

Organic Food Program:

No time to Cook?

Let Sweet Yams take care of the food, while you take care of yourself and the family. It is our passion to provide the most effective and enjoyable meals that we're capable of preparing.

Our motto is simply, "Don't Cheat Yourself, Treat Yourself!" You've worked hard and deserve the best experience for your pleasure and body. Select the meal plan that works best for you, we will package them for you to take home or work and enjoy at your convenience. Ask to see a Food Program Menu. All meals are 550 calories or less.

Please place your order 24 hours prior to pick up your food. You can call or email us. Eating right and juicing regular can rid your body of dangerous toxins and regenerate your organs. Our food program is for health, pleasure, and convenience. Take your life back to youthful greatness! The healthiest choice you can make in your life is the juice.

100% Organic Juice Healing Program:

Our Organic Juice Program has been very successful in helping our clients rebuild & rejuvenate their bodies; this allows the natural healing process take place.

We feel that it is by far the most effective healing aid on earth. Weight loss, diabetes, high blood pressure, & many effects of most cancers are minimized or eliminated. It's very simple and it takes about 30-60 days for the body to acclimate and start the process of healing & abundant nutrient rejuvenation... We believe in this program and it's results.

20 day (\$20 per day, 4 glasses of juice per day)

30 day (\$15 per day, 4 glasses of juice per day)

2 day (\$22.50 per day, 4 glasses of juice per day)

This program would normally cost you \$50-70 a day at most juice places. "The Body is the healer, the juice is the aid!" All formulas are made from ALL Organic farm fresh vegetables including: Carrots, Beets, Chard, Kale, Cucumber, a variety of Lettuce Greens, and other medicinal living veggies. The Best Health and Fitness program in the nation 100% effective or 100% money back guarantee. For those losing weight, we regularly see a loss of 7-12lbs. a week. The nutrient packed juices will increase your energy, clarity, and devotion to health. If you would like more info please send us an email or schedule a time to speak with Chef Gus one on one.

The Key to Success is Commitment and Consistency.

Updated August 2021

Sweet Yams

Simply Organic



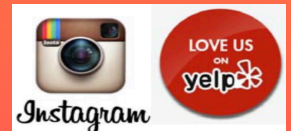
Contact US:

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All Organic All Vegan Sides

Bowl of VEGAN CHILI: Black Beans, Black Eyed Peas, Garbanzo Beans, Onion, Bell Peppers, Zucchini, Corn w/ Brown Rice. **\$8.75**

Melody Maker

Mix of Green Beans, Broccoli, Corn, Zucchini **\$7.00**

Red Beans & Brown Rice **\$5.25**

LOADED Red Beans & Brown Rice avocado, dairy cheese, raw onions, sriracha. **\$8.50**

Sautéed Greens **\$5.00**

Green Cabbage & Kale w/Sesame Seeds

Sautéed Broccoli & Garlic **\$5.00**

Simple Steamed Yams **\$5.00**

Sautéed Green Beans & Garlic **\$4.50**

Brown Rice & Gravy(GF) **\$4.00**

Sautéed Sweet Corn **\$4.00**

All Organic; Fresh & Healthy Salads:

All w/ORG Spring Mix, cabbage & Carrot (Ask for Vegan Dressing)

House Side Salad **\$4**

EDEN Salad **\$8.50**

Apples, Cranberries, Carrots, Pumpkin Seeds

Simple Chopped Salad **\$8.50**

Carrots, Zucchini, Yams, Raisins

Sunflowers Kale Salad **\$9.50**

Kale, Sunflower Seeds, Carrots, Black Beans, Cherry Tomatoes, Sliced Mushrooms, Avocado

(Add Tomatoes +\$0.75) (Add Cucumber +\$0.75)

Organic Mushroom Burger

Marinated Portabella on **GF Bun** w/ Roasted Garlic Spread, topped w/ our chopped cabbage/ green onion mix. W/ House Salad & Brown Rice. **\$10.75**

Add Toppings:

-Grilled Onions **\$0.75** -Turkey Chili **\$2**

-Tofu Bacon F'acon & Cheese **\$2**

-Philly Style (Bell Pepper, Onions, Cheese) **\$1.50**

-Veg Head (Raw Zucchini, Onions, Carrots, baby greens) **\$1.75**

-South Weezy (Black Beans, Corn, Onions, Cilantro) **\$1.75**

Sandwiches: All served on a toasted **GF Bun** & comes w/ House Salad & Brown Rice.

Zen Veggie Po'Boy: Sautéed ORG mushrooms, zucchini, bell peppers & Po'Boy Mix **\$10**

BBQ Chicken Po'Boy: Sautéed ORG cabbage, Onions **\$10**

Shrimp Po'Boy: DF creamy sauce, Sautéed ORG cabbage & onions **\$10**

Philly Style Chicken OR

Shrimp Sandwich Sautéed ORG Bell Peppers & Onions **\$10** W/Cheese +\$1

Raw Organic Veggie

Love Sandwich: toasted Ezekiel Bread(**NOT GF**) V-Mayo, cracked pepper, cheese, avocado, mushrooms, zucchini, bell peppers, onions, baby greens, comes w/House salad **\$10**

Hot & Delicious Entrees:

(All come over ORG Brown Rice & w/ ORG House Salad) NOTE: We use Free-ranged Chicken & Sustainable Farm Raised Shrimp & Salmon

Tender Chicken Breast **\$10.85**

CHOOSE your flavor..

Lemon Garlic

Blackened (*Spicy*)

Gravy (**GF**)

Blackened Buffalo BBQ

Sesame Ginger

Chili Love (*Sweet & Spicy*)

Bella & Onions (add **\$0.75**)

Pure Joy (*Sautéed ORG Veggies*)(+**\$1.25**)

Blackened + Chili Love (add **\$0.25**)

Blackened + Lemon Garlic (add **\$0.25**)

Sautéed Shrimp: **\$11.75**

CHOOSE your flavor...

Zesty Lemon Garlic

Blackened (*Spicy*)

Sesame Ginger

Chili Love (*Sweet & Spicy*)

Roasted Garlic

Sweet Potato

Blackened + Chili Love (add **\$0.25**)

Blackened + Lemon Garlic (add **\$0.25**)

Salmon Fillet 7oz. **\$15.50**

CHOOSE your flavor...

SY Red Sauce

Lemon Garlic

Sesame Ginger

Chili Love (*Sweet & Spicy*)

Blackened (*Spicy*)

Blackened + Chili Love (add **\$0.25**)

Blackened + Lemon Garlic (add **\$0.25**)

Pure Joy(*Sautéed ORG Veggies*)(+**\$1.25**)

Our Famous Favorites:

Ark-La-Tex Gumbo Feast Delicious all natural chicken, turkey Sausage, farm raised shrimp, ORG bell pepper, onions, celery, spices in a **GF** roux w/ ORG brown rice **\$9**

Texas Turkey Chili

All Natural Turkey, zucchini, onions, corn, black beans, roasted Bell Peppers, spices. Seasoned w/love and w/ORG brown rice **\$9**

D-Geezy's Mac N Cheesy

Delicious **GF**, 3 Cheese Mac; Aged Cheddar, Sharp Cheddar, Irish Cheese. (First Come, First Served). **\$7.25**

Add On's:

- Chicken starting at \$5.75
- Shrimp starting at \$7.00
- Salmon starting at \$11.50
- Scoop of Red Bean \$2.75
- Avocado \$2.95
- Mushroom \$1.25
- Brown Rice \$2.75
- Cheese \$1.00
- Tomato \$.75
- Cucumber \$.75
- Extra Dressing \$.25
- Extra Sauce \$.25

Rewards: \$2.50ea.

GF Sweet Potato Cupcake ('the one & only')

World's Best Mini Sweet Potato Pie (NOT GF)

Drinks:

Organic Teas \$3

(Ask for daily flavors)

ORG Kombucha \$4

Tops Chico \$3.75

"Just" boxed spring water \$2.75

