

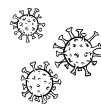
Juice Cleanse Guide



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.



Congratulations on committing to a juice cleanse!
We're excited to be part of your health and
wellness journey.

Our Juice Cleanse + Eat program combines
nutrient-rich juices with balanced eating, giving
you the flexibility to cleanse while still enjoying
wholesome foods.



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 still eat 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 dependancy 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.

Suggested Juice Order

This is a suggested order. Switching it up won't affect your results!
Space your juices and meals 1–2 hours apart for best results.

Standard Cleanse



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

Green Cleanse



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

Intermediate Cleanse



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

Liver Cleanse



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

Skin Cleanse



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

Instructions

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!

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

What to Avoid

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