

YOUR 3-DAY VEGAN 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



Our vegan cleanse is the perfect combination of organic whole foods—free of gluten and dairy; and organic cold-press juices (selection varies according to season and availability).

Please see our vegan cleanse menu* below, crafted with balance in mind.

*substitutions or changes may occur based on availability.

CLEANSE SCHEDULE

DAY 1

7AM

Cardamom Shot (cardamom)

8AM

Krush It Smoothie
(Parsley, spinach, pineapple,
ginger, coconut water)

10AM

Green Juice

12PM

Spring Salad
Steamed artichokes over romaine,
arugula, asparagus, basil, pistachios,
lemon dressing

2PM

Colorful juice

5PM

Wrap It Up
Collard green wrap w/ hummus,
bean sprouts, micro greens,
radicchio, dried figs

7PM

Coconut Yogurt

DAY 2

7AM

Wellness Shot (turmeric / cayenne)

8AM

Cleanse Sweet Potato Hash
(12 oz bowl)

10AM

Green Juice

12PM

Spring Roast Veggies
Roast Veggies of radish, radicchio,
sugar snaps, green beans, fresh dill

2PM

Colorful juice

5PM

Asparagus Pea Soup
12 oz bowl

7PM

Salted Caramel Truffle

DAY 3

7AM

Green Ninja Shot (spirulina)

8AM

Quinoa Breakfast Bowl
1 c. Quinoa w/ orange slices +
Hemp Seeds, Coconut oil, cashews
(12 oz bowl)

10AM

Green Juice

12PM

Spring Raw Chop Salad
Fennel, endive, apple, celery,
radish, cuke, carrot, ACV dressing

2PM

Green juice

5PM

Spring Cleanse Noodles
Sweet potato noodles w kale,
asparagus, green onion and
sesame seeds

7PM

Chia Pudding

IF YOU NEED AN EXTRA SNACK

½ Avocado

1 cup berries, 1 cup coconut water smoothie

¼ cup green olives

Celery sticks with 1 T almond butter

¼ cup raw pistachios or cashews

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.

