

PURE + SIMPLE

The LEAN-OUT: Gentle Reset

Some Reset Notes →

RELAX: This is a juice “fast” where you are putting your energy into relaxing both your insides and your outsides, so getting ample rest, relaxing the mind, and steering clear of moderate-vigorous exercise is key to getting the most out of your cleanse.

DRINK H2O TOO: You should be hydrating yourself with water between meals- roughly 1-2 glasses (8 oz. glasses) of water between each juice ending after dinner.

THE JUICE: Ideally, you are having juices with 1-2 servings of fruit max and optimizing the greens and herbs True Juice has in many of the juices – this keeps your sugars down and will really help to reset your body, tastebuds, and help eradicate cravings.

WHEN “EATING:” Chew your juices...Yes, sounds kind of whacky, but you should be swooshing them around your mouth a bit as if they were a meal or you were using a fork. This helps release saliva that contains important digestive enzymes; which are crucial in delivering key nutrients to your cells.

Suggested Schedule:

- Breakfast (6-8AM)- Dwyer’s Gold
- Mid-Morning (9-11AM) - Fountain of Youth
- Lunch (12-2PM)- The Best I Ever Had
- Mid-Afternoon (3-5pm)- Keep Calm
- Dinner (6-8PM)- The Skinny
- Pre-Bedtime (9-11PM – *try to have this 2 hours before bedtime*) - Cinnamon Kissed

*****Repeat for 1-3 days*****

THE JUICES

We have a list of nutrient-dense, low-sugar juices for you to choose from so you receive a variety of vitamins and minerals, antioxidants, the list is helpful to switch out juices to suit your palette throughout your cleanse. Most importantly, we want you to enjoy your experience, so pick things that make your tastebuds happy!

**Pick At Least 3 GREEN-based Juices:
(for breakfast, mid-morning snack, + more)**

Green Power
Greena Colada
Keep Calm
Field of Greens
Skinny Jeans
All Greens
Alkalizer Detox
Dwyer's Gold

**Afternoon Options:
(for lunch/mid-afternoon only)**

The Best I Ever Had
Fountain of Youth
The Skinny
The Glow
Jet Lag
Vitalized
Lemon Zinger (made with stevia)
The Glow

**Pre-Bedtime Milk:
(for LEAN-OUT: Gentle Reset)**

Cinnamon Kiss
