrot, Apple, Ginger
- IMMUNITY BOOSTER:** J 2
Carrot, Apple & Ginger
- GLOWING GREEN:** J 3
Kale, Mixed Berries, Chia Seeds, Mint
- MIGHTY GREEN:** J 4
Celery, Spinach, Cucumber, Wheat grass, Orange
- GINGER BLISS:** J 5
Carrot, Ginger, Lemon & Apple
- GREEN GLOW:** J 6
Cucumber, Celery, Apple, Pineapple, Mint
- ENERGETIC BUDDHA:** J 7
Apples, Carrot, Celery
- EARLY RISER:** J 8
Strawberry, Apple & Raw Almonds

SMOOTHIES

Menu Codes:

- THE GREEN ROOM:** SM 1
Matcha, banana, spinach, avocado, Spirulina, Chai seeds & Raw Honey
- TROPICAL TURMERIC:** SM 2
Turmeric, Mango, Pineapple, Ginger, Coconut Yoghurt
- DRAGONS DOMAIN:** SM 3
Papaya, Strawberries, Raspberries, Banana, Coconut Yoghurt
- THE FIX:** SM 4
Activated Coconut Charcoal, Lemon, Blueberries, Banana, Raw Honey & Coconut Yoghurt
- BLUE MAJIK:** SM 5
Blue Spirulina, Blueberries, Pineapple, Banana & Coconut Yoghurt
- THE NUT JOB:** SM 6
Cocoa Protein Powder, Banana, Peanut Butter, Maca, Chia Seeds & Dates