

# TRUST YOUR GUT

**GUT** 16<sup>oz</sup>

**ICE CUBES**



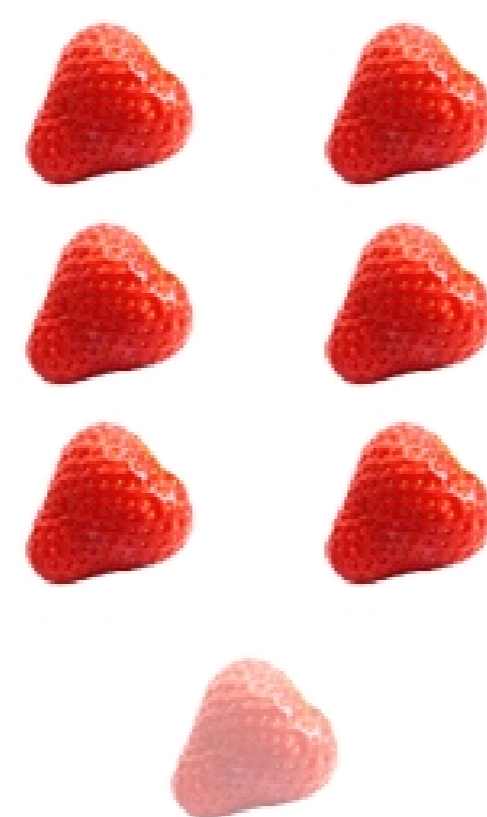
6 PCS.

**KEFIR**



Up to 8oz

**STRAWBERRY**



6-7 pcs.

**BANANA**



1 pcs.

**DATE PUREE**



1 scoop

**BEETROOT POWDER**



2 tsp.

**FIBRE POWDER**



1 scoop

**PEA DRINK**



Up to 16oz

**KEFIR SWIRL**



2-3 swirls into cup



To ensure the best texture for the kefir, it is recommended to keep prepped kefir chilled.

Kefir may be kept on the countertop, but it is essential to follow the 2, 3 or 4 hour rule.

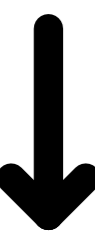
# PHAT JOE

PHAT

**HONEY-MUSTARD  
DRESSING**



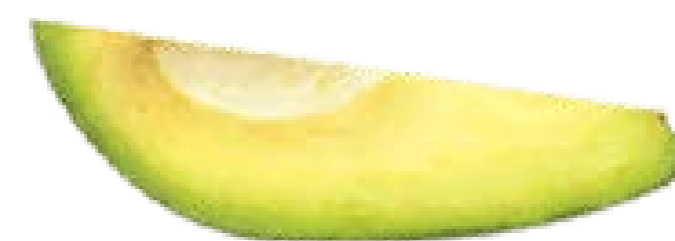
12 swings



BOTH SIDES



**AVOCADO**



1/2 pcs



BOTTOM BREAD



**TURKEY**



2 pcs.



TOP BREAD



**CHICKEN**



1 layer



**TOMATO**



4 pcs.



**GRANA PADARNO**



1 layer



**ARUGULA**



1 layer

