

## YOUR 5-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  
14 fl oz (414mL)  
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.

## CLEANSE SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Activate	Elixir	Activate	Elixir	Activate
Truly Green	Truth Be Told	Truly Green	Truth Be Told	Truly Green
Fighter	Smooth Sailing	Fighter	Pure Passion	Fighter
Vegan Meal	Vegan Meal	Vegan Meal	Vegan Meal	Vegan Meal
Toniq	Liberation	Toniq	Flex Appeal	Toniq
Fix Me Up	Flex Appeal	Fix Me Up	Liberation	Fix Me Up
Nut Mylk	Nut Mylk	Nut Mylk	Nut Mylk	Nut Mylk

## 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.

