



ExSqueezeMe™

Spicy Classic: Carrot, Orange, apple, ginger, chilli

The total kickass combination of carrot and orange is almost unbeatable! That rush of *vitamin A and C* to your system will flood your system with *immune-boosting* nutrients! And then just when you think you're getting better... that killer chilli kick will take over, and even though your mouth may feel like it's dying, it's actually doing a whole lot of good, I promise!


Candy Pineapple: Pineapple, orange, apple

Did you know that not all sugar is created equally? Our bodies need sugar to function, and the sugar found in naturally occurring fructose not only keeps us full for longer, it releases energy slowly! So that means that you can go about your busy day; finding a cure for cancer, fighting climate change, and splitting the atom, safe in the knowledge that you've *fuelled your body* with the GOOD kind of sugar!

Purr Time: Pear, apple, spinach, parsley, lemon

Okay. I know. The dreaded green juice. I'm sorry, but we HAD to have at least one here... BUT, let me just tell you that this is no ordinary green juice! The addition of parsley makes it a *super juice*. There's almost nothing parsley can't do; it's *rich in fibre, vitamins A, C and E* and trust me, it tastes **A C E** too...

These menus were made in collaboration with our AWESOME Nutritionist, Pyla Lara. You can find her information here,
Website: www.pylara.com or
Instagram: [pylalara](https://www.instagram.com/pylalara)



Oh, My Darling: Clementine, lemon

Did you know that the human body cannot produce vitamin C internally?

But that maintaining high levels of *vitamin C* in our system is crucial for *producing collagen*, a structural compound the body needs to survive? Did you also know that vitamin C helps *transport fat cells into energy cells*? Oh, you didn't know that. Well, now you do... enjoy the juice...

Go Back to Your Beet Roots:

Beetroot, apple, pomegranate, lemon

Okay we've all been there. Had one too many beers last night AND was tempted by the greasy cheesy chips...amazing at the time, right? But now you're paying the price with an unhappy, bloated belly. Well fear not party people, the combination of the vitamin C in the beetroot, and the high amounts of potassium in lemons will flush your digestive system with happy, *mellow antioxidants*. Until next Friday...

Your Monthly Celery: Celery, kiwi, pear, lime

I know okay, I lied. We have TWO green juices here. But this shouldn't really be considered a juice, more of a potion, containing superhuman powers! Celery stalks are rich in *cellulose*, a complex *carbohydrate* found in the cell wall of plants that is edible but indigestible to humans. It's also extremely rich in *fibre*, and numerous studies have shown that people who have a high fibre diet are *less likely* of developing diabetes and heart diseases.

So, go on, what are you waiting for?

Drink up Superman!