



Challenge Day 2

Chew's Challenge



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Fresh "Whole" Juice

Ingredients

- 2 cups grapes with the seeds
- 5 strawberries with the stems
- 1/2 cup fresh pineapple
- 4 orange segments
- 1 cup spinach
- 2 Tbsp agave



Grilled Pineapple Quesadillas

Ingredients

- 1 cup pineapples
- 1 cup mango
- 1/2 cup onion
- 1 cup cabbage
- 1/4 cup pizza sauce
- 1/3 cup of vegan cheese
- 1 Tortilla

