



Kaia Yoga Complete Wellness - Groupon Suggested Lunch Options

LUNCH Choice of:

WRAP OR SALAD:

Hummus Wrap

* hummus, sprouts, carrots and cucumbers

Avocado Wrap

* avocado, carrots, cucumbers, mixed greens

Tossed Salad

* mixed greens, feta, chickpeas, cucumber, tomato

Antioxidant Salad

* mixed greens, dried cranberries, walnuts, sprouts and balsamic vinaigrette

SMOOTHIE OR JUICE:

Green Vibrance Smoothie

* blueberries, strawberries, banana, green vibrance powder, vanilla spirutein, base

Thirst Quencher Smoothie

* pineapple, lemon, strawberries, aloe vera, vitamin c powder, apple juice

Daily Greens Juice

* kale, parsley, celery, cucumber

Prana Boost Juice

* carrot, beet, kale, apple, celery

TEA Choice of:

Chamomile

* organic: whole egyptian chamomile flowers

Peppermint

* organic: pure peppermint leaves

Cha Cha Chai

* organic: cardamom, cinnamon, clove, ginger, indian black tea, pepper



Life
more
pure.