

3 Day Self Care Cleanse Notes

Be Well: cucumber, apple, celery, kale, lemon

Thrive: celery, apple, kale, spinach, mint, parsley, ginger, turmeric, lime

Jade: cucumber, celery, kale, parsley, spinach, arugula, lemon

Golden Greens: cucumber, celery, kale, arugula, turmeric, parsley, cilantro, mint, lime

Revive: bell peppers, cucumber, celery, kale, dill, micro mint, ginger, lemon

Clarity: cucumber, apple, celery, spinach, cilantro, lemon, ginger

Balance: cucumber, celery, kale, spinach, arugula, parsley, mint, ginger, turmeric, lemon, lime, sea salt

Pomme Pomme: pomegranate, pear, orange, ginger, lime

Immunity: carrot, apple, turmeric, ginger, lemon

Girl Power: carrot, beet, apple, ginger, apple

Day 1	Day 2	Day 3
8:30am: Earthbound Smoothie Banana, avocado, cashew, kale, spinach, spirulina, cinnamon, maca, almond milk	Rich Witch Smoothie Pineapple, mango, avocado, spinach, dates, hemp seeds, almond butter, ginger, chlorella, almond milk	Daily Smoothie Pineapple, banana, avocado, spinach, sunflower butter, cinnamon, flax seeds, spirulina, almond milk
11am: Jade	Golden Greens	Balance
1pm: Immunity	Glow	Girl Power
3:30pm: Be Well	Thrive	Clarity
6pm: Vanilla Almond Mylk	Golden Almond Mylk	Chocolate Almond Mylk

Almond Mylks: raw almonds, dates, filtered water; flavored with superfoods

Golden: turmeric & ginger root, cinnamon

Chocolate: cacao, maple, sea salt

Protein Shakes: base of coconut water, hemp, pumpkin and sunflower seeds; cashew, Sprout Living Epic Protein, superfood flavoring

Vanilla: vanilla extract, sea salt and cinnamon

Smoothie Blending at Home

- Keep cup of smoothie ingredients frozen until you are ready to prepare your dinner
- Keep milk refrigerated until ready to prepare your dinner
- Blending: dump all frozen ingredients from cup into blender, use your cup to measure out 16 oz of milk (almost a full plastic cup) and pour into blender
- Blend until smooth, serve in your own cup or the plastic cup provided

**** Juice numbering system ****

Your juices are numbered with denotations for the day, and number in the recommended consumption order. The first number on the cap denotes the day 1-3, and the second number denotes the juices in order 1-5. Your first juice on the first day is numbered “1)1” the second juice on the first day “1)2” and so forth. The first juice on the second day is numbered “2)1” the second juice on the first day “2)2” and so forth until your 5th juice each day. The same for day three: first juice, “3)1” second juice “3)2” and so on until “3)5”

Additional notes, highly recommended: Start your day with herbal tea, green tea (if you need a bit of caffeine) or hot water with lemon. Coffee will not negate the benefits of your cleanse - though it can be a welcome reprieve from caffeine reliance - but if you do, be sure it is consumed early and after your first juice and water.

Consume your juices roughly 2 hrs apart.

MOST IMPORTANT: Follow each and every bottled product with 16 oz of filtered water. A 1 to 1 ratio of juice to water is so important. Your hydration is key to helping you feel full, avoid headaches, feel amazing and solidify the effects of your cleanse! Your Mylk/Protein Shake for “dinner” should be consumed by 6:30 PM to allow a full digestive process before bed.

Listen to your body over all else - if you find you would rather have products in a different order than we recommend, trust that. You know yourself best.

*This process is meant to feel like an abundance, not a deprivation. If you feel like snacking, please feel welcome; best cleansing snacks to satisfy and sustain: nuts (may be salted), seeds, raw fruits, unsweetened dried fruit, seaweed snacks, whole vegetables (carrots, cucumbers, and avocado) - raw, steamed or roasted, unsalted popcorn with dill and nutritional yeast.

After your cleanse

Wean off your cleanse with light, easy-to-digest, mostly plant-focused meals.

Soups, grain salads, smoothies, broth, etc are great and much-welcomed options. Stick to whole foods, steer clear of processed or packaged foods. It's often very nice to have a juice a day for a day or two when you are done with your cleanse. The process is designed to help you reframe your concept of nourishment and reset your intuitive eating. Be gentle, and eat foods that are gentle.

