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### 3-DAY JUICE CLEANSE

#### How-To Cleanse:

- Drink water before and in between juices
- Drink 1/3 bottle of GOODMORNIN' upon waking
- Drink 1 juice to replace each meal (breakfast, lunch, dinner)
- Drink Elixir shot in afternoon to energize
- Non-starchy vegetables are permitted between juices (see list below)

DAY 1	DAY 2	DAY 3
GOODMORNIN' (1/3 bottle) 5ALIVE HEARTBEAT BEET Elixir (or when hungry) 24KARRAT	GOODMORNIN' (1/3 bottle) 5ALIVE LIMELITE BEET Elixir (or when hungry) GLOW	GOODMORNIN' (1/3 bottle) 5ALIVE CABBAGE PATCH BEET Elixir LIMELITE

*Cleanse works best without other foods to allow digestive system to repair/rest and improve absorption of nutrients from juices and foods after cleanse. However, certain foods are permitted if necessary.*

#### **Foods Permitted During Cleanse:**

Greens; lettuce, kale, spinach, collards,  
Salads Lemon, lime  
Grilled or steamed veggies  
Olive oil, coconut oil, avocado oil  
Non-caffeinated teas  
Fruit – low glycemic (Limit fruit intake)

#### **Avoid:**

#### **3 days before, during & 1 day after cleanse:**

Fried foods (chicken, fries, etc.)  
Pasta  
ALL Bread and white flour  
ALL Packaged foods  
ALL chemicals/artificial sweeteners  
Alcohol  
Canola Oil  
Coffee  
Condiments  
Dairy (milk, cheese, yogurt etc.)  
Dried Fruits  
Meat: Pork, beef, shellfish  
Soft drinks/Carbonated drinks (including water)  
Store bought juices  
Peanuts, pecans, cashews, walnuts Aspartame,  
White sugar, brown sugar  
White potatoes  
White rice