

GOOD TO GLOW Nutritional Program Pricing

Call, email or visit us to order your **GOOD TO GLOW** Nutritional Program.
Each day is packaged in an easy to transport cooler bag.

6-Day Program 3 days pre-surgery and 3 days post-surgery

price: \$450 includes 2 deliveries* and all products

ORDER NOW.

ALLERGEN ALERT: Contains nuts and non-vegan collagen and protein.

PRE-SURGERY PROGRAM—STARTS 3 DAYS BEFORE SURGERY DAY

Vital Proteins Collagen Peptides† (mix with hot drink or juice) PROTEIN 9G

Disco Juice PROTEIN 8G

Berry Bright Smoothie PROTEIN 22G

Kale Quinoa Salad PROTEIN 8G

Blueberry Chia Pudding PROTEIN 7G

Tiger Eye Chocolate Smoothie PROTEIN 26G

MVP Soup PROTEIN 3G

Arugula Quinoa Salad PROTEIN 9G

Allergy Shot PROTEIN <1G

OPERATION DAY: Take with you Golden Glow PROTEIN 0G

POST-SURGERY PROGRAM

Vital Proteins Collagen Peptides† PROTEIN 9G

Berry Bright Smoothie PROTEIN 22G

Disco Juice PROTEIN 8G

Arugula Quinoa Salad PROTEIN 9G

Tiger Eye Chocolate Smoothie PROTEIN 26G

Immunity Bone Broth† PROTEIN ~15-20G

Lentil Soup + Quinoa PROTEIN 18G

Immunity Shot PROTEIN 0G

Additional options are available from [our menu](#) at The GEM. (COLD BREW AND CASHEW MILK? GREEN TEA?)

Detailed nutritional information is [here](#).

Email GTG@insidethegem.com to order. Orders must be placed at least two full business days prior to first delivery. Substitutions can be made with advance notice. To see our full menu of products and standard cleanses, please visit our website or call.



PRESTON FOREST

5915 Forest Lane, Ste 360, Dallas, TX 75230

(214) 792-9928

Open Mon-Fri 7:30am–4pm & Sat 8:00am–2:30pm

www.INSIDETHEGEM.com.

PRESTON CENTER

6030 Luther Lane, Ste 160, Dallas, TX 75225

(214) 750-2929

Open Mon-Fri 7:30am–6pm & Sat 8:00am–4:00pm

*Delivery included within these zip codes: 75229, 75219, 75209, 75230, 75220, 75225, 75205, 75214, 75290.

Zip codes outside those listed will incur a \$20 delivery charge. †Not vegan / vegetarian