



CLEANSE GUIDE

FAQ AND OPTIONS

Juicing is the most efficient way to immerse your body with all the nutrients, vitamins, enzymes, and minerals—basically all the good stuff—from fresh produce. Juicing is easy on the digestive system, speeds up the absorption process of fruits and vegetables, all while giving you the most amount of health benefits possible! Each bottle is cold-pressed in house and is designed to deliver the freshest possible produce with a crisp & satisfying taste. Cleansing is also a fabulous way to restart your body, reset your mind, and purify your soul. A cleanse will reboot your immune system, and jump start your metabolism which will train your body to crave raw foods.

Incorporating cleansing into your life style routine will give you numerous benefits; recharging your body, invigorating your mind, and motivating you to stick with clean eating. At Juicy Café, we encourage a healthy life style diet that does not incorporate “quick fixes” for weight loss or weight maintenance. We want to give you the right foods to fuel your body and soul.

FREQUENTLY ASKED QUESTIONS

WHY DO A CLEANSE?

A cleanse is an opportunity for you to reevaluate your lifestyle habits so that you can be the best and healthiest version of yourself. The benefits during and directly after a cleanse cannot be beat.

After a cleanse:

- You will notice yourself craving healthier foods in order to give your body the same nourishment it got while on the cleanse.
- Your mind will be clear and sharp.
- Your immune system will thank you.
- Notice less inflammation and fresh glowing skin.
- The most noticeable benefit: correcting your digestion system to leave you more energetic and less bloated.

WHAT SHOULD I DO BEFORE STARTING THE CLEANSE?

Pick a time in your schedule that will give you some downtime, and try to avoid days that might be more stressful than usual. The most important pre-cleanse step is cutting out certain things from your diet in the days prior to the cleanse.

We recommend that you cut these foods from your diet at least 3 days before the start of the cleanse:

- Caffeine- We know this has become a staple in most people's everyday lives, but caffeine is an addictive stimulant that lingers in your system longer than you think. If it is too much to cut it out all at once, try reducing your intake a week prior to the start of the cleanse.
- Alcohol & tobacco products- These products really lower your body's immune system and will prevent the complete absorption of nutrients from the juice. We understand that social lives are important, but try to eliminate these a week in advance.
- Added sugars- natural sugars and sweeteners are great! But avoid added and refined sugars in foods & drinks.

- Avoid heavily processed foods when you can. Now days, there are healthy & natural alternatives for just about everything.
- Limit red meat- red meat is high in fat and heavy, give your digestive system a break from over working to breakdown meat.
- Drink lots of water! This is so key for the success of your cleanse!
- Consider a colonic- we know this sounds extreme, but this extra step really gives your body a clean slate to work with during your cleanse.

Eliminating these foods will best prepare your body to work efficiently during the cleanse. These pre-steps will also give you a huge benefit for after your cleanse is over. Just think of the cleanse in terms of renovating a house. It doesn't matter how nice and clean all the new furniture is, if the old items are not removed, the renovation is useless.

WHAT SHOULD I DO DURING THE CLEANSE?

Make sure to drink approximately 16oz of water between each juice. Juice is not a substitute for water.

Stay as active as possible. Everyone is different, but knowing your body and keeping it moving will really help the process. Try something less exhausting during your cleanse, like walking or yoga. Don't overdo it, & if you feel light headed or dizzy, stop. We find that most people have more energy during their cleanse and are able to go about their regular exercise routines.

WHAT SHOULD I DO AFTER THE CLEANSE?

Really try to not over indulge. Your body just completed a rigorous challenge and it's okay to reward yourself for that, but keep in mind that immediately going back to old eating habits could ruin all the progress you made. Carefully consider what you are putting into your body, and if you want after cleanse meals we would be happy to give you a selection of post cleanse foods!

Reconsider old eating habits, and try to find healthy alternatives going forward. This is an amazing opportunity to make positive choices that your body will love.

CLEANSE OPTIONS

BEGINNER'S CLEANSE

1 DAY \$40 | 3 DAY \$114 | 5 DAY \$185 | 7 DAY \$252

This cleanse is for the first timers or those unsure if a cleanse is for them. It's also a great option to do 1 day of this cleanse every so often to give your body (mainly your digestive system) a rest.

8AM	10AM	12PM	2PM	4PM	6PM
<i>abs green</i>	<i>gogo</i>	<i>liquid</i>	<i>custom</i>	<i>abs green</i>	<i>custom</i>
<i>religion</i>	<i>energy</i>	<i>salad</i>	<i>JC mylk</i>	<i>religion</i>	<i>JC detox</i>
			<i>shake</i>		<i>salad</i>

MONDAY-FRIDAY CLEANSE

1 WEEK \$335 | 10 DAY \$520 | 2 WEEKS \$620

This cleanse was designed with the working person in mind. It's a simple Monday to Friday cleanse, with the weekends free to indulge a bit. This cleanse works best if you don't over indulge and still keep to no alcohol, added sugars, dairy, red meat, or heavy carbs. We will provide 2 salads, or bowls for you to take home for the weekend, and you're responsible for the rest on the weekends. Be extra and consider doing this version of a cleanse 2 weeks in a row.

8AM	10AM	12PM	2PM	4PM	6PM
<i>abs green</i>	<i>gogo</i>	<i>liquid</i>	<i>tropical</i>	<i>abs green</i>	<i>turmeric</i>
<i>religion</i>	<i>energy</i>	<i>salad</i>	<i>greens</i>	<i>religion</i>	<i>mylk</i>

+ 1 ginger shot + 1 hot shot (ginger, lemon, rooibos tea, honey, bee pollen)
+ 2 salads or bowls for the weekend

ALKALINE

1 DAY \$60 | 3 DAY \$175 | 5 DAY \$280 | 7 DAY \$375

This is our classic cleanse. Made for pretty much anyone from beginners to pro cleansers. This is an option that you can do multiple times a year to keep your body in tip top shape. We love the simplicity and the ease of this cleanse, and encourage you to try it with a friend!

8AM	10AM	12PM	2PM	4PM	6PM
<i>abs green</i>	<i>gogo</i>	<i>liquid</i>	<i>custom</i>	<i>abs green</i>	<i>tropical</i>
<i>religion</i>	<i>energy</i>	<i>salad</i>	<i>JC mylk</i>	<i>religion</i>	<i>greens</i>
			<i>shake</i>		

DETOX FOR RETOX

1 DAY \$65 | 3 DAY \$190 | 5 DAY \$315 | 7 DAY \$430

We created this cleanse for those with a special event in mind (wedding, tropical holiday, high school reunion, etc.). This is the hit it hard & fast cleanse. We know that some people have quick goals in mind, and we want to ensure that people are reaching those goals safely and with their health as a priority. This cleanse will help you get where you want to be and allow you to go back to your everyday life seamlessly.

8AM	10AM	12PM	2PM	4PM	6PM
<i>abs green</i>	<i>spicy</i>	<i>tropical</i>	<i>abs green</i>	<i>spicy</i>	<i>abs green</i>
<i>religion</i>	<i>master</i>	<i>greens</i>	<i>religion</i>	<i>master</i>	<i>religion</i>
	<i>cleanse</i>			<i>cleanse</i>	
	<i>lemonade</i>			<i>lemonade</i>	

+2 ginger shots for throughout the day

SERIOUS CLEANSE

1 DAY \$65 | 3 DAY \$190 | 5 DAY \$315 | 7 DAY \$430

This cleanse is a must do for our serious juicers. It will give you all the fabulous benefits of a normal cleanse, but with a little extra weight loss. A wonderful kick start to any goal weight you might have.

5 abs green religions spaced throughout the day

+ 2 ginger shots + spirulina coconut water/shake right before bed

GUT CLEANSE

\$50 PER DAY*

Although we adore doing pure juice cleanses, we understand that it's not for everyone. At Juicy we want everyone to reach their health and lifestyle goals. This cleanse will work like a juice cleanse but in a slightly different way. It is full of all natural, simply made foods & juices that clean out your system and allow for better progress towards your individual goals.

8AM	10AM	12PM	2PM	4PM	6PM
<i>probiotic smoothie or annabelle's cloud 9</i>	<i>gogo energy</i>	<i>JC bone broth</i>	<i>liquid salad</i>	<i>abs green religion</i>	<i>custom JC detox salad</i>

+ 2oz cup of nuts & 1 ginger shot as snacks throughout the day

*please pick up daily to maximize freshness

LIFESTYLE CLEANSE

\$50 PER DAY*

This cleanse is ideal for in between pure juice cleanses. This will keep you on track, and moving forward to your health & lifestyle goals. The foods and juices in this cleanse will keep you energized and excited to get healthy or maintain weight. We cannot stress enough that this version is not a diet, it's a lifestyle. We love options and are more than happy to advise different choices for the days of your cleanse, because food should be fun!

8AM	10AM	12PM	2PM	4PM	6PM
<i>hearty gf oatmeal, quinoa breakfast, or probiotic smoothie</i>	<i>abs green religion</i>	<i>small warm & hearty soup with either hummus plate or a side JC detox salad</i>	<i>gogo energy</i>	<i>probiotic or superfood smoothie</i>	<i>custom JC bowl or salad with protein</i>

+1 custom 2oz snack +1 ginger shot

For an extra \$4 per day we can do a healthy vegan dessert

SOLID FOOD CLEANSE

\$50 PER DAY*

No, this isn't a joke. It is possible to cleanse your body and restart your system with the right proportions of solid foods. As long as they are wholesome, simply made, and as raw/natural as possible. Give this cleanse a chance to make you feel better and more energetic!

8AM	10AM	12PM	2PM	4PM	6PM
<i>hearty gf oatmeal, quinoa breakfast, or mini hard-boiled egg bowl</i>	<i>abs green religion</i>	<i>Warm & hearty soup pot, JC detox salad, or cleanse rice bowl</i>	<i>probiotic smoothie</i>	<i>2oz raw nuts or 2oz granola</i>	<i>JC detox salad</i>

+1 custom 2oz snack +1 ginger shot

For an extra \$4 per day we can do a healthy vegan dessert

*please pick up daily to maximize freshness