



A GUIDE TO YOUR JUICE CLEANSE

100% fresh juice

Why Cleanse?

Feel like you need a fresh start? Our cleanse is made with fresh squeezed whole fruits and vegetables, and are designed to flush out the unwanted toxins from your body while fueling you with essential nutrients and vitamins.

Once you complete the cleanse, you'll notice a restored sense of energy, a decrease in snack attacks and an amazing new you!

Key to Success

About 3 days prior to your cleanse, start to cut out your daily indulgences like meat, dairy and sugar (this will help you ease into the cleanse). Instead, enjoy as many fruits and vegetables as you want with each meal. It doesn't mean you have to cut out everything—just think of it as a quick break for yourself to nourish and heal.

meet the CULPRITS

ditch these for 3 days before the cleanse

- **Alcohol**
- **Dairy**
- **Refined sugar**

Including corn syrup, white and powdered sugars

- **Animal Products**

Yes this includes bacon, red meats, jerky, sausages, etc.

- **Caffeine**

Keep coffee intake to a minimum and eliminate all sodas

- **Processed foods**

Any boxed, canned, and bagged foods containing artificial flavoring, preservatives, and additives are considered processed.

WHAT YOU GET... A FRESH START

In your Kit

You'll find one bundle of 6 juices for each day of your cleanse. Start with a bottle marked #1 in the morning and drink your way through #6. Make sure to drink the last one at least two hours before bedtime.

If you've received multiple bundles for multiple days, it does not matter which one you start with just follow the number order. Be sure to drink plenty of water in between juices to stay well hydrated.

- **Keep your juices refrigerated at all times**
- **Separation is natural**
- **Shake well before drinking**

Keep in mind:

Start your morning with Juice #1 and drink one juice every 2.5 - 3 hours. Stop drinking 2 hours before bed & try not to snack.

Take it Easy

If your body feels up to working out, go for it! Remember, you may not be able to exercise as strenuously as you normally do, so take it easy.

The goal of cleansing is to curb your solid food intake, but if you need an little extra, you can have:

- **2 cups raw or steamed green vegetables**
- **Up to 3 egg whites at dinnertime**
- **1 to 2 cups of coffee or green tea, unsweetened or with a little Truvia/Stevia**

Congrats you did it!

Post-cleanse eating is all about slowly progressing from easily digestible, hydrating foods (think fruit, cucumbers, leafy vegetables, avocados or soup) to the heavier, more filling foods (think grains, lean meats, eggs). Remember, stay hydrated and always choose fresh squeezed.

Got questions? Send us an email!

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Show us your progress!

**We want to see your pics!
#freshsqueezed @laorangette**



A GUIDE TO YOUR JUICES
MEET THE TEAM

100% fresh squeezed pure ingredients

Please note each cleanse kit contains a variation of the juices below, not every juice is included in every pack.



SWEET SUNRISE

Orange, Pineapple, B12
Strawberry & Omega 3



DETOX GREEN

Apple, Celery, Kale,
Pineapple, Lemon & B12



MORNING GLOW

Fresh Grapefruit, Mint,
Vitamin D



SWEET BEET

Orange, Apple,
Beet & Lemon



IMMUNE BOOSTER

Orange, Apple, Ginger,
Lemon & B12



VITAMIN STRENGTH

Apple, Carrot, Orange,
Lemon, B12 & Turmeric



ISLAND GREEN

Orange, Pineapple, Kale,
Coconut Milk & Lemon



STRAWBERRY FIELD

Almond Milk, Strawberry,
Agave, Vanilla, Chia, Hemp
& Flax Seeds



GREEN GLOW

Celery, cucumber, lime,
sea salt, Alkaline H2o, mint
and Vitamin D

Show us your progress!

We want to see your pics, use #freshsqueezed and you could win free juice!

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