

## 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, taste buds, 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 taste buds happy!

**Pick At Least 3 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)

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

Cinnamon Kiss  
Strawberry Cashew