



Taste of NU

MENU OVERVIEW

All ingredients used are organic.

Food for your week. REAL NUtrition.



MEALS

Veggie or bison spaghetti

Lentil noodles; peppers optional.

Quinoa nori wraps

2 wraps per serving.

Salad bowl

Select grain + 4 veggies included. Optional 3 oz or 4 oz raw salmon.

SMOOTHIES & FAST JUICE

Mango Berry / Triple Berry

Banana Berry

8 oz per serving. 30 g protein base. 600+ calories. Coconut or almond milk.

FAST ANU Juice - \$30

72-hour juice package. Spring water, lime, Manuka honey + cayenne.

BREAKFAST

Quinoa fonio porridge

Regular or cacao.

Vegan spelt pancakes

2 per serving.

Spelt waffles

Fresh or frozen; 2 quarters per serving.

SIDES

Roasted squash

Roasted sweet potatoes

Roasted broccoli

Quinoa stir fry

4 oz	8 oz	16 oz	24 oz
\$5	\$9	\$15	\$21

Optional extra sun-dried tomatoes +\$1 per selected portion.

FULL STACK

One smoothie + one brunch + one dinner per day.

2 days = 6 servings · 3 days = 9 servings · 4 days = 12 servings

View the full prices & place your order

[NuLifestyle.org/tasteofnu](https://Nulifestyle.org/tasteofnu)

NU Hotline: 864-986-0449



Scheduled pickup / delivery: Monday & Thursday. Order by Sunday 11:59 PM Eastern before pickup week. Singles while stock lasts.

Delivery +\$15 within 25 miles of Clemson. Call in: Thursdays after 4 PM Eastern. \$10 first-order starter fee extra. Tell us about allergies and dietary needs.