

SCROLL TO FIND YOUR CLEANSE SCHEDULE  
(TAKE A SCREENSHOT TO KEEP IT HANDY ON CLEANSE DAYS)

 Greenhouse

# Gentle Cleanse Quick Guide



8:00 am  
Strawberry  
Lemonade



9:00 am  
Inside Job



10:00 am  
Gatsby



11:00 am  
Vanilla  
Shake



12:00 pm  
Blue  
Lemonade



2:00 pm  
Genius



3:00 pm  
Fiery  
Ginger



4:00 pm  
Deep  
Roots



5:00 pm  
The Good



6:30 pm  
Rococoa



8:00 pm  
Lavender  
Lemonade

## Our Top Five Cleanse Tips

1. If you're missing your mid-morning hot drink, herbal teas are a great substitute and will promote circulation and protect the immune system.

2. Make time in your schedule to get extra sleep. This is when your body heals.

3. Nourish your immune system by not overworking yourself

while you are cleansing. You can still exercise, but we recommend you take it easy. Try replacing high-intensity cardio with a power walk, a swim, or a gentle yoga class.

4. Stir 1-2 tbsp of chia seeds into a glass of water or one of your Lemonades for an extra boost of fibre and healthy fats. Leave them to soak until

they absorb water + expand. This makes them easier to digest + gives them a chewy, tapioca-like texture.

5. Cleansing can make you chilly! Wear a scarf and remember to bring an extra layer.

Questions?  
We're here to help!  
[hello@greenhouse.ca](mailto:hello@greenhouse.ca)



SCROLL TO FIND YOUR CLEANSE SCHEDULE  
(TAKE A SCREENSHOT TO KEEP IT HANDY ON CLEANSE DAYS)



# Standard Cleanse Quick Guide



8:00 am  
Spicy Turmeric  
Lemonade



9:00 am  
Inside Job



10:00 am  
Genius



11:00 am  
The Good



12:00 pm  
Vanilla Shake



2:00 pm  
Blue  
Lemonade



3:00 pm  
Deep Roots



4:00 pm  
Fiery  
Ginger



5:00 pm  
Gatsby



6:30 pm  
Vanilla  
Shake



8:00 pm  
Lavender  
Lemonade

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# Green Cleanse Quick Guide



8:00 am  
Inside  
Job



9:00 am  
The  
Good



10:00 am  
Blue  
Lemonade



11:00 am  
The  
Giver



12:00 pm  
Vanilla  
Shake



2:00 pm  
Fiery  
Ginger



3:00 pm  
The  
Good



4:00 pm  
The  
Giver



5:00 pm  
Spicy Turmeric  
Lemonade



6:30 pm  
The  
Good



8:00 pm  
Lavender  
Lemonade

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