

green press

# Juice Fast Guide



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

A juice fast is an excellent way to kickstart a healthier lifestyle. It may take your body to get used to consuming only drinking liquids but after 2-3 days your body will really start to feel the benefits! We also have a Juice Cleanse + Eat option that allows you to ease in and out of a juice fast. See our Juice Cleanse Guide for more info.

The goal of the juice fast 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.

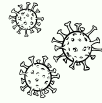
**Team Green Press**

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## BENEFITS OF A JUICE FAST



Increased Mental Clarity & Reduced Brain Fog.



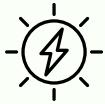
Helps to eliminate toxins.



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.



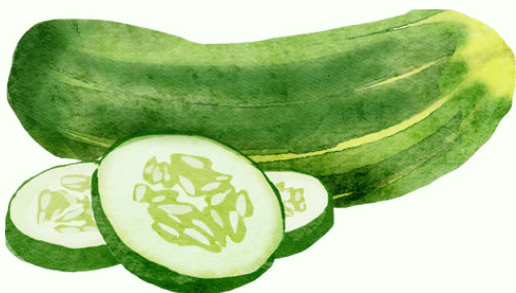
Helps reduce cravings for unhealthy snacks.



Supports you during your weight loss journey.

## HOW TO EASE INTO A JUICE FAST

- Be mindful of your meals before your juice fast so you don't completely shock your body
- Consider a juice cleanse + eat option where you can still eat to slowly introduce the juices to your body (1-3 days is usually sufficient)



# PREPARING FOR YOUR JUICE FAST

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.

## PRIOR TO YOUR JUICE FAST



Stay Hydrated-  
Drink Water



Herbal Teas  
(not caffeinated)



Mindful Eating



Get enough  
sleep

## DURING YOUR JUICE FAST



Stay Hydrated-  
Drink Water



Herbal Teas  
(not caffeinated)



Cold Pressed  
Juice



Get enough  
sleep



## Instructions & Suggested Juice Order

During your juice fast, you'll enjoy the cold pressed juices and wellness shots we provide. Preparation is key for a smooth experience, so plan ahead. Easing in and out of your juice fast is highly recommended. Don't forget to explore our Juice Cleanse + Eat Programs! Space the juices out 1-2 hours apart. Aim to have your first juice within the first 30 minutes of waking.

### Beginner Juice Fast



1. Celery Juice + Wellness Shot
2. Pineapple Chia
3. Beet it Orange + E3 Live Shot
4. Colour me Healthy
5. Evergreens + Wellness Shot
6. Vanilla Almond

### Intermediate Juice Fast



1. Celery Juice + Wellness Shot
2. Beet it Orange
3. Mean Greens + E3 Live Shot
4. Colour me Healthy
5. Evergreens + Wellness Shot
6. Vanilla Almond

### Advanced Juice Fast



1. Celery Juice + Wellness Shot
2. Royal Flush
3. Mean Greens + E3 Live Shot
4. Fine and Dandy
5. Evergreens + Wellness Shot
6. Vanilla Almond

This is a suggested juice schedule, but feel free to adjust the order to suit your preferences.

## 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](mailto:info@greenpress.ca)**

# Post Fast Tips

1

### **Ease off your Fast**

Easing off your fast is key. Start with juices, soups, and salads, or anything light. Wait a few days before reintroducing dairy, meat or carbohydrates into your routine.

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 30 minutes of movement daily—walking, yoga, pilates, or weightlifting. Start slow and ease into intense workouts to avoid injury. 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.