

TRUST YOUR GUT

GUT 16^{oz}

ICE CUBES



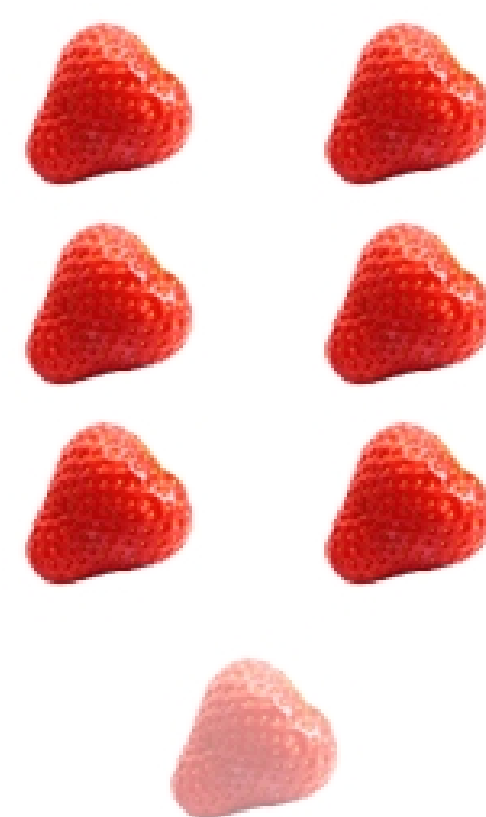
6 PCS.

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.

TRUST YOUR GUT

GUT 20^{oz}

ICE CUBES



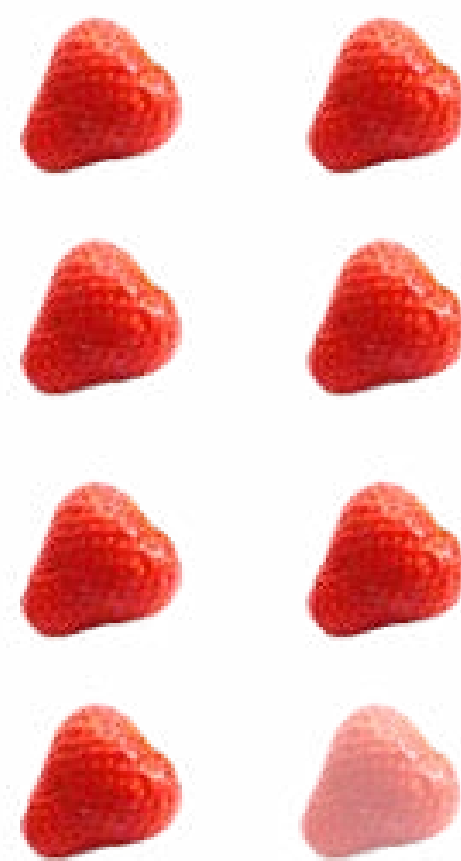
6 PCS.

KEFIR



Up to 12oz

STRAWBERRY



7-8 pcs.

BANANA



2 pcs.

DATE PUREE



1 scoop

BEETROOT POWDER



3 tsp.

FIBRE POWDER



1 scoop

PEA DRINK



Up to 20oz

KEFIR SWIRL



3-4 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.

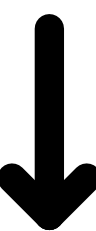
PHAT JOE

PHAT

HONEY-MUSTARD
DRESSING



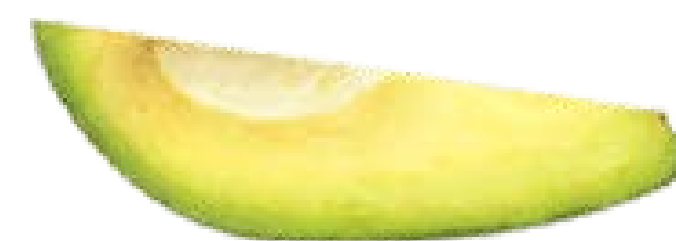
12 swings



BOTH SIDES



AVOCADO



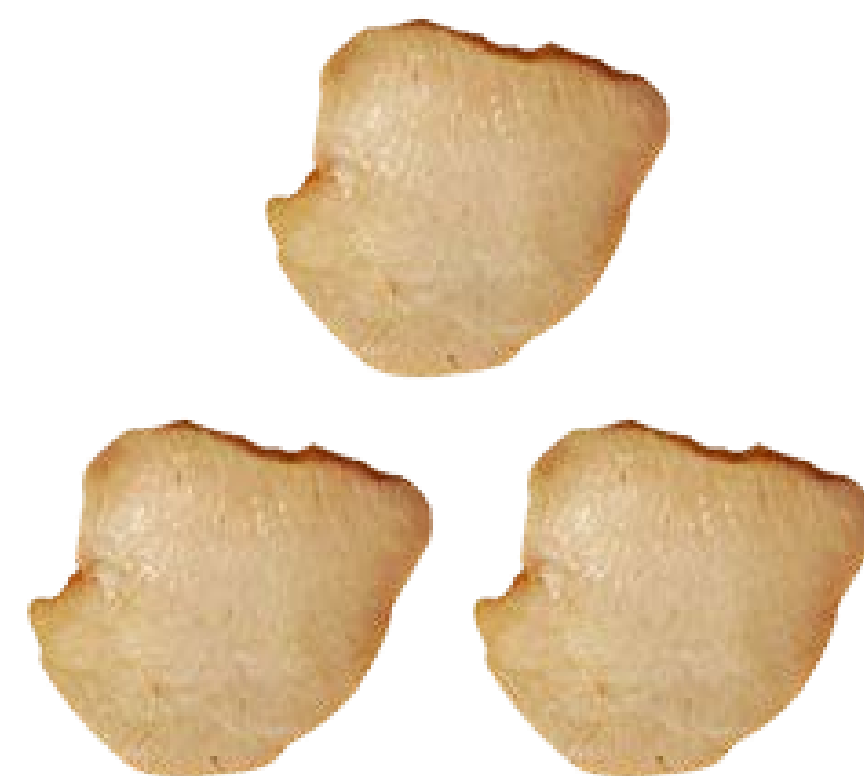
1/2 pcs



BOTTOM BREAD



TURKEY



3 pcs.



TOP BREAD



CHICKEN



1 layer



TOMATO



3 pcs.



PARMESAN



1 layer



ARUGULA



1 layer

