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

### AGreenhouse

## Gentle Cleanse Quick Guide







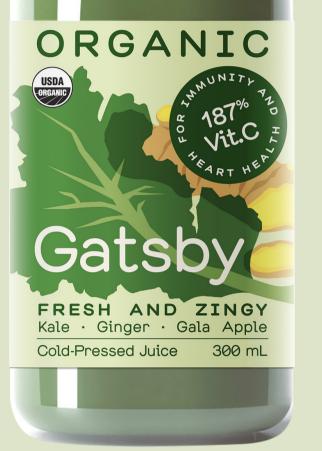




8:00 am Strawberry Lemonade



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





5:00 pm The Good



6:30 pm

Rococoa



8:00 pm Lavender

4:00 pm

Deep

# Our Top Five Cleanse Tips

1. If you're missing your midmorning 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 caardio 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 SCROLL TO FIND YOUR CLEANSE SCHEDULE (TAKE A SCREENSHOT TO KEEP IT HANDY ON CLEANSE DAYS)

## A Greenhouse

### Standard Cleanse Quick Guide













8:00 am Spicy Turmeric Lemonade

9:00 am Inside Job



10:00 am Genius



11:00 am The Good





2:00 pm

Blue

Lemonade



12:00 pm Vanilla Shake Beet · Carrot · Gala Apple Cold-Pressed Juice 300 mL

3:00 pm Deep Roots











8:00 pm Lavender

Fiery

4:00 pm

6:30 pm

Vanilla

# Our Top Five Cleanse Tips

1. If you're missing your midmorning 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 yourimmune system by not overworking yourself

while you are cleansing. You can still exercise, but we recommend you take it easy. Try replacing high-intensity caardio 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 SCROLL TO FIND YOUR CLEANSE SCHEDULE (TAKE A SCREENSHOT TO KEEP IT HANDY ON CLEANSE DAYS)

#### A Greenhouse

## 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



Spinach · Cucumber · Celery Cold-Pressed Juice 300 mL

3:00 pm The Good



4:00 pm The



5:00 pm Spicy Turmeric



6:30 pm The



8:00 pm Lavender

# Our Top Five Cleanse Tips

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

2. Maketimeinyourschedule 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 caardio 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