



You get this
← on day 1!

WELCOME TO YOUR 3-DAY CLEANSE!

Pick Up Times
Daily between 7am - 9am



A couple of quick tips for an easy transition going into your cleanse:

- Cut back on alcohol & caffeine
- Eat more fruits and veggies
- Limit your consumption of processed foods & animal products
(*Crackers, breads, meat, dairy, eggs, etc.*)
- Incorporate a daily green juice

(Note: Not mandatory, but highly recommend).

HERE'S TO A HEALTHIER YOU!

Wake up, take a deep breath, stretch and say three positive affirmations before you begin your day. (i.e. I am healthy, I am happy, I am strong...).

The key to health is not just in what we eat, though it is very important, the key to health is mind, body and spirit connection. You must nourish all three. To take care of one without the other is like planting a garden and forgetting to water it.

Take this time to connect with yourself. Treat yourself to a massage, meditate, journal, take a yoga class, go for a hike, read a book and get centered. Trust that food is medicine and enjoy the road to better health.



READY, SET, GO!

Start each morning with item #1 Chlorophyll water. Wait at least 30 minutes before starting on item #2. You will be consuming something every 2-3 hours. You can stick with the recommended order or feel free to deviate. If you find you need to add a little more substance there are some recommended food items below.

SCHEDULE

Pro Tip: Set an alarm to enjoy something every 2 to 3 hours:

Breakfast

- 8am | #1 Chlorophyll water
- 10am | #2 Choice Greens

Lunch

- 12pm/Noon | #3 Sprouted Almond milk
- 2pm | #4 Beet Chia
- 4pm | #5 Hot Sunrise/Dawn Patrol
- *(Note: Hot Sunrise is a bit spicy. If you do not like spice please dilute with alkaline water or coconut water)*

Dinner

6pm | #6 Choice Greens

8pm | #7 Salad

Enjoy your salad, take time and savor every bite.

Congratulations you've just given your body, mind and spirit a fresh start to better health!

Note: You are likely consuming fewer calories than you are used to so take it easy. If you feel you must work out, keep it light and add in extra food.

Extra Food Options:

- Raw organic almonds (1 small handful)
- Raw veggies/lightly steamed veggies
- Piece of fruit
- Avocado

Get more information about cleansing.

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