

YOUR 3-DAY LIFESTYLE CLEANSE GUIDE



Truly Green
cucumber
spinach
celery
kale
parsley
lemon
14 fl oz (414ml)
100% COLD-PRESSED JUICE
OK
ORGANICKRUSH.COM

Toniq
cucumber
green apple
kale
lime
ginger
watermelon
14 fl oz (414ml)
100% COLD-PRESSED JUICE
OK
ORGANICKRUSH.COM



Juice selection varies according to season and availability. Our goal is to provide you with a wide variety of nutrients so we will choose and number the juices for you. If you have special requests or dietary restrictions, always let us know 48 hours ahead of time.

CLEANSE SCHEDULE

DAY 1

7AM Wellness Shot

8AM GF Steel Cut Oatmeal with coconut oil, hemp seeds, and fresh berries

10AM Green Juice

12PM Cauliflower Fried Rice with Salmon

2PM Colorful juice

5PM Kale Detox Salad with Grilled Chicken

7PM Coconut Yogurt

DAY 2

7AM Activate

8AM Cleanse Sweet Potato Hash with Sunny Side Up Egg

10AM Colorful juice

12PM Tuna Lettuce Cup {side of massaged kale salad}

2PM Green Juice

5PM Soup of the Day + Guacamole + Crudite

7PM Chia Pudding

DAY 3

7AM Elixir

8AM Healthy Egg Scramble

10AM Green Juice

12PM Romaine Bowl {Grilled Shrimp with tomatoes, cucumbers, cashews, and red wine vinaigrette}

2PM Green Juice

5PM Stir Fry Bowl {Grass-fed steak, red cabbage, spinach, broccoli, zucchini, walnuts and fresh lime}

7PM Salted Caramel Bite

CLEANSING NOTES

WHY WE CLEANSE

To give our livers a break, if we're feeling low energy, have sluggish digestion or for weight loss.

WHAT YOU CAN EXPECT TO FEEL DURING THE CLEANSE:

You may feel like you're on an emotional roller coaster—excited, exhausted, frustrated, annoyed, angry, short-fused, tired, depressed, discouraged, fuzzy, cold, nauseous, headachy.

PREP DAYS

(1-3 days depending on your lifestyle) Plan to include: probiotics, dry brushing, apple cider vinegar drink, green tea (to replace coffee). To prep best, plan to avoid dairy, meat and alcohol.

INCLUDE THE FOLLOWING EACH DAY

20-minute exercise (walk), probiotic, lemon-cayenne water.

IF YOU FEEL VERY HUNGRY OR WEAK

Try half an avocado, cucumber slices, a smoothie (berries, spinach, ½ banana).

POST-CLEANSE

1-3 DAYS DEPENDING ON YOUR LIFESTYLE

Green juice, lemon water, fruit bowls, miso veggie bowl, salmon, leafy green salads, raw veggies, light juice, hummus with veggies, guacamole with celery, smoothies with nut butter, lettuce wraps instead of tortilla, quinoa, handful of nuts (portion control), nut mylk.

IMPORTANT CLEANSING TIPS

Start every day with room temperature water. If you need caffeine, green tea with a small amount of honey is fine.

Drink slowly, through a straw. This aids in digestion and also keeps the natural juice sugars off of your teeth.

No caffeine after 12 pm each day.

Drink water with freshly squeezed lemon throughout the day (at least 8 glasses) remember you are trying to flush your system of all toxic build up.

Chew your food SLOWLY.

Probiotic at morning and at night.

Tablespoon apple cider vinegar, mixed with water is a nice alkalizing drink during the day.

20 min Epsom salt bath at night.

Brisk 30-minute walk or low impact exercise, daily.

We recommend not using a microwave to reheat food; let it come to room temp or saute briefly on the stove.

Space your drinks about 2 hours apart from each other.

If you get hungry, cranky, low blood sugar during the day, drink your nut mylk.

If you get extremely hungry, try ½ of an avocado or a berry and coconut water smoothie.

Aim for 8 hours a sleep/night. It works wonders!

Dry Brushing: This allows toxins to leave your body quicker. Your skin is your largest organ so when you remove dead skin cells, you allow yourself to sweat more efficiently.

You can't "be bad" at this cleanse. You're taking a HUGE step in the direction of alkalizing your system and improving your health.

