

green press

Juice Cleansse Guide



Welcome to Green Press. Congratulations on committing to a juice cleanse. We're thrilled to be part of your health & wellness journey and want to support you every step of the way.

A juice cleanse is an excellent way to kickstart a healthier lifestyle. We know that juice fasting is not for everyone, which is why our team of nutritionists created our Juice Cleanse + Eat option. This approach allows you to enjoy the benefits of cleansing while maintaining a balanced diet.

With our Juice Cleanse + Eat options, we provide you with the juices and a detailed guide on the foods you should include and those to avoid during your cleanse. Who knows—you may even decide to eliminate the unhealthier food options long after the cleanse is done!

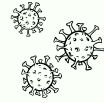
The goal of the cleanse is to give your body a much needed reset by helping to eliminate toxins, improve digestion, and flood your body with essential nutrients. It's not just about cleansing—it's about building a foundation for long-term wellness and mindful eating. Remember, your health is a journey, and lasting results take time. We're happy to be a part of your journey and are here to support you as you work towards a healthier, happier you.

Team Green Press

BENEFITS OF A JUICE CLEANSE



Increased Mental Clarity & Reduced Brain Fog.



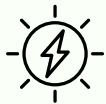
Helps to eliminate toxins.



Contributes to overall improved quality of sleep.



Improves digestion and transit time.



Increases energy levels.



Supports a strong & healthy immune system.



Kickstarts a healthy lifestyle.



Reduces bloating.



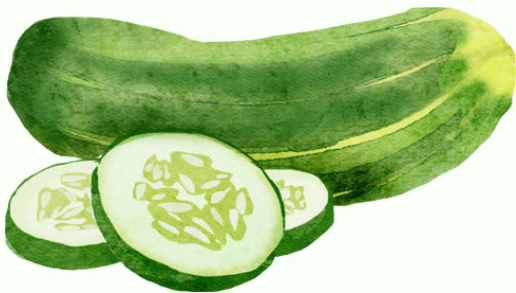
Helps reduce cravings for unhealthy snacks.



Supports you during your weight loss journey.

Our Juice Cleanse + Eat options are great for anyone who:

- Wants to ease in or out of a juice fast
- Is trying a juice cleanse for the first time
- Wants to continue to exercise during the cleanse
- Cannot commit to cutting out food



PREPARING FOR YOUR CLEANSE

1. Stay hydrated by drinking plenty of water leading up to your cleanse.
2. Be conscious of your meals so you don't completely shock your body when you start the juices.
3. Try to reduce or avoid your caffeine intake. Caffeine is highly addictive and cutting it out completely (depending on your dependency level) can cause headaches or other symptoms. So if you cannot cut it out completely try to reduce what you can.
4. Avoid alcohol and processed foods before starting.
5. Plan your days to include light activities and rest during the cleanse.

DURING YOUR CLEANSE

What to Eat

- Organic Eggs
- Organic Chicken
- Wild Caught Fish
- Raw & Unsalted Nuts
- Fruit & Vegetables
- Quinoa, Beans, Lentils
- Olive Oil, Coconut Oil, Avocado Oil
- Herbal Teas
- Bone Broth
- Fermented foods
- Sweet Potatoes

What to Avoid

- Processed foods
- Deep fried foods
- White flour
- Cookies, candy, pastries or other sugary dessert
- Canola oil & Seed Oils
- Margarine
- Soda drinks
- Energy sport drinks
- Aspartame & artificial sweeteners
- Sugar

Instructions

Your juice cleanse is designed to let you enjoy the benefits of cleansing while maintaining a healthy, balanced diet, setting the foundation for lasting healthy eating habits after the cleanse.

Start your day with your first juice on an empty stomach, aiming to have it within 30 minutes of waking. Space your meals and juices 1–2 hours apart throughout the day. Below is a suggested order for your juices, but feel free to adjust it to suit your preferences!

You can mix and match different cleanse packages like Standard, Skin, Liver, or Keto, or stick with the same one each day—it's completely up to you!

Standard Cleanse



Intermediate Cleanse



Green Cleanse



Skin Cleanse



Liver Cleanse



Keto Cleanse



Listen to your body during the cleanse and remember your path to a healthier & happier you is a journey and will take time. We are here to help you choose healthier lifestyle changes.

Suggested Juice Order

Remember, this is a suggested order, and switching it up won't affect your results! Listen to your body—pair the shot with a juice, skip the last meal if satisfied, and enjoy meals after Juice 1 and 2 (or Juice 3 if needed). Space your juices and meals 1–2 hours apart for best results.

Standard Cleanse



1. Wellness Shot + Evergreens
2. Colour Me Healthy
3. E3 Live + Beet it Orange

Intermediate Cleanse



1. Wellness Shot + Mean Greens
2. Glow
3. E3 Live + Royal Flush

Green Cleanse



1. Wellness Shot + Mean Greens
2. Celery Juice
3. E3 Live + Evergreens

Skin Cleanse



1. Wellness Shot + Celery Juice
2. Glow
3. E3 Live + Mean Greens

Liver Cleanse



1. Wellness Shot + Beet it Orange
2. Fine and Dandy
3. E3 Live + Royal Flush

Keto Cleanse



1. Turmeric Shot + Celery Juice
2. Mean Greens
3. E3 Live + Fine and Dandy

Bottle Recycling Program



Did you know you can collect points for returning your clean bottles? Visit our Bottle Recycling Program page for more details on eligibility.



**Click here or
Scan for
More Info**

Referral Program



Refer your friends and family—give \$10, get \$10 credit to your online account, which can be used toward future purchases. Visit us online for more info!



**Click here or
Scan for
More Info**

Have Any Questions?

Contact us info@greenpress.ca

Post Cleanse Tips

1

Listen to Your Body

Pay attention to how different foods made you feel during your cleanse. Which ones energized you? Which ones didn't? Use this insight to continue making healthier food choices.

2

Prioritize Sleep

Aim for 7–8 hours of sleep each night to support healing, detoxification, and overall well-being.

3

Stay Active

Aim for at least 30 minutes of exercise daily to maintain an active lifestyle. Whether it's walking, weightlifting, yoga, or Pilates, focus on movement that you enjoy. Remember, building a healthier body composition is more important than just watching the number on the scale.

4

Stay Hydrated

Drink plenty of water throughout the day. Add a pinch of sea salt or a few pieces of Celtic salt to your water to replenish electrolytes and get essential minerals.

5

Keep Going

One meal or bad day won't derail your progress. Health is a lifestyle—stay consistent and celebrate your steps forward.