

YOUR 1-DAY CLEANSE GUIDE



Truly Green
cucumber
spinach
celery
kale
parsley
lemon
14 fl oz (414mL)
100% COLD-PRESSED JUICE

ORGANICKRUSH.COM

Toniq
cucumber
green apple
kale
lime
ginger
watermelon
100% COLD-PRESSED JUICE

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.

SAMPLE SCHEDULE

UPON WAKING

Tall glass of water: lemon + pinch of cayenne (optional)

7AM

Juice #1: Activate: filtered water, lemon, coconut sugar, ginger, turmeric, activated charcoal; probiotic lemon water or decaf tea

9AM

Juice #2: Truly Green: cucumber, spinach, kale, celery, parsley, lemon; tall glass of water

11AM

Juice #3: Truth Be Told: cucumber, spinach, green apple, lemon; lemon water

1PM

Juice #4: Flex Appeal: kale, spinach, pineapple, ginger; mint water or herbal tea

3PM

Juice #5: Fix Me Up: cucumber, fennel, green apple; lemon water or herbal tea

6PM

Juice #6: Nut Mylk: filtered water, raw almond or cashews, dates, vanilla, sea salt, cinnamon

LUNCH OR DINNER

Vegan Meal ~ selection varies~ roasted veggies, kale detox, soup, quinoa pilaf

CLEANSING NOTES

JUICE ORDER

The time of day that you start your cleanse is up to you, but please drink all 6 juices within 12 hours of each other so you give your digestive system a 12-hour break with no calories at all. If you're really hungry, you can drink the hemp mylk earlier in the day. The reason it's the last drink of the day is so you get some fat and protein to enhance a deep night's sleep.

CAFFEINE

If you drink green tea or coffee, decaf is always preferable. We have a hard time going a day without any caffeine, so when we cleanse we do a ½ cup of black coffee (no sugar please!) to give your liver a major break.

WATER: If lemon water starts to get boring, try adding cucumber or mint.

POST-CLEANSE

UPON WAKING

16 oz Lemon water

JUICE #1: Truly Green (16 oz)

BREAKFAST

Fruit (a smoothie is okay, especially if you use coconut water as the liquid)

MID-MORNING SNACK

raw veggies, hummus

LUNCH

Green salad, lots of veggies, olive oil and lemon dressing, grilled chicken or fish (good option for lean protein)

MID-AFTERNOON SNACK

red or green apple

DINNER

Toasted quinoa, steamed or roasted veggies, avocado (guacamole!), miso veggie dish with quinoa

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.

