



MENU

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

Prices are in mexican pesos

**Start strong with a
Liquid Prana® Detox Plan**

liquidpranamexico.com

Delivery Free over \$800.00 in Playa del Carmen

COLD PRESSED JUICES



Greens

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



Minimal order 1 Lt.

Roots

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

Citrus

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



Minimal order 1 Lt.



Minimal order 1 Lt.



Minimal order 1 Lt.

LP Delights

- MORINGA GREENS** 500ml 180
Organic moringa, cucumber, celery, ginger, lemon, apple
- LP DOCTOR AWAY** 500ml 180
Carrot, orange juice, turmeric, ginger, organic cayenne pepper



Minimal order 1 Lt.

Sweet N Fruity

- WATERMELON GOURMET**
Watermelon, basil essential oil
- MIGHTY MELON**
Cantaloupe with seeds
- APPLE CANELA**
Red apple, ginger, lime, clove, cinnamon



500ml 160
Minimal order 1 Lt.



500ml 170
Minimal order 1 Lt.



300ml 290
Minimal order 1 Lt.

Prana Shots

- VITAL SHOT** 25ml 70 300ml 840
Pure pressed ginger, lemon, organic cayenne pepper
- GOLDEN SHOT** 25ml 70 300ml 840
Fresh pressed turmeric root, black pepper essential oil, alkaline water
- ENERGY SHOT** 25ml 70 300ml 840
Pure pressed ginger, apple
- SPIRULINA SHOT** 25ml 70 300ml 840
Lemon, spirulina
- GINGER SHOT** 25ml 70 300ml 840
Pure pressed ginger
- ANTIVIRAL SHOT** 25ml 70 300ml 840
Fresh pressed ginger and garlic, lemon, cayenne pepper, oregano essential oil
- LP MORNING ALKALIZER** 65ml 60
Organic apple cider vinegar, lemon, alkaline water



Minimal order 10 shots
or 300ml bottle

Add oregano essential oil for \$20

LP NUT MYLKS

- LP SIMPLY ALMOND MYLK** 300ml 130 Lt 400
Sprouted almonds, organic dates, organic Himalayan salt, organic cinnamon, alkaline water
- LP CHOCOLATE ALMOND MYLK** 300ml 140 Lt 420
LP Simply Almond Mylk, organic cacao, organic maca, natural vanilla
- GOLDEN ALMOND MYLK** 300ml 150 Lt 440
LP Simply Almond Mylk, organic coconut oil, organic Himalayan salt, fresh pressed turmeric, organic cinnamon, black pepper essential oil
- MATCHA ALMOND MYLK** 300ml 150 Lt 430
LP Simply Almond Mylk, organic matcha, organic chlorophyll, organic Himalayan salt, natural vanilla
- LP STRAWBERRY MYLK** 300ml 150 Lt 450
LP Simply Almond Mylk, organic strawberry
- LP HOMEMADE COCONUT MYLK** 470ml 150 Lt 300
Fresh coconut meat, organic Himalayan salt, organic dates, cinnamon, pure baking soda, alkaline water
- LP UNSWEETENED HOMEMADE COCONUT MYLK** 470ml 280
Fresh coconut meat, organic Himalayan salt, pure baking soda, alkaline water
- LP RAW CASHEW MYLK** 470ml 150 Lt 300
Organic raw cashew butter, organic Himalayan salt, organic cinnamon, organic dates, alkaline water
- LP RAW CHOCOLATE CASHEW MYLK** 470ml 180 Lt 360
Organic raw cashew butter, organic cacao, organic Himalayan salt, organic cinnamon, organic dates, alkaline water
- LP RAW PEANUT MYLK** 470ml 140 Lt 280
Organic raw peanut butter, organic Himalayan salt, organic cinnamon, organic dates, alkaline water.
- LP SESAME CHIA MYLK** 470ml 150 Lt 300
Organic chia, organic dates, cinnamon, natural vanilla, tahini, alkaline water

LP HYDRATING TONICS



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



LP SHAKES



| | | |
|--|-------|-----|
| ● GREEN SHAKE | 470ml | 180 |
| Organic unsweetened coconut mylk, organic spirulina, banana, spinach, dates, lemon essential oil, alkaline water | | |
| ● VERY BERRY SHAKE | 470ml | 180 |
| Organic unsweetened coconut mylk, organic mixed berries, organic almond butter, organic chia seeds, banana | | |
| ● LP CHOCOLATE MYLK SHAKE | 470ml | 180 |
| Organic unsweetened coconut mylk, banana. All organic: cacao, peanut butter, maca, coconut oil, cayenne pepper, coconut sugar | | |
| ● MANGO LASSI | 470ml | 180 |
| All organic: mango, organic natural yogurt, coconut, sugar, cardamom, alkaline water | | |
| ● VEGAN MANGO LASSI | 470ml | 200 |
| Coconut kefir. All organic: mango, coconut sugar, cardamom, alkaline water | | |
| ● I LOVE AÇAÍ | 470ml | 190 |
| Organic unsweetened coconut mylk, banana, All organic: açai, strawberry, guaraná, dates | | |
| ● LP APPLE OATS MYLK SHAKE | 470ml | 160 |
| Organic unsweetened coconut mylk, organic gluten free oats, organic cinnamon, dates, green apple. | | |
| ● LOVE 4-KIDS | 470ml | 180 |
| Organic unsweetened coconut mylk, organic mango, organic strawberry, banana, organic coconut sugar | | |

SUPERCARGE YOUR SHAKE:

Almond butter
Peanut butter
Ashwagandha
Cacao nibs
Hemp seeds
Maca

Organic spirulina
Organic granola
Protein powder
Wheatgrass
Flaxseed
CBD oil

LP ORGANIC COLD BREW COFFEE



- **LP ORGANIC COLD BREW CONCENTRATE** 300ml 170
Organic Mexican coffee, alkaline water, cold brewed for 48-hours
- **KETO ESPRESSO** 65ml 60
LP Organic cold brew concentrate, organic MCT oil, organic ghee, natural vanilla
- **VEGAN KETO ESPRESSO** 65ml 60
LP Organic cold brew concentrate, organic MCT oil, natural vanilla
- **DIRTY CHAI MATCHA LATTE (HOT)** 140
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
LP Organic cold brew concentrate, alkaline water, double brewed
- **AMERICANO** 300ml 100
LP Organic cold brew concentrate, alkaline water, organic MCT oil, organic ghee, natural vanilla
- **LATTE** 300ml 110
LP Organic cold brew concentrate, LP Simply Almond Mylk, natural vanilla
- **MOCHA** 300ml 120
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
All organic: chia, yogurt, maple syrup, granola
- **ORGANIC GLUTEN FREE OVERNIGHT OATS** 250 ml 130
All organic: unsweetened coconut mylk, gluten free oats, seasonal topping, maple syrup, Himalayan salt, cinnamon, alkaline water
- **CACAO CHIA PUDDING** 250 ml 130
All organic: cacao, chia, organic coconut sugar, vanilla, unsweetened coconut mylk
- **COCONUT BLUEBERRY CHIA PUDDING** 250 ml 130
All organic: coconut mylk, blueberries, shredded coconut, chia, maple syrup, lime essential oil
- **CHOCOLATE MOUSSE** 200 gr 215
Avocado, Himalayan salt.
All organic: maple syrup, cacao powder, vanilla.



LP TOAST



MADE TO ORDER

CHOOSE: Keto bread \$160 / Vegan bread \$140 Extra organic egg \$20

- **ALMOND BUTTER TOAST**
Toasted vegan bread, organic almond butter, organic hemp seeds, organic Himalayan salt, organic vanilla & mandarin infused maple syrup, pecans, banana, cinnamon essential oil
- **AVOCADO TOAST**
Toasted vegan bread, avocado, lemon, black pepper, organic Himalayan salt, cherry tomatoes, basil essential oil & lemon infused organic olive oil
- **APPLE CANELA CACAO**
Red apple slices, organic almond butter, organic cacao nibs, organic maple syrup or keto maple syrup, organic cinnamon
- **STRAWBERRY PEANUT BUTTER JELLY TIME**
Toasted vegan bread, strawberries, organic peanut butter, organic maple syrup or keto maple syrup, organic cacao nibs, organic nutmeg
- **½ KETO BREAD LOAF** 250
- **1 KETO BREAD LOAF** 500

LP SUPERFOOD BOWLS



MADE TO ORDER 180

- **ORGANIC AÇAÍ GUARANÁ** 230
Organic açai berry, organic strawberries, organic blueberries, organic maca, organic guarana, organic maple syrup, banana, organic unsweetened coconut milk. **Topped with:** Organic granola, organic coconut, organic chia seed, banana
- **GREEN MANGO MATCHA** 230
Mango, banana, spinach, ceremonial grade matcha, organic unsweetened coconut milk. **Topped with:** Organic granola, organic hemp seed, organic cacao nibs, banana
- **GOLDEN PIÑA TURMERIC** 230
Pineapple, mango, coconut meat, cold pressed turmeric, black pepper, cardamom, organic unsweetened coconut milk. **Topped with:** Organic granola, organic hemp seeds, organic cacao nibs, banana
- **BLUE-BERRY SPIRULINA** 230
Passion fruit, pineapple, banana, organic chia seeds, blue spirulina, organic unsweetened coconut milk. **Topped with:** Blueberries, organic granola, organic cacao nibs, organic coconut
- **PINK PITAYA PROTEIN BOWL** 230
Organic strawberries, banana, pink pitaya, protein powder, vanilla, organic unsweetened coconut mylk. **Topped with:** Organic granola, organic coconut, organic strawberries
- **KETO AÇAÍ GUARANÁ** 240
All organic açai berry, strawberries, blueberries, maca, spinach, guarana, Stevia, unsweetened coconut milk. **Topped with:** coconut, strawberry, peanut butter, cacao nibs y MCT oil

LP HOMEMADE BAKERY MUFFINS

- **CARROT MUFFIN** 80
Nutmeg, ground ginger, brown sugar, carrot juice pulp, baking powder. All organic: almond flour, eggs, coconut oil, cinnamon, Himalayan salt, coconut flour, vanilla and baking soda. Frost: organic almond butter.
- **BLUEBERRY MUFFIN** 80
All organic: coconut flour, coconut oil, coconut milk, blueberries, monkfruit sweetener, vanilla, eggs, baking powder and baking soda. Frost: organic almond butter.
- **CHOCO PEANUT BUTTER MUFFIN** 80
All organic: almond flour, coconut flour, no sugar chocolate chips, peanut butter, eggs, Himalayan salt, coconut mylk, monkfruit sweetener, cinnamon, baking powder, coconut oil and baking soda. Frost: organic peanut butter.
- **VEGAN DARK CHOCOLATE MUFFIN** 100
Pure baking soda, alkaline water, baking powder. All organic: gluten free oat flour, coconut flour, cacao powder, himalayan salt, coconut mylk, coconut oil, coconut sugar, maple syrup, and vanilla extract.

LP ORGANIC PRANA BALLS



25 g 50
KETO 60

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 PRANA BALL

Shredded coconut, raw cashew butter, organic coconut oil, white sesame seeds, monkfruit/stevia, vainilla, lime.

KETO TRUFFLE PRANA BALL

Organic almond butter, organic stevia, organic vanilla, organic Himalayan salt, organic toasted almonds, organic cacao nibs, cacao butter, chai spices.

LP SNACKS



DEHYDRATED WALNUTS

100 g 170

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

Activated almonds, organic rosemary, organinc olive oil, organic Himalayan salt, garlic

DEHYDRATED PUMPKIN SEEDS

120 g 170

Pumpkin seeds, fresh coconut meat, curry powder, turmeric powder, cayenne pepper, organic Himalayan salt

ALMOND HUMMUS

200 g 200

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

Cauliflower, lemon, garlic, cummin, organic tahini, organic olive oil, organic Himalayan salt, organic paprika



LP HOMEMADE SOUPS



400 g 180
1 Lt 360

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

400 g 270 1 Lt 520

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.



Life Force in a Bottle

DETOX PLANS

1•3•5•7 DAYS

Beginners & Advanced

1 DAY

1,100 mxn

3 DAY

3,100 mxn

5 DAY

4,800 mxn

7 DAY

6,650 mxn

Active Life

1 DAY

1,200 mxn

3 DAY

3,250 mxn

5 DAY

5,100 mxn

7 DAY

7,000 mxn


Order your Detox Plan today for pickup or delivery



PLAYA DEL CARMEN

CALLE 10 NTE, ESQ. AV. 15 NTE.

PLAZA PELICANOS

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Please return your Liquid Prana glass bottles, rinsed,
for an instant credit on your next purchase.

500 ml+

10 credit

Less than 500 ml

5 credit

Detox bottles do not apply