



3-DAY JUICING RESET

HORMONE BALANCE • ENERGY • GLOW



Welcome

Congratulations on taking a nourishing step toward feeling your best! This 3-Day Juicing Reset is designed to help reduce bloating, support hormone balance, boost energy, and give your skin a natural glow. Whether you're brand new to juicing or just need a gentle reset, these delicious recipes are easy to follow and made with simple, fresh ingredients.

How it works:

- Drink 1 juice first thing in the morning for 3 days.
- Enjoy light, whole-food meals the rest of the day
- Hydrate throughout the day with water or herbal tea.
- Focus on intentional self-care—journal, rest, move gently.

Optional Small Meals:

- Choose one or more of these each day:
- Avocado toast on sprouted grain bread
 - Quinoa bowl with steamed veggies & tahini
 - Lentil soup with leafy greens
 - Smoothie with almond milk, flax, and berries

Recipes:


Day 1

Morning Reset Juice Ingredients:

- 3 carrots
- 1 orange
- ½ lemon (peeled)
- 1-inch ginger
- 1 cup spinach

Benefits:

Immune boost, liver support, energy lift

 Tip: Start the day with warm lemon water before your juice.


Day 2

Glow Getter Juice Ingredients:

- ½ cucumber
- 2 celery stalks
- 1 cup pineapple
- ½ green apple
- Handful of mint

Benefits:

Hydrating, anti-inflammatory, great for skin clarity

 Tip: Breathe deeply between sips—this juice is calming and cooling.


Day 3

Hormone Harmony Juice Ingredients:

- 1 small beet (peeled)
- 1 carrot
- 1 cup red grapes
- ½ lemon (peeled)
- ½ cup water (if needed to thin)

Benefits:

Supports liver detox, balances estrogen, reduces fatigue

 Tip: Journal for 10 minutes after drinking. Reflect on how you feel.

Final Thoughts:

Juicing is more than a trend—it's a ritual of nourishment. After 3 days, continue drinking juice as part of your morning routine or enjoy a few times a week. Your body will thank you!

If you'd like a custom juice plan for your goals, I'd love to help.

Email: mybalanceandbliss@gmail.com

Or visit www.mybalanceandbliss.com

