

Organic KITCHEN MARKET MENU

Soups

CLEANSE SOUPS (PINT: FROZEN) \$14

BREAKFAST: Energize Me (GF, DF, SF, VG, V)
pear + apple + cauliflower + Nourished vegetable broth™

LUNCH: Anti-Inflammatory (GF, DF, SF, VG, V)
tomato + cashews + nutritional yeast + Nourished vegetable broth™

LUNCH: Everyday Detox (GF, DF, SF, VG, V)
napa cabbage + carrot + Nourished ginger-coconut broth™

LUNCH: Gut Repair (GF, DF, SF)
sprouted lentils + swiss chard + Nourished pastured chicken bone broth™

LUNCH: Hardcore Detox (GF, DF, SF)
dandelion greens + celery + ginger + Nourished pastured chicken bone broth™

DINNER: Rest & Digest (GF, DF, SF, VG, V)
butternut squash + sweet potato + carrot + Nourished vegetable broth™

ONE-DAY SOUP CLEANSE (FROZEN) \$65

CLEANSE PACKAGE SOLD FROZEN
Electrolyte Hydration Packet & Gentle Detox Tea
Breakfast, Lunch & Dinner Cleanse Soups (3 Pints)
Garlic & Ginger Infused Bone Broth (2 Pints)

VEGAN OPTION
Electrolyte Hydration Packet & Gentle Detox Tea
Breakfast, Lunch & Dinner Cleanse Soups (3 Pints)
Adaptogenic Vegetable Broth (2 Pints)

FAMILY-FRIENDLY SOUPS (PINT: FROZEN)

Pastured Chicken, Herb & Sprouted Brown Rice (GF, DF, SF) \$16

Pastured Chicken & Sprouted White Bean Chili (GF, DF, SF) \$16

Rocky Mountain Corn Chowder (GF, DF, SF, VG, V) \$14

Sprouted Quinoa & Vegetable Minestrone (GF, DF, SF, VG, V) \$14

BE WELL GIFT PACKAGE (FROZEN) \$48

Choice of any 3 Family-Friendly Soups (3 Pints)
Choice of Grain-Free 4-Seed Cracker (Garlic Sea Salt or Rosemary Lemon)

Broths

PASTURED CHICKEN BONE BROTHS (FROZEN)

Traditional Bone Broth \$18
(32 oz Quart - GF, DF, SF)

Traditional Bone Broth: 5 Pack \$80
(32 oz Quart - GF, DF, SF) (10% Savings)

Garlic & Ginger Infused Bone Broth \$10
(16 oz Pint - GF, DF, SF)

Garlic & Ginger Infused Bone Broth : 5 Pack \$45
(16 oz Pint - GF, DF, SF) (10% Savings)

ADAPTOGENIC VEGETABLE BROTH (FROZEN) \$10
(16 oz Pint - GF, DF, SF, VG, V)

Wild-Caught Fish

FILLETS (6 OZ: INDIVIDUALLY FROZEN)

Alaskan Pacific Cod Fillet (No Pin Bones) \$7

Alaskan Sockeye Salmon Fillet (No Pin Bones) \$10

Veggie Burgers

QUARTER POUND BURGERS (FROZEN) \$16

Asian Red Bean Burgers: 2 Pack (GF, DF, SF, VG, V)

Italian White Bean Burgers: 2 Pack (GF, SF, VG)

Mexican Black Bean Burgers: 2 Pack (GF, DF, SF, VG)

Sauces & Relishes

TOPPINGS (8 OZ: FROZEN) \$12

Asian BBQ Sauce (GF, DF, VG)

Roasted Tomato, Pepper & Onion Relish (GF, DF, VG, V)

Poblano, Tomatillo & Roasted Corn Relish (GF, DF, VG, V)

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nourished®



Drinks

ADAPTOGENIC FUNCTIONAL DRINKS (8 OZ: FROZEN) \$8

Adaptogenic Hot Cacao (GF, DF, SF, VG, V)

Adaptogenic Matcha Latte (GF, DF, SF, VG, V)

Adaptogenic Golden Milk Latte (GF, DF, SF, VG, V)

ANTIOXIDANT COFFEE (GROUND) \$18

Organic Low-Acid Antioxidant Breakfast Blend (12 oz - GF, DF, SF, VG, V)

ANTIOXIDANT COFFEE DRINKS (8 OZ: FROZEN) \$8

Peppermint Mocha Café Latte (GF, DF, SF, VG, V)

Dirty Chai Café Latte (GF, DF, SF, VG, V)

Pumpkin Spice Café Latte (GF, DF, SF, VG, V)

HERBAL TEAS (LOOSE LEAF) \$15

Gentle Detox
alkalize the body + detoxify the liver

Gut Repair
soothe the digestive system + help leaky gut

Rest & Digest
assimilate nutrients + decrease digestive discomfort

Turmeric Chai
reduce inflammation + support digestion

Power Gelatin Shots

GELATIN SHOTS (3 PACK: REFRIGERATED) \$12

Pack includes 3 (2 oz) shots - (GF, DF, SF)

Detoxifying Chlorella Gelatin Shots
potent detoxifier + boosts immunity + fights cancer

Metabolism-Boosting CCF Gelatin Shots
natural diuretic + fights bloating + supports weight loss

Smoothies

SUPERFOOD SMOOTHIES (FROZEN) \$10

Bag makes 2 (9 oz) smoothies or 1 (18 oz) smoothie - (GF, DF, SF)

Beauty & Balance
strawberry + cauliflower + avocado

Immune Booster
acai + blueberry + purple cabbage

Detoxify & Repair
green apple + celery + lemon

Inflammation Fighter
pineapple + ginger + turmeric

Energizer
pear + spinach + matcha green tea

Smooth Move
cranberry + vanilla + flaxseed

Fat Burner
cacao + MCT oil + maca

Kids' Smart Start
dark chocolate + banana + cauliflower

Cold & Flu Relief

FLU BOMB ELIXIR CUBES (FROZEN) \$14

Bag makes 7 (6 oz) elixirs - (GF, DF, SF, VG)

Seasoning Blends

HEALTH-BOOSTING (4 OZ JARS - GF, DF, SF, VG, V) \$10

Anti-Inflammatory
earthy + warming + cumin notes

Healthy Digestion
dill notes + hints of sweet & spice

Detox
warming + slightly sweet to spicy

Immune Boost
mellow + herbaceous flavors

Citrus Herb Sea Salt Blend (4 oz Jar - GF, DF, SF, VG, V) \$10

Cheesy Spice Seasoning (4 oz Jar/5 oz Bag - GF, DF, SF, VG, V) \$10/\$14

Snacks & Bites

HEALTHY SNACKING

Grain-Free 4-Seed Crackers, Garlic & Sea Salt (GF, DF, SF, VG, V) \$8

Grain-Free 4-Seed Crackers, Rosemary & Lemon (GF, DF, SF, VG, V) \$8

Chai-Spiced Popcorn (GF, DF, SF, VG, V) \$10

Cheesy Spice Popcorn (GF, DF, SF, VG, V) \$10

Dark Chocolate Coconut Energy Bites (GF, DF, SF, VG, V) \$12

Dark Chocolate Almond Clusters (GF, DF, SF, VG, V) \$14

Lime-Toasted Pepitas (GF, DF, SF, VG, V) \$14

Farmhouse Granola (GF, DF, SF, VG) \$16

Farmhouse Snack Mix (VG) \$16

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