

One serving. A few meals. Food for your week. REAL NUtrition.

All columns show the TOTAL price. Savings apply to the same item, size and recipe in one order.

Nori: 1 serving = 2 wraps. Use the exact item totals shown below.

MENU ITEM	1 SERVING	2 SERVINGS	3 SERVINGS	4 SERVINGS
MEALS				
Veggie Spaghetti	\$10.00	\$19.00	\$28.00	\$36.00
Bison Spaghetti - peppers optional	\$12.50	\$24.00	\$35.50	\$44.00
Quinoa Nori Wraps	\$6.50	\$12.00	\$18.00	\$24.00 †
Salad Bowl - select grain + 4 veggies included	\$10.00	\$19.00	\$28.00	\$36.00
Salad Bowl + 3 oz Salmon	\$16.00	\$29.00 †	\$41.00 †	\$52.00
Salad Bowl + 4 oz Salmon	\$18.00	\$31.00 †	\$43.00 †	\$55.00
BREAKFAST				
Quinoa Fonio Porridge	\$8.50	\$14.00 †	\$20.00 †	\$25.00
Cacao Quinoa Fonio Porridge	\$9.50	\$15.00 †	\$21.00 †	\$26.00
Spelt Pancakes - 2 per serving	\$8.50	\$13.00 †	\$19.00 †	\$25.00
Spelt Waffles - fresh or frozen	\$8.50	\$13.00 †	\$19.00 †	\$25.00
NU SMOOTHIES & FAST JUICE				
Smoothies: 8 oz per serving 30 g protein base 600+ calories per serving				
Mango Berry - 600+ cal	\$10.00	\$18.00	\$26.00 †	\$33.00
Triple Berry - 600+ cal	\$10.00	\$18.00	\$26.00 †	\$33.00
Banana Berry - 600+ cal	\$10.00	\$18.00	\$26.00 †	\$33.00
FAST ANU Juice	\$30 per 72-hour juice package			
SIDES				
Roasted Squash	\$3.50	\$6.00	\$9.00	\$11.50 †
Roasted Sweet Potatoes	\$3.50	\$6.00	\$9.00	\$11.50 †
Roasted Broccoli	\$3.50	\$6.00	\$9.00	\$11.50 †
QUINOA STIR FRY - PORTION SIZE	4 oz	8 oz	16 oz	24 oz
Price per selected portion	\$5.00	\$9.00	\$15.00	\$21.00
Optional extra sun-dried tomatoes: +\$1 per selected portion.				

SERVING SIZES

Per serving: Nori = 2 wraps. Pancakes = 2. Waffles = half a waffle (2 quarters). Smoothies = 8 oz; 4 servings = 32 oz (two containers).

CUSTOMIZE & ORDER

Salad: romaine + spring mix; quinoa, lentils, wild rice or pasta + 4 veggies. Salmon: 3 oz or 4 oz raw per bowl. Dressing: Chipotle / DANU (default) / None / Custom; Lite / Regular (default) / Heavy. FAST ANU Juice: 72-hour liquid fasting juice. Spring water, lime, Manuka honey + cayenne.

Extras per serving: Bison on Salad Bowl +\$6 · 22g protein; extra sun-dried tomatoes +\$1; A'NU +\$3/bowl; 2 Medjool dates +\$1; sea moss +\$1.25. Fonio + all salads: raisins +\$0.50; sunflower kernels +\$0.50; pumpkin seeds +\$0.75; goji berries +\$1.25; currants +\$1.25. Bison bowl totals (1 / 2 / 3 / 4): \$16 / \$31 / \$46 / \$60.

Order online: choose items + available pickup day, then pay before cutoff. Singles while stock lasts. Pickup near Max Fitness Gym, Clemson; meet-for-pickup available. Delivery +\$15: within 25 miles of Clemson; qualifying Pendleton, Anderson, Pickens, Easley & Seneca addresses. Call in: Thursdays only after 4 PM Eastern. \$10 first-order starter fee extra. Ask about allergens.

† Suggested total. Follow the labeled eat-or-freeze-by date.