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Juice Fast Guide

Congratulations on committing to a juice fast! We're excited to be part of your health and wellness journey and are here to support you every step of the way.

A juice fast is a great opportunity to reset your routine, nourish your body with essential nutrients, and build healthier habits. It may take a little time to adjust to consuming only liquids, so be patient with yourself and listen to your body.

Looking for a gentler approach? Our Juice Cleanse + Eat option can help you ease into your wellness routine. Check out our Juice Cleanse Guide for more details.

Remember, lasting wellness is a journey, not a quick fix. We're happy to be part of yours!

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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.





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 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.

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Instructions & Suggested Juice Order

This is a suggested juice schedule, you can adjust the flavours throughout the day to suit your preference. Space the juices out 1-2 hours apart. Aim to have your first juice within the first 30 minutes of waking.

Vitality: Standard Fast



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

Vitality: Green Fast



1. Celery Juice + Wellness Shot
2. Beet it Orange
3. Mean Greens
4. Royal Flush
5. Evergreens + Wellness Shot
6. Vanilla Almond

AFTER YOUR JUICE FAST

Ease off your Fast
Start with juice, soups, and salads.

Stay Active
Aim for 30 minutes of movement daily.

Prioritize Sleep
Try to get 8 hours of sleep each night.

Stay Hydrated
Drink plenty of water throughout the day.

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