

Tasty Bites



Shrimp, Asparagus & Baked Sweet Potato

Main Dishes

Deep Dish Lasagna with Homemade Meat Sauce

Teriyaki Meatball

Chicken Wings

Honey Mustard

Baked

Teriyaki

Garlic Parmesan

Barbecue

Pot Roast with Fixins'

Shrimp & Broccoli

Garlic Parmesan Shrimp

Turkey Wings

Turkey Legs

Baked Eggplant Parmesan

Baked Fish - Salmon, Cod

Side Dishes

Macaroni & Cheese

Roasted Potatoes

Rice Pilaf

Green Beans (with/without Potatoes)

Mixed Beans

Turnip Greens

Kale Greens

Roasted Potatoes

****Red Items most requested dishes **Call for Pricing**

Juicy Blends & Tasty Bite

Heal your inner body & Increase your energy level.



**Wendy Taylor
Founder & Owner**

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Juicy Blends

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About Us

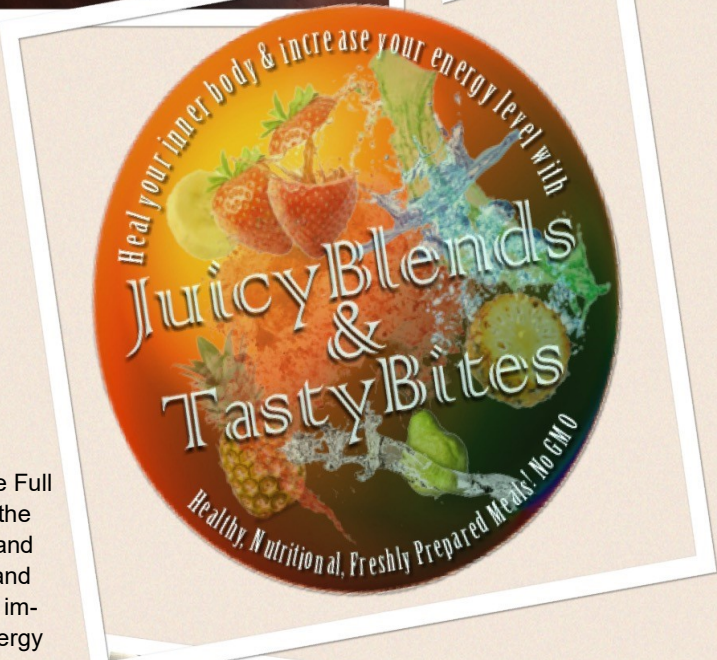
We encourage health, wellness, rejuvenation and promote total body healing via our juice and dishes prepared in love.

As a little girl I hung out in the kitchen with my Mom. I always watches what she cooked. I believe the passion for cooking came from the times I spent watching my Mom prepare delicious meals. I took all of the cooking classes that were offered in my school before the conclusion of my sophomore year in high school. I never thought I would venture into entrepreneurship by way of cooking.

I love to cook and to make people feel good about the food that I prepare for them. I love to use pineapple, ginger, watermelon, beets, spinach in my beverages due to their enormous health benefits. All drinks are created with a mixed blend of fruits and vegetables designed to aid various Health issues. Juicy Blends and Tasty Bites products will give your body the many rich nutrients and vitamins that it needs.

My Juicy Blends: 16 oz. \$8.00; 32 oz. \$15.00; 64 oz. \$25.00

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| Apple | Nothing but fresh favorable apples |
| Joint Juice (Spicy or Mild) | Alleviates Inflammation |
| Detox (Green Mild, Red, Green & Spicy, Green Sweet & Spicy) | Cleanses the body of impurities and helps with weight loss |
| Fruit Bowl | Sweet and fruity |
| Sunshine Juice | Full of Vitamin C |
| Morning Glory | Chock full of vitamin C |
| Beet It | Balance electrolytes, regulates fluid levels; High source of potassium; Anti-inflammatory; High in vitamins C, A, B1, B2 & B6 |
| Watermelon | High in electrolytes and Very Refreshing |
| Red Cabbage | Rich in antioxidants; Superstar in terms of health promoting nutrients |
| Sweet Potatoes | Full of vitamins A & E; Good for lowering cholesterol and blood sugar |
| Honey Dew Melon | Helps to lower the blood pressure |



Receive the Full benefits of the entire fruit and vegetable and experience improved Energy Levels and Healthier Skin. Your whole body comes to life! Some customers experience hair growth and enhanced quality of life. No longer throw away what is good for you!

