



Cleanse Suggestions:

PRE-CLEANSE

- Start your day with warm water and lemon.
- Drink at least 2 liters of water a day.
- Eliminate caffeine, alcohol, soda and dairy products.

CLEANSE DAY(S)

- Start your day with warm water and lemon.
- Take back the SHOT and chase it with your 1st pick.
- Sip and enjoy the rest!
- Pop open a new juice every two hours (6 per day)
- Drink at least 8 glasses of water each day.
- Light exercise (yoga or a stroll in the park)
- Drink warm herbal teas during moments of hunger cravings
- Get some good sleep!

POST CLEANSE

- Eat 3 small meals the first two “post” cleanse days.

Example Day 1:

Breakfast: Fruit salad or raw veggie salad

Lunch: Fruit and Vegetable smoothie, (plant protein optional)

Dinner: Steamed vegetables, raw vegetable salad

Example Day 2:

Breakfast: Fruit salad, smoothie or vegetable juice, maybe a slice of toast

Lunch: Raw salad veggie salad. Soup is also a great choice (non-dairy)

Dinner: Raw salad, steamed vegetables and a small portion of whole grains

- Day 3: Start to reintroduce animal protein and dairy, if you choose. Consider steamed fish in place of meat, and coconut/hemp milk products in place of cow’s milk. Try to incorporate a green drink into your daily routine. This will help keep the system running smoothly and keep the acidity away.