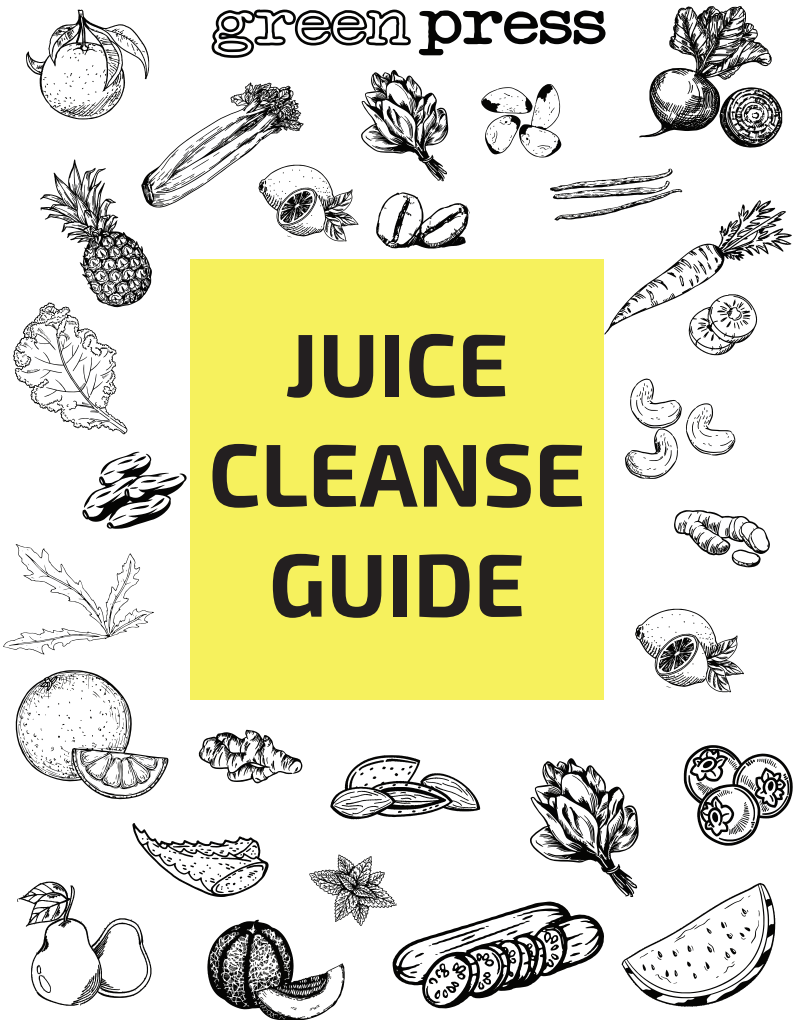


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JUICE CLEANSE GUIDE



CLEANSE + EAT

Committing to a juice cleanse is a great first step into leading a healthier lifestyle.

Our team of Registered Holistic Nutritionists have designed this program as a cleanse + eat option to make it easier to incorporate cold pressed juice into your daily diet. Our goal is to also help you lead a healthier lifestyle full of wellness and energy beyond the duration of your juice cleanse.

Juice Cleanse + Eat option is great for anyone who:

- Wants to ease in or ease out of a juice fast.
- Trying a juice cleanse for the first time.
- Wants to be able to work out while cleansing.
- Can't commit to cutting food out.
- Has to have solids throughout the day.

Benefits of cleansing:

- ✓ Helps eliminate toxins
- ✓ Kick starts your metabolism
- ✓ Increases energy levels
- ✓ Helps to control your cravings
- ✓ Assists in increasing mental focus and clarity
- ✓ Supports your immune system
- ✓ Supports your weight loss journey

WHAT TO EAT?

- organic eggs
- oatmeal
- organic chicken
- wild caught fish
- raw & unsalted nuts
- avocados
- unlimited greens (kale, spinach, etc)
- grilled/steamed veggies
- home made dressing (olive oil, lemon, salt)
- quinoa, beans, lentils
- olive oil, coconut oil, avocado oil
- herbal teas
- fruit (limit 1/day)

WHAT TO AVOID?

- processed foods
- fried foods
- all bread & white flour
- all packaged foods
- cookies, candy, pastries
- canola oil
- condiments (ketchup, mayo)
- margarine
- soda drinks
- caffeinated drinks
- dairy
- aspartame or other artificial sweeteners
- pork, beef, shellfish
- white/brown sugar
- white rice

INSTRUCTIONS

Your juice cleanse is designed so you can drink juice and still enjoy some meals throughout the day. Each day your juice cleanse includes 3 juices and 2 booster shots. You should start your day off with your first juice on an empty stomach. Spread your meals and juices throughout your day depending on what time you start your day. Here is an example of what your day could look like

8 am - Juice 1
10 am - Meal 1
12 pm - Juice 2
1 pm - Booster Shot
2 pm - Meal 2
4 pm - Juice 3
5 pm - Booster Shot
6 pm - Meal 3

Depending on what time you start your day, you can always adjust these time frames. If you need to add an extra snack (from the foods to eat list) that's ok too! Listen to your body and remember this isn't a quick fix, this is a lifestyle change and learning how to make better eating choices.

Standard Cleanse

Drink in the following order:



1. Evergreens
2. Wellness Shot
3. Beet it Orange
4. E3 Live Shot
5. Colour me Healthy

Intermediate Cleanse

Drink in the following order:



1. Mean Greens
2. Wellness Shot
3. Glow
4. E3 Live Shot
5. Royal Flush

Green Cleanse

Drink in the following order:



1. Mean Greens
2. Wellness Shot
3. Celery Juice
4. E3 Live Shot
5. Evergreens

Skin Cleanse

Drink in the following order:



1. Celery Juice
2. Wellness Shot
3. Glow
4. E3 Live Shot
5. Mean Greens

Liver Cleanse

Drink in the following order:



1. Beet it Orange
2. Wellness Shot
3. Fine and Dandy
4. E3 Live Shot
5. Royal Flush

Keto Cleanse

Drink in the following order:



1. Mean Greens
2. Turmeric Shot
3. Celery Juice
4. E3 Live Shot
5. Fine and Dandy

BOTTLE RECYCLING & LOYALTY POINTS



SAVE YOUR BOTTLES!

It pays to bring your bottles back! Return your clean glass bottles and we will add the points on to your account to redeem for future purchases. Please note, your in store account and online accounts are separate. We package all of our juices in glass bottles to avoid using plastics and reduce our environmental impact.

How to earn bottle recycling points:

- Bring your clean bottles to any of our locations and we'll add the points to your in store or online account.
- Leave your glass bottles outside right before your next delivery and we will pick them up and add the points to your online account. Please make sure you create an account online.

Create an account online at www.greenpress.ca/account

We are certified organic by ECOCERT CANADA



OUR LOCATIONS

Oakville

270 Lakeshore Road East. Oakville, ON Tel: 905 849 4040

Toronto

2 Bloor Street E. C45. Toronto, Ontario Tel: 416 928 5040

Mississauga (Port Credit)

129 Lakeshore Road East E9. Mississauga, ON Tel: 905 891 5040

For other locations you can purchase our juice, view the list of our retail partners online at www.greenpress.ca/locations

