

PURE + SIMPLE

The **ACTIVE** Schedule Some Reset Notes →

RELAX, but MOVE: Getting ample sleep, managing stressing, and relaxing from the inside, out is ideal for having a successful reset. You are having a bit of food, so unlike other plans, this is more like real life eating; so moderate exercise is generally accepted. Think: yoga, Pilates, long + brisk walks, short + light jogs, and weight training.

DRINK H2O TOO: You should be hydrating yourself with water between meals- roughly 1- 2 glasses (8 fluid ounces) 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.

FOOD + FIBER ONLY IN THE PM: Drinking juice on an empty stomach allows the vitamins and minerals in the juice to go straight to your bloodstream. Having fiber or a meal already in your stomach prevents your body from quickly absorbing the nutrients from the juice.

Suggested Schedule

- Breakfast- True Juice Smoothie that you get to choose from a SMOOTHIE list, or you can start off with a superfood bowl from the ENERGY BOWLS list.
- Mid-Morning Snack- Juice from the list of GREEN juices
- Lunch- Juice from the list of GREEN juices

- Mid-Afternoon- Juice from the list of AFTERNOON juices.
- Dinner- a True Juice Vegan Dinner of the Day or a True Juice Vegan salad. Don't worry- meatless meals have plenty of protein!
- Energy Bar – you have many options for a quick energy bar such as; True Juice Cashew Bar, True Juice Raw Nut Bar, or a Superfood Seed Bar.

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

*****Stir in maca powder to your juices for some added energy*****

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 pallet, and more throughout your cleanse. Most importantly, we want you to enjoy your experience, so pick things that make your taste buds happy!

Choices for GREEN-based Juices:
(for breakfast, mid-morning snack, + more)

Green Religion
Greena Colada
Field of Greens
Skinny Jeans
All Greens
Alkalizer Detox
Dwyer's Gold
Everyday Greens
Lean Green

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

The Best I Ever Had
Fountain of Youth
Rescue Me
Hanover Cure
Morning Sunshine
Lemon Zinger (made with stevia)

SMOOTHIES
(for ACTIVE only)

Some Kind of Wonderful
The Workout
Kale-ifornia
Skin Deep
Daily Greens
Breakfast Club
Smooth Operator
Funky Monkey

ENERGY BOWLS
(For ACTIVE Only)
Chia Seed Pudding
Raspberry Matcha Bowl

Protein Breakfast Bowl
Energizing Breakfast Bowl
Gluten-Free Raw Oats