

*La Mesa Verde*

Juice Cleanse Program

## Juice Cleansing

Our Juice cleanse is loosely based on the well known Blue Brint juice cleanse. A juice cleanse is when you drink nothing but juices for 3-5 days that are high in nutrients and vitamins. A juice cleanse will flush toxins and accelerates the consumption of essential vitamins.

A juice cleanse will:

- 🍃 Release toxins
- 🍃 Improve digestion
- 🍃 Rest organs like the liver
- 🍃 Flood the body with super nutrition
- 🍃 Begin weight loss
- 🍃 Reduce overall appetite is reduced post cleanse
- 🍃 Improve energy
- 🍃 Rehydrate the body

## Our Juice Cleanse Program

Our program is meant to take the pain out of trying to figure out what ingredients you will need for your juices, finding recipes, spending time buying fresh ingredients, preparing the juices and hoping that your combinations work.

Our program makes a juice cleanse easy and includes a calendar to plan your meals and snacks, an outline of the types of juices can include in your program, when you can drink them - as well as all of your juices. Once ordered, juices can be retrieved at La Mesa Verde in approx. 3 days

- Each program includes 5 daily juices – 3 meal juices and 2 snack juices
- You can choose your juices from our menu of available juices

## Cost

### 3 Day Cleanse

- Includes calendar, juice types, and 15 juices.
- Program Cost: ~~3,000RD~~ \$2,500RD / \$58.00 USD

### 5 Day Cleanse

- Includes: calendar, juice types and 25 juices.
- Program Cost: ~~5,000RD~~ \$4,000RD / \$93.00 USD

## To Schedule Your Juice Cleanse

- Call 829-779-4843 or email [sosuarestaurant@gmail.com](mailto:sosuarestaurant@gmail.com) and set up a phone appointment with Courtney
- Plan your Cleanse menu with Courtney and drop of Payment at La Mesa Verde
- The following day you may retrieve your juices or we can have them delivered to you.

## Visit La Mesa Verde

Dr. Alejo Martinez, Plaza Villa Carolina – 3 bloques from Casa Marina (direction away from the beach), across the street from Infiniti Blue, in a teal green plaza with the Mini Market Latino and large Presidente sign.

## Green Juice

CELERY, CUCUMBER, APPLE, PARSLEY & LEMON



### Nutrition

Calorie per/serving: 205

Value per/day: 10%

Fat	2g	Vitamins	
-Saturated fat	0g	A	2915IU
Carbs	50g	C	0mg
-Fiber	15g	B1	0mg
-Sugar	28g	B2	2mg
Protein	7g	B3	0mg
Sodium	103mg	B6	0mg
Calcium	206mg	B9	500ug
Magnesium	93mg	E	1mg
Potassium	1560mg	K	619ug
Iron	5mg	Fatty acids	0g
Zinc	1mg		

## Pineapple Mint Juice

PINEAPPLE, APPLE & MINT



Nutrition / Nutrición

Calorie per/serving: 331  
Value per/day: 17%

Fat	1g	Vitamins	
-Saturated fat	0g	A	1285IU
Carbs	86g	C	228mg
-Fiber	12g	B1	0mg
-Sugar	63g	B2	0mg
Protein	4g	B3	3mg
Sodium	13mg	B6	1mg
Calcium	115mg	B9	111ug
Magnesium	78mg	E	0mg
Potassium	792mg	K	7ug
Iron	4mg	Fatty acids	0g
Zinc	1mg		

Fruit Blend Cocktail

PAPAYA, GINGER ROOT, KIWI & COCONUT MILK



Nutrition

Calorie per/serving: 929

Value per/day: 46%

Fat	27g	Vitamins	
-Saturated fat	22g	A	7847IU
Carbs	184g	C	844mg
-Fiber	25g	B1	1mg
-Sugar	130g	B2	0mg
Protein	10g	B3	7mg
Sodium	88mg	B6	1mg
Calcium	285mg	B9	438ug
Magnesium	310mg	E	4mg
Potassium	2638mg	K	53ug
Iron	8mg	Fatty acids	2g
Zinc	2mg		

Blackberry Beet Juice

BEETS, BLACKBERRIES, APPLE & GINGER ROOT



Nutrition

Calorie per/serving: 377

Value per/day: 19%

Fat	2g	Vitamins	
-Saturated fat	0g	A	606IU
Carbs	94g	C	57mg
-Fiber	22g	B1	0mg
-Sugar	66g	B2	0mg
Protein	6g	B3	2mg
Sodium	123mg	B6	0mg
Calcium	95mg	B9	171ug
Magnesium	93mg	E	3mg
Potassium	124mg	K	39ug
Iron	3mg	Fatty acids	1g
Zinc	2mg		

Pear & Pineapple Juice

PEAR, PINEAPPLE, GRAPE & LEMON



Nutrition

Calorie per/serving: 773

Value per/day: 39%

Fat	2g	Vitamins	
-Saturated fat	0g	A	528IU
Carbs	204g	C	252mg
-Fiber	30g	B1	0mg
-Sugar	138g	B2	0mg
Protein	7g	B3	4mg
Sodium	16mg	B6	1mg
Calcium	158mg	B9	157ug
Magnesium	133mg	E	1mg
Potassium	1846mg	K	57ug
Iron	6mg	Fatty acids	0g
Zinc	2mg		

Juices - SNACK JUICES





## Spicy Lemon Juice



### Nutrition

Calorie per/serving: 113

Value per/day: 6%

Fat	1g	Vitamins	
-Saturated fat	0g	A	413IU
Carbs	33g	C	93mg
-Fiber	6g	B1	0mg
-Sugar	19g	B2	0mg
Protein	2g	B3	0mg
Sodium	4mg	B6	0mg
Calcium	47mg	B9	20ug
Magnesium	15mg	E	1mg
Potassium	258mg	K	1ug
Iron	2mg	Fatty acids	0g
Zinc	0mg		

## Spicy Fruit Juice

STRAWBERRY, RASBERRY, CAYENNE Y CILANTRO



Nutrition

Calorie per/serving: 158

Value per/day: 8%

Fat	2g	Vitamins	
-Saturated fat	0g	A	615IU
Carbs	37g	C	204mg
-Fiber	14g	B1	0mg
-Sugar	20g	B2	0mg
Protein	4g	B3	2mg
Sodium	8mg	B6	0mg
Calcium	82mg	B9	100ug
Magnesium	67mg	E	2mg
Potassium	668mg	K	41ug
Iron	2mg	Fatty acids	1g
Zinc	1mg		

Tomato Juice

**TOMATO, BASIL, LEMON, CARROT & OREGANO**



**Nutrition**

Calorie per/serving: 197

Value per/day: 10%

Fat	2g	Vitamins	
-Saturated fat	0g	A	25166IU
Carbs	46g	C	108mg
-Fiber	17g	B1	0mg
-Sugar	21g	B2	0mg
Protein	8g	B3	5mg
Sodium	141mg	B6	1mg
Calcium	324mg	B9	148ug
Magnesium	114mg	E	6mg
Potassium	1902mg	K	164ug
Iron	7mg	Fatty acids	1g
Zinc	2mg		

*Ginger Beet Juice*

**APPLE, BEETS, LEMON, GINGER ROOT AND CARROTS**



**Nutrition**

Calorie per/serving: 220

Value per/day: 11%

Fat	1g	Vitamins	
-Saturated fat	0g	A	3070IU
Carbs	56g	C	52mg
-Fiber	12g	B1	0mg
-Sugar	33g	B2	0mg
Protein	4g	B3	2mg
Sodium	170mg	B6	0mg
Calcium	97mg	B9	88ug
Magnesium	54mg	E	2mg
Potassium	1075mg	K	28ug
Iron	2mg	Fatty acids	0g
Zinc	1mg		