



JUICE CLEANSE FORM

1-6 DAYS \$60/day

Every day you receive SIX 16oz drinks

(Which can be modified to meet special health requests, prices may be adjusted)

Here's what a full day cleanse would look like:

8AM

PROBIOTIC DRINK

The probiotic drink will prepare your intestines to better absorb the nutrition from the juice cleanse

10:30AM

ORANGE DRINK

carrot, orange, pineapple, apple, turmeric

1PM

GREEN DRINK

cucumber, kale, spinach, celery, apple, lemon, ginger

3:30PM

RED DRINK

carrot, beet, orange, lemon, apple, ginger

6PM

GREEN DRINK

cucumber, kale, spinach, celery, apple, lemon, ginger

8:30PM

STRAWBERRY ALMOND MILK

vanilla almond milk, agave, strawberries

BEFORE:

In the 2-3 days leading up to the juice cleanse it is important to prepare your body. Increase your intake of fruits and vegetables and decrease your intake of caffeine, meats, carbs, etc. Drink herbal tea and stay hydrated with water.

DURING:

For every bottle of juice, drink a glass of water. Stay hydrated!

AFTER:

Post juice cleanse start by incorporating fruits and vegetables and then slowly work back into your balanced diet.

NAME: _____ PHONE: _____

EMAIL: _____

BELOW PLEASE INDICATE YOUR DESIRED PICK UP DAYS & TIMES AS WELL AS THE NUMBER OF CLEANSES PER PICK UP

DATE: _____ DAY: _____

TIME OF PICKUP: _____

Of Cleanses (Circle): 1 or 2

DATE: _____ DAY: _____

TIME OF PICKUP: _____

Of Cleanses (Circle): 1 or 2

DATE: _____ DAY: _____

TIME OF PICKUP: _____

Of Cleanses (Circle): 1 or 2

Do you have any food allergies? YES/NO

If YES, please list your food allergies: _____

Do you have any special requests? _____