suja

The Cleanse

If you are doing a 1, 3 or 5 day cleanse, follow the directions for Day 1 of your cleanse, and repeat for each following day you are cleansing.

BEFORE THE CLEANSE

A couple of days prior to beginning your cleanse, it is a good idea to start eliminating coffee, alcohol, dairy, red meat, sugar, and white flour and bread products. Maximizing fruits, vegetables, and whole grains will make the transition into your cleanse much easier!

DURING THE CLEANSE

On the morning of your first day, alkalize your body with a warm glass of water with lemon and/or a tablespoon of apple cider vinegar. A little while later, when your body feels the need for something more, begin with your juices for the day. They will be consumed as follows:

1. Breakfast..... **GLOW**
2. Mid-Morning..... **FUEL**
3. Lunch..... **PURIFY**
4. Mid-Afternoon..... **FIJI**
5. Dinner..... **GREEN SUPREME**
6. Dessert..... **VANILLA CLOUD**

(drink a minimum of 3 hours before bed to ensure full digestion).

During the day, stay hydrated with water, teas, and even additional juices if you'd like.

What if I MUST eat something?!

For best results, it is recommended to stick to the juices. However, if you are active, pregnant, or just plain hungry, that's ok! The safest foods to consume are raw fruits and veggies, half an avocado, a baked sweet potato and broth-based soups.

AFTER THE CLEANSE

Your body has been hard at work detoxifying and resting your digestive tract. You want to ease it back into its normal function by introducing gentle foods first. Your first meals should be smoothies, soups, salads, and veggies, or lighter proteins like beans or steamed fish. With each meal, gradually re-introduce heavier foods one at a time to give your body a chance to catch up. Be mindful and carry the way you feel after your cleanse into your everyday life by making wiser food choices going forward.