



Start strong with a
Liquid Prana®
Detox Plan

M E N U

COLD PRESSED JUICES

PRANA SHOTS

LP NUT MYLKS

LP HYDRATING TONICS

LP SHAKES

LP ORGANIC COLD BREW COFFEE

LP MEAL TIME

LP SUPERFOOD BOWLS

LP TOAST

LP SNACKS

LP ORGANIC PRANA BALLS

LP SOUPS

liquidpranamexico.com

COLD PRESSED JUICES



Greens

- GRACIOUS GREENS** 500ml 160 MXN
Cucumber, romaine, spinach, ginger, lemon
- POPEYE'S PUNCH** 500ml 160 MXN
Spinach, cucumber, celery, lemon, ginger
- KALE DETOX** 500ml 180 MXN
Kale, celery, cucumber, parsley, lemon, Himalayan salt
- SWEET GRACIOUS GREENS** 500ml 180 MXN
Cucumber, romaine, spinach, ginger, lemon, apple, peppermint essential oil
- SR CHAYOTE** 500ml 170 MXN
Chayote, pineapple, spinach, lemon, ginger
- PURE CELERY** 500ml 170 MXN
Pure pressed celery

Roots

- ROOTS ENERGY** 500ml 180 MXN
Beetroot, apple, celery, lemon
- CARROT DETOX** 500ml 160 MXN
Carrot, pineapple, lemon, organic cayenne pepper, lime

Citrus

- CRAZY LEAN** 500ml 180 MXN
Pineapple, apple, lemon, peppermint essential oil
- GET FIT** 500ml 160 MXN
Pineapple, cucumber, apple, lemon
- SPICY PINEAPPLE** 500ml 170 MXN
Jalapeno, pineapple, cucumber
- MEXICAN SUMMER** 500ml 170 MXN
Jicama, orange, lime essential oil
- CITRUS BLISS** 500ml 170 MXN
Grapefruit, ginger, achiote spice, cinnamon essential oil
- CITRUS C** 500ml 170 MXN
Orange, organic chia, lemon, ginger essential oil
- GOLDEN RUSH** 500ml 160 MXN
Pineapple, turmeric
- CBD PINEAPPLE EXPRESS** 300ml 230 MXN
Pineapple, turmeric, CBD 33.3mg (Water Soluble Isolate)

LP Delights

- MORINGA GREENS** 500ml 180 MXN
Organic moringa, cucumber, celery, ginger, lemon, apple
- LP DOCTOR AWAY** 500ml 180 MXN
Carrot, orange juice, turmeric, ginger, organic cayenne pepper
- APPLE CANELA** 300ml 160 MXN
Red apple, ginger, lime, clove, cinnamon
- LP V8 JUICE** 500ml 220 MXN
Beetroot, carrot, celery, romaine, parsley, spinach, tomato, watercress, Himalayan salt, garlic.

Sweet N Fruity



- **WATERMELON GOURMET** 500ml 160 MXN
Watermelon, basil essential oil
- **MIGHTY MELON** 500ml 170 MXN
Cantaloupe with seeds

PRANA SHOTS



- **VITAL SHOT** 30ml 70 MXN 300ml 800 MXN
Pure pressed ginger, lemon, organic cayenne pepper
- **GOLDEN SHOT** 30ml 70 MXN 300ml 800 MXN
Fresh pressed turmeric root, black pepper essential oil, alkaline water
- **ENERGY SHOT** 30ml 70 MXN 300ml 800 MXN
Pure pressed ginger, apple
- **SPIRULINA SHOT** 30ml 70 MXN 300ml 800 MXN
Lemon, spirulina
- **GINGER SHOT** 30ml 70 MXN 300ml 800 MXN
Pure pressed ginger
- **LP MORNING ALKALIZER** 30ml 60 MXN
Organic apple cider vinegar, lemon, alkaline water
- **ANTIVIRAL SHOT** 30ml 70 MXN 300ml 900 MXN
Fresh pressed ginger and garlic, lemon, cayenne pepper, oregano essential oil
- **CRANBERRY SHOT** 30ml 100 MXN 300ml 1100 MXN
Pure pressed cranberry

Add oregano essential oil for 20 MXN

LP NUT MYLKS



- **LP SIMPLY ALMOND MYLK** 300ml 130 MXN
Sprouted almonds, organic dates, organic Himalayan salt, organic cinnamon, alkaline water
- **LP CHOCOLATE ALMOND MYLK** 300ml 140 MXN
LP Simply Almond Mylk, organic cacao, organic maca, natural vanilla
- **GOLDEN ALMOND MYLK** 300ml 150 MXN
LP Simply Almond Mylk, organic coconut oil, organic Himalayan salt, fresh pressed turmeric, organic cinnamon, black pepper essential oil
- **MATCHA ALMOND MYLK** 300ml 150 MXN
LP Simply Almond Mylk, organic matcha, organic chlorophyll, organic Himalayan salt, natural vanilla
- **LP STRAWBERRY MYLK** 300ml 150 MXN
LP Simply Almond Mylk, organic strawberry
- **LP HOMEMADE COCONUT MYLK** 500ml 150 MXN
Fresh coconut meat, organic Himalayan salt, organic dates, cinnamon, pure baking soda, alkaline water
- **LP UNSWEETENED HOMEMADE COCONUT MYLK** 500ml 140 MXN
Fresh coconut meat, organic Himalayan salt, pure baking soda, alkaline water
- **LP RAW CASHEW MYLK** 500ml 150 MXN
Organic raw cashew butter, organic Himalayan salt, organic cinnamon, organic dates, alkaline water
- **LP RAW CHOCOLATE CASHEW MYLK** 500ml 180 MXN
Organic raw cashew butter, organic cacao, organic Himalayan salt, organic cinnamon, organic dates, alkaline water

LP HYDRATING TONICS



- BEAUTY TONIC** 500ml 150 MXN
Organic bulgarian rose petals, lemon, alkaline water
- BLACK MAGIC TONIC** 500ml 160 MXN
Activated charcoal, organic raw honey, lemon, lime essential oil, alkaline water
- HANGOVER TONIC** 500ml 130 MXN
Organic apple cider vinegar, organic raw honey, ginger, grapefruit essential oil, alkaline water
- CHIA SEED HYDRATING TONIC** 500ml 130 MXN
Organic sprouted chia seed, lemon essential oil, alkaline water
- BLUE MAGIC LEMONADE** 500ml 170 MXN
Lime, organic maple, syrup, blue spirulina, alkaline water.
- CHLOROPHYLL TONIC** 500ml 140 MXN
Oxygenated chlorophyll, alkaline water
- RUBY TONIC** 500ml 140 MXN
Hibiscus flowers, organic maple syrup, star anis, lime essential oil, alkaline water
- CRANBERRY TONIC** 500ml 140 MXN
Pure pressed cranberry, alkaline water

LP SHAKES



- GREEN SHAKE** 470ml 180 MXN
Organic unsweetened coconut mylk, organic spirulina, banana, spinach, dates, lemon essential oil, alkaline water
- VERY BERRY SHAKE** 470ml 180 MXN
Organic unsweetened coconut mylk, organic mixed berries, organic almond butter, organic chia seeds, banana
- LP CHOCOLATE MYLK SHAKE** 470ml 180 MXN
Organic unsweetened coconut mylk, banana. **All organic:** cacao, peanut butter, maca, coconut oil, cayenne pepper, coconut sugar
- MANGO LASSI** 470ml 180 MXN
All organic: mango, organic natural yogurt, coconut, sugar, cardamom, alkaline water
- VEGAN MANGO LASSI** 470ml 200 MXN
Coconut kefir. **All organic:** mango, coconut sugar, cardamom, alkaline water
- I LOVE AÇAÍ** 470ml 190 MXN
Organic unsweetened coconut mylk, banana, **All organic:** açaí, strawberry, guaraná, dates
- LP APPLE OATS MYLK SHAKE** 470ml 160 MXN
Organic unsweetened coconut mylk, organic gluten free oats, organic cinnamon, dates, green apple.
- LOVE 4-KIDS** 470ml 180 MXN
Organic unsweetened coconut mylk, organic mango, organic strawberry, banana, organic coconut sugar
- LP KETO CACAO SHAKE**  200 MXN
Organic unsweetened coconut mylk, organic cacao, organic Himalayan salt, organic mct oil, monkfruit sweetener, organic egg, avocado, pure vanilla, collagen, peppermint essential oil

LP ORGANIC COLD BREW COFFEE

- **LP ORGANIC COLD BREW CONCENTRATE** 1lt 500 MXN 290ml 170 MXN
Organic Mexican coffee, alkaline water, cold brewed for 24-hours
- **KETONE ESPRESSO**  65ml 60 MXN
LP Organic cold brew concentrate, organic MCT oil, organic ghee, natural vanilla
- **VEGAN KETONE ESPRESSO**  65ml 60 MXN
LP Organic cold brew concentrate, organic MCT oil, natural vanilla
- **DIRTY CHAI MATCHA LATTE (HOT)**  140 MXN
LP organic cold brew coffee, organic unsweetened coconut mylk, organic matcha tea, organic vanilla, organic stevia, chai spices, ginger, whipped cream
- **DARK NIGHT ESPRESSO (Double strength!)** 65ml 70 MXN
LP Organic cold brew concentrate, alkaline water, double brewed
- **KETO AMERICANO** 300ml 100 MXN
LP Organic cold brew concentrate, alkaline water, organic MCT oil, organic ghee, natural vanilla
- **LATTE** 300ml 110 MXN
LP Organic cold brew concentrate, LP Simply Almond Mylk, natural vanilla
- **MOCHA** 300ml 120 MXN
LP Organic cold brew concentrate, LP almond mylk, organic cacao, organic coconut sugar, natural vanilla

LP MEAL TIME

ALL ORGANIC BREAKFAST JARS

- **GRANOLA YOGURT** 250 ml 150 MXN
Organic chia, organic yogurt, organic maple syrup, organic granola
- **VEGAN ORGANIC GRANOLA YOGURT** 250 ml 180 MXN
Organic unsweetened coconut yogurt, organic chia, organic maple syrup, organic granola
- **ORGANIC GLUTEN FREE OVERNIGHT OATS** 250 ml 130 MXN
Organic unsweetened coconut mylk, organic gluten free oats, seasonal topping, organic maple syrup, Himalayan salt, organic cinnamon, alkaline water
- **CACAO CHIA PUDDING** 250 ml 130 MXN
Organic cacao, organic chia, organic coconut sugar, organic vanilla, organic unsweetened coconut mylk
- **COCONUT BLUEBERRY CHIA PUDDING** 250 ml 130 MXN
Organic coconut mylk, organic blueberries, organic shredded coconut, organic chia, organic maple syrup, lime essential oil

LP SUPERFOOD BOWLS

MADE TO ORDER 

- ORGANIC AÇAÍ GUARANÁ** 220 MXN
All organic açai berry, strawberries, blueberries, banana, maca, guaraná, maple syrup, unsweetened coconut milk.
Topped with: all organic granola, banana, coconut, chia seed.

- KETO AÇAÍ GUARANA BOWL**  220 MXN
All organic açai berry, strawberries, blueberries, unsweetened coconut mylk, spinach, maca, guaraná, stevia.
Topped with: all organic cacao nibs, coconut, strawberries, peanut butter, mct oil.

- GREEN MANGO MATCHA** 200 MXN
All organic mango, banana, spinach, ceremonial grade Matcha, unsweetened coconut milk, maple syrup.
Topped with: all organic granola, hemp seed, chia seed, cacao nibs, banana.

- GOLDEN PIÑA TURMERIC** 200 MXN
All organic pineapple, mango, coconut meat, cold pressed turmeric, black pepper, cardamom, unsweetened coconut milk.
Topped with: all organic banana, granola, chia seeds, cacao nibs.

- BLUE-BERRY SPIRULINA** 210 MXN
All organic passion fruit, pineapple, banana, chia seeds, blue spirulina, unsweetened coconut milk.
Topped with: all organic granola, cacao nibs, coconut and blueberries.

- PINK PITAYA PROTEIN BOWL** 220 MXN
All organic strawberries, banana, pink pitaya, protein powder, vanilla, unsweetened coconut mylk.
Topped with: all organic granola, coconut, strawberries.

LP TOAST

MADE TO ORDER

Keto bread 160 MXN / Vegan bread 140 MXN / Organic eggs +20 MXN

- ALMOND BUTTER TOAST**
All organic almond butter, hemp seeds, pecans, cinnamon essential oil, vanilla & mandarin infused maple syrup.

- AVOCADO TOAST**
Avocado, lemon, black pepper, organic Himalayan salt, cherry tomato, organic olive oil infused with basil essential oil and lemon zest.

- COLIFLOR HUMMUS TOAST**
Coliflor hummus (cauliflower, tahini, olive oil, lemon, garlic, organic Himalayan salt, cumin, paprika), cucumber, paprika, parsley.

- BEETROOT SPREAD & SPROUTS**
Beetroot hummus, alkaline water, cumin, organic tahini, organic himalayan salt, organic olive oil, alfalfa sprouts, goat feta cheese, black pepper.

- APPLE CANELA CACAO**
Red apple slices and all organic almond butter, cacao nibs, maple syrup or keto maple syrup, cinnamon.

- STRAWBERRY PEANUT BUTTER JELLY TIME**
Strawberries and all organic peanut butter, maple syrup or keto maple syrup, cacao nibs, nutmeg.

LP SNACKS



- DEHYDRATED WALNUTS** 100 g 170 MXN
Activated walnuts, organic maple syrup, organic maca, organic cacao, organic Himalayan salt, organic dates, banana, natural vanilla, cinnamon, organic almond butter
- LP ROSEMARY ALMONDS** 150 g 170 MXN
Activated almonds, organic rosemary, organic olive oil, organic Himalayan salt, garlic
- DEHYDRATED PUMPKIN SEEDS** 120 g 170 MXN
Pumpkin seeds, fresh coconut meat, curry powder, turmeric powder, cayenne pepper, organic Himalayan salt
- LIVE CRACKERS: GREENS** 100 g 150 MXN
Gluten free oats, organic activated chia, organic flaxseed, organic sunflower seeds, organic pumpkin seeds, organic poppy seeds, organic olive oil, organic Himalayan salt, cold pressed lemon, green juice fiber
- LIVE CRACKERS: KETO GREENS** 100 g 150 MXN
Organic pumpkin seeds, organic activated chia, organic flaxseeds, organic pumpkin seeds, organic Himalayan salt, greens juice fiber
- LIVE CRACKERS: ROOTS** 100 g 150 MXN
Organic gluten free oats, organic activated chia, organic flaxseeds, organic sunflower seeds, organic poppy seeds, organic olive oil, organic Himalayan salt, cold pressed lemon, beetroot juice fiber
- LP ALMOND HUMMUS** 200 g 200 MXN
Organic raw tahini, almond pulp, lemon juice and lemon zest, garlic, cumin spice, organic Himalayan salt, extra virgin olive oil
- KETO COLIFLOR HUMMUS** 200 g 130 MXN
Cauliflower, lemon, garlic, cumin, organic tahini, organic olive oil, organic Himalayan salt, organic paprika

LP ORGANIC PRANA BALLS



26 g 50 MXN

- MACACAO NUT**
Organic maca, organic cacao, organic peanut butter, organic Himalayan salt, natural vanilla, walnuts, organic dates
- SPIRULINA BALL**
Organic spirulina, organic cashews, organic coconut flakes, organic vanilla, dates, organic Himalayan salt
- GOJI OATMEAL COOKIE**
Organic goji berries, organic gluten free oats, organic coconut flakes, organic maple syrup, organic almond butter, organic himalyan salt, pumpkin seeds, organic dates, cinnamon
- COCONUT KEY LIME**
Organic shredded coconut, organic raw cashew butter, organic maple syrup, organic coconut oil, white sesame seeds, vanilla, lime
- KETO COCONUT KEY LIME** 60 MXN
Shredded coconut, raw cashew butter, coconut oil, white sesame seeds, monkfruit/stevia, vainilla, lime
- KETO TRUFFLE PRANA BALLS** 60 MXN
Organic almond butter, organic stevia, organic vanilla, organic Himalayan salt, organic toasted almonds, organic cacao nibs, cacao butter, chai spices

LP HOMEMADE SOUPS



500 g 180 MXN

- RAW COLD PRESSED CARROT AVO YUMMY SOUP**
Coldpressed carrot, avocado, cumin, organic cayenne pepper, Himalayan salt
- BEETROOT COMINO SOUP**
Beetroot, red onion, garlic, cumin herb, Himalayan salt, alkaline water
- CARROT CAMOTE GINGER SOUP**
Carrot, ginger, orange sweet potato, red onion, garlic, Himalayan salt, cinnamon, alkaline water
- CHAYOTE SQUASH SOUP**
Chayote, ginger, onion, garlic, bay leaf, black pepper, alkaline water
- CHAYA SWEET POTATO SOUP**
Chaya, sweet potato, Himalayan salt, garlic, red onion, alkaline water
- BONE BROTH** 500 g 270 MXN 1 Lt 520 MXN
GRASS FED / GRASS FINISHED Organic beef bones, organic apple cider vinegar, fresh vegetables and herbs (onion ginger garlic, turmeric carrot, parsley, coriander, bay leaves, organic himalayan salt, and allspice). Slow cooked for 72-hours with filtered alkaline water.



DETOX PLANS

1•3•5•7 DAYS

Beginners & Advanced

1 DAY	3 DAY	5 DAY	7 DAY
1,100 MXN	3,100 MXN	4,800 MXN	6,650 MXN

Active Life

1 DAY	3 DAY	5 DAY	7 DAY
1,200 MXN	3,250 MXN	5,100 MXN	7,300 MXN

CLEANSE

Super Juice and Soup Cleanse

4 DAY

4,800 MXN

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GLASS DEPOSITS

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for an instant credit on your next purchase.

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10 MXN credit

Less than 500 ml

5 MXN credit

Detox bottles do not apply