

Healthy Palate

- Holistic Health Practitioner with years of experience and a local restaurant
- Provides helpful tips for healthy eating, food allergies & weight loss
- Provides delicious, healthy smoothies geared to specific fitness goals such as the “energizer” & the one for muscle recovery
 - Unique salads, made to order sandwiches & snacks made with fresh ingredients on the spot

Mission Statement

The mission of Healthy Palate is to offer highest quality organic foods, nutrition information, and services that enrich and enhance the health and wellness of the individual and the planet.

“We serve you the food, the whole food, and nothing but the food.”



Try Our Other Products and Services

Effective and Permanent Weight Loss Programs
Nutritional Coaching
Herbal Remedies
Custom Supplements Development
Alternative Healing Programs
Full Service Catering
Organic Bake Mixes
Organic Foods Co-op
Medicinal Tonics
Nutrition Education and Seminars
Gluten Free Foods

www.healthy-palate.com



We fuel and uphold our fighters, strategists, and operations support personnel with awesomely delicious, healthy, and nutritious foods to kick the enemy's butt.

Hours of Operation:

Monday-Friday: 0600-1800
Saturday & Sunday: Closed

Tel: 605-0079



Body Balancing Smoothies



Prices:

16oz: 4.99 20oz: 5.99 24oz: 6.99

Aloha

Pineapple, orange and honey; packed with Bromelain, bio-flavonoids, vitamin C, and minerals.

Cocoa Berry

Cocoa, mixed berries, and honey; loaded with antioxidants, glucose to fuel your brain and power your body.

Energize

Power-packed avocado, banana, pumpkin seeds for that boost of energy that sustains you throughout your workout, don't get started without it.

Sweet Green

Banana, cucumber, kale, and pinch 'o' honey that rushes some potassium, magnesium, sulfur and calcium into your body for that extra boost.

Strawberry Peach

Strawberries, peach and honey strategically designed to provide vision supporting lutein and zeaxanthin; can you see the goodness?

Faking Colada

Coconut milk and pineapple with hint of honey to take you to the tropics as you enjoy the cellular restructuring properties of coconut and digestive enzymes in the pineapple. Who says you have to spend a lot of money on a vacation?

Weight Management and Muscle Building Smoothies

Prices:

16oz: 4.99 20oz: 5.99 24oz: 6.99

Acai Lite

Omega fatty acid rich acai berries, natural appetite suppressant garcinia fruit, and nutrient rich apples for the lightweight you desire.

Weigh Less

Weight Assist™ Shake Mix (our exclusive blend of weight loss mix), banana and stevia specially formulated to support weight loss

Muscle Boost

Muscle building protein, banana and peanut butter for the much needed nitrogen state to groom those brawny wide shoulders and v-taped waistline; hello, Mr. Universe!

Recover

No need to suffer after your work out, we have muscle repairing blend of protein, flax seeds and banana with some honey to the rescue.

Salads



Price on All Salads:

\$5.95

Caesar Salad \$5.95

Crispy and crunchy romaine lettuce, vitamin e rich avocado, chock full of beta carotene shredded

carrots, with healthy dressings to compliment the salad.

Chicken Salad

Baked chicken strips with lettuce, tomato, onion, grated cheese, and sesame dressing specially commissioned to complement the chicken. It's light, it's full of nutrients, it's delicious.

Green Salad

Mixed greens, tomato, cucumber, onion, olives and walnuts or cashews for some essential fatty acids, magnesium and blood building chlorophyll, get some!

Sandwiches



Price on All Sandwiches

\$5.95

Avocado Sandwich

Lots of avocado slices served on your choice of whole wheat or multi-grain bread, with sprouts, tomato, onion, olives, cucumber and lettuce.

Tuna Sandwich

Light water packed tuna with mayo (premixed), lettuce, tomato, onion and cheese on your choice of whole wheat or multi-grain bread.

Turkey Sandwich

Generous slices of turkey with tomato, onion, lettuce, mayo and mustard on your choice of whole wheat or multi grain bread.