

# TRUST YOUR GUT

GUT 16<sup>oz</sup>

ICE CUBES



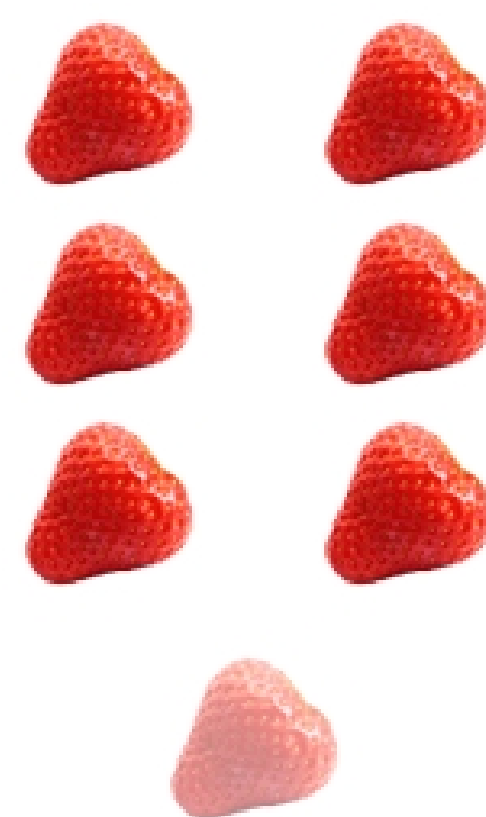
6 PCS.

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.



# TRUST YOUR GUT

**GUT** 20<sup>oz</sup>

**ICE CUBES**



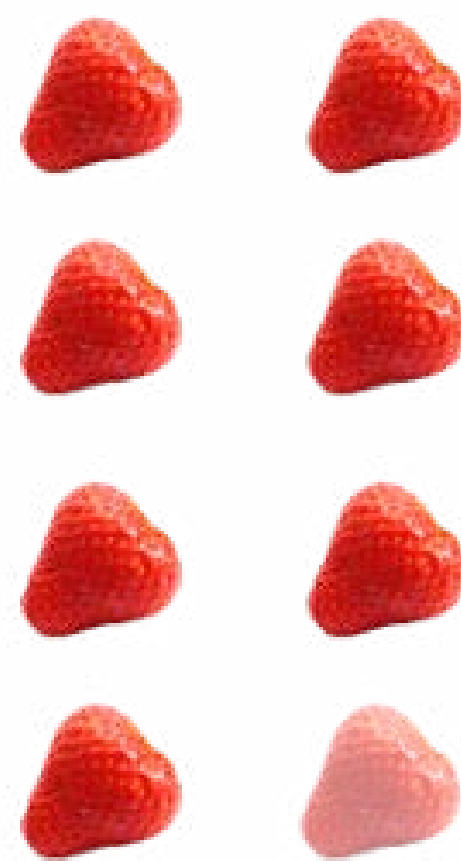
6 PCS.

**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

AVOCADO



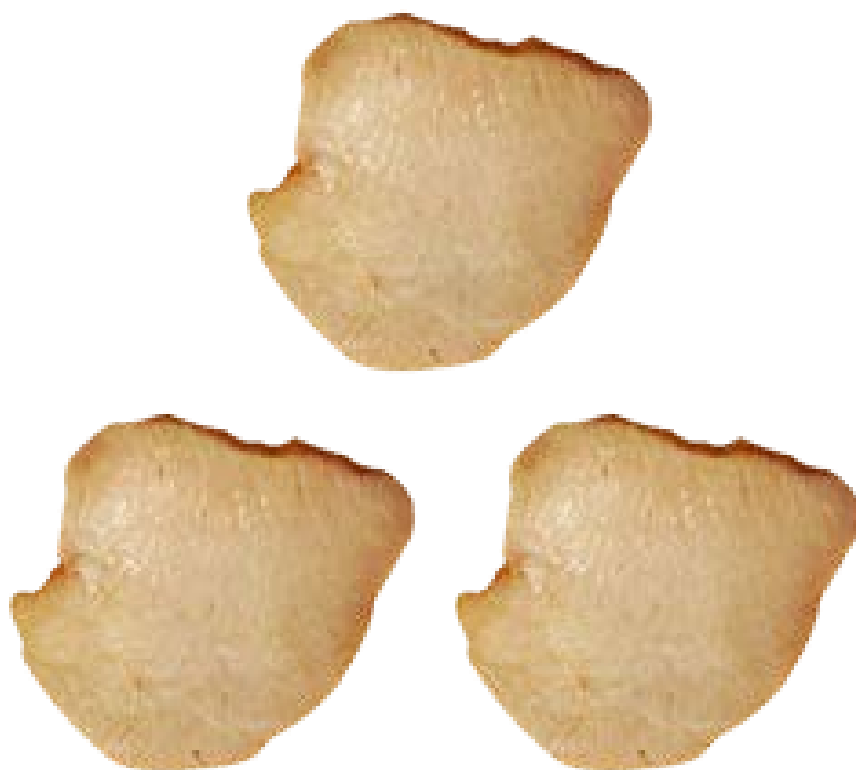
1/2 pcs

HONEY-MUSTARD  
DRESSING



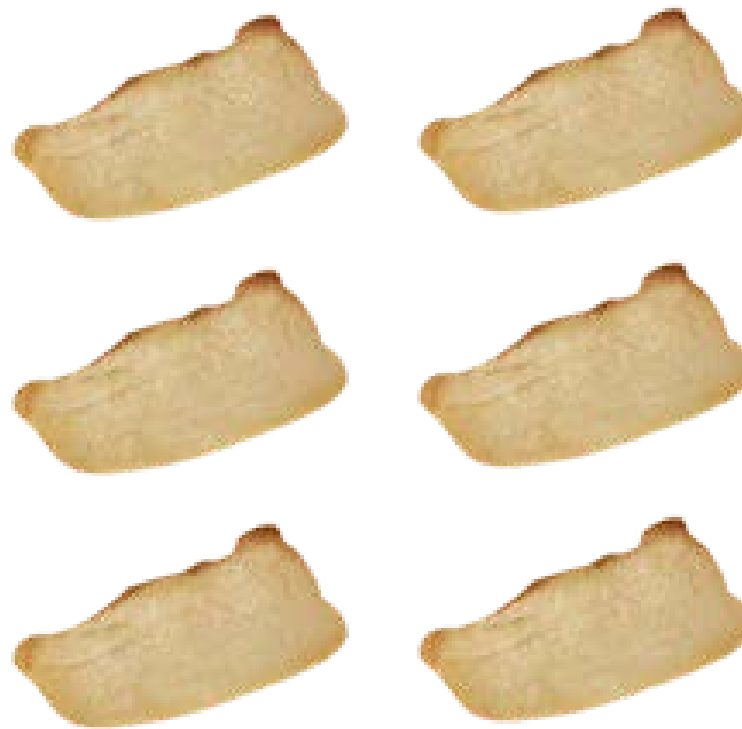
12 swings

TURKEY



3 pcs.

CHICKEN



1 layer

TOMATO



3 pcs.

PARMESAN

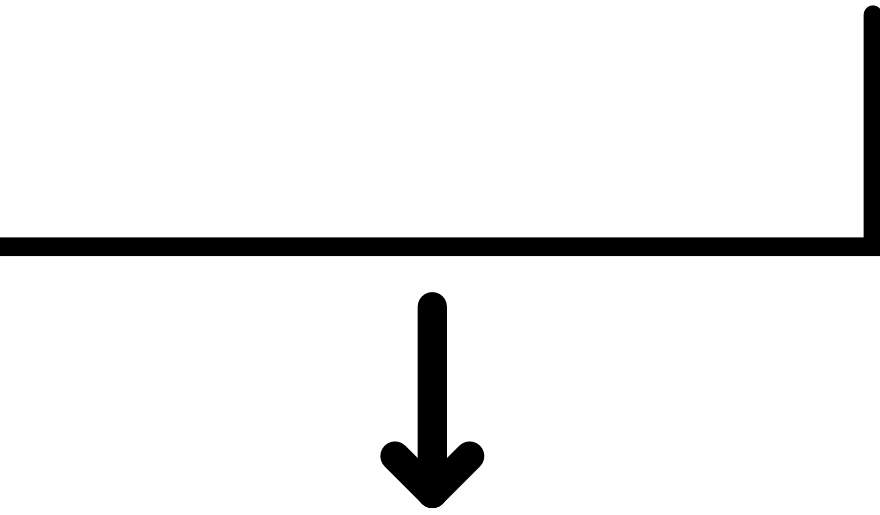


1 layer

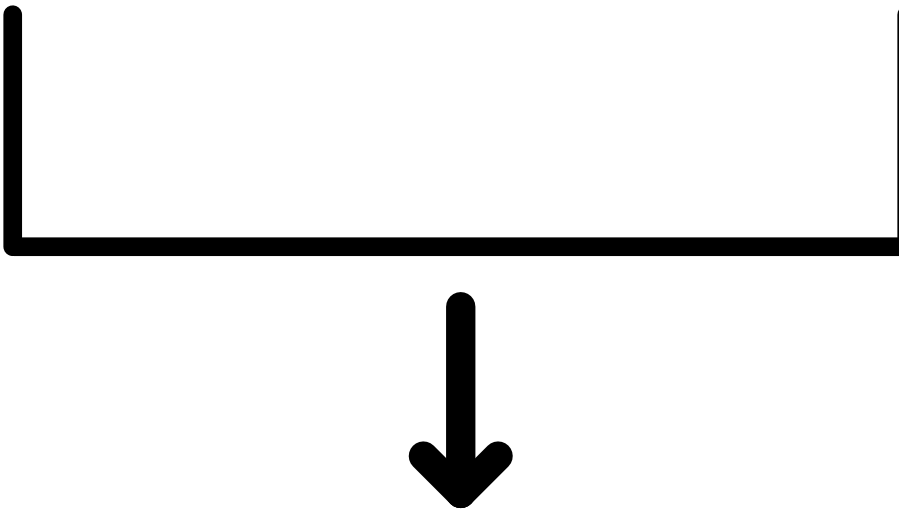
ARUGULA



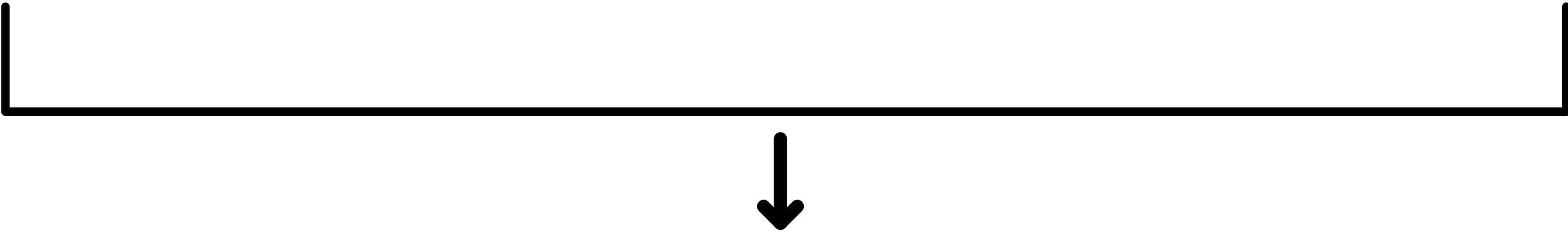
1 layer



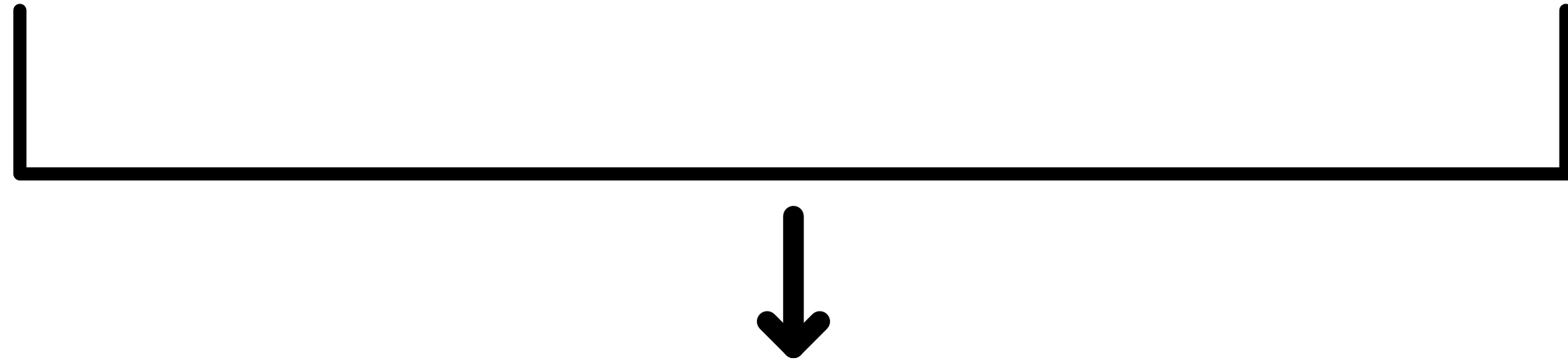
BOTTOM BREAD



BOTH SIDES



TOP BREAD



BOTTOM BREAD

