

The Juice Cleans “Reboot”

We are so excited for you to get the best results possible and also enjoy your juice cleanse.



Below are the steps we suggest before you start your juice fast to maximize results.

1. Eat light, and try to make sure you eat as many raw fruits and veggies as possible is best!
2. Drink lots of fresh, purified water before, during, and after your cleanse.
3. It may also help to drink hot or cold herbal tea or lemon water to help reduce the possibility of feeling tired and sluggish as your body detoxes.
4. Avoid processed sugar, caffeine, nicotine, alcohol, and greasy, processed foods. They can undermine the benefits of your cleanse program.

Whats Comes with The Juice Cleans “Reboot”:

The juice cleanse includes five juices per day for 3 days which are listed below:

Master Cleanse, Fresh Start, Heart Beat, Apple Crisp and Creamsicle.

We suggest consuming your Juices each day for three days in this order

- 1. Master Cleanse**
- 2. Fresh Start**
- 3. Heart Beat**
- 4. Apple Crisp**
- 5. Creamsicle**

After your fast:

After your cleanse it is important to introduce whole foods back into your diet slowly. Starting with soft fruits and some veggies. It's best to eat Soups and soft foods for your first meals. Eat slowly with intention, and be sure not to overeat.

Menu suggestions after your fast:

Fresh Spring Rolls

Kale Salad

Fresh Salad

Raw Alfredo Kelp Noodles