

WELCOME TO YOUR CLEANSE

Juice Cleanse Tips

- Our cleanse package consists of eight 12-ounce drinks per day.
- Drink each juice two hours apart with the last one about two hours before bed.
- No solid food. Avoid alcohol, energy drinks, caffeine and nicotine while cleansing.
- Drink plenty of water in between each juice.
- Be sure to get ample rest.

Check us out at
lizzmonade.com

lizzmonade[™]
POWERED BY JUICE JOURNEY
food your body wants

STEP-BY-STEP GUIDE TO YOUR JUICE CLEANSE

1 **ENERGIZE** - Cucumber, Apple, Celery, Spinach, Romaine, Ginger, Kale, Lemon

Green juices are nutritional powerhouses, packed with vitamins and minerals that actually aid in energizing and revitalizing the system.

2 **DETOX** - Pear, Orange, Pineapple, Ginger, Aloe, Milk Thistle

The liver constantly works hard to help defend us from toxins that are common in our everyday life. Milk thistle is most well-known for being a natural liver supporter.

3 **HYDRATE** - Pineapple, Cucumber, Apple, Lime, Mint

Cucumbers' H₂O content is more nutritious than regular water, which helps to keep you hydrated and your body temperature regulated.

4 **RE-ENERGIZE** - Cucumber, Apple, Celery, Spinach, Romaine, Ginger, Kale, Lemon

Stop the mid-day sugar cravings with another green juice. A green juice is perfect as a coffee replacement just bursting with live energy, ready to heal, pump and re-energize you.

5 **STAMINA** - Apple, Carrot, Beet, Lemon, Ginger

It's a fact that beet goes on and on to improve endurance and athletic performance.

6 **IMMUNITY** - Carrot, Orange

Jam packed with Vitamin A and Vitamin C, your body and immune system is ready to fight against infection, viruses and free radicals.

7 **GLOW** - Cucumber, Grapefruit, Pineapple, Orange, Lemon, Aloe

Aloe your skin to shine! Fight back against sun, smog, and other pollutants your skin is battling on a daily basis.

8 **INDULGE** - Cashews, Purified Water, Coconut Water, Vanilla, Dates, Agave, Cinnamon, Nutmeg, Himalayan Sea Salt

Ready for dessert without the guilt! A soy- and dairy-free perfect way to end the day!