



RAW
generation

SKINNY CLEANSE GUIDE

1 THAWING YOUR JUICES

If you intend to start drinking the juices immediately, thaw one day of juice either in the refrigerator.

If you are waiting to consume them, please store them in the freezer until you are ready.

THIS PRODUCT MUST BE REFRIGERATED AT ALL TIMES.

2 PREPPING... WHAT YOU SHOULD DO THE DAY(S) BEFORE

DO: Schedule your cleanse on days with the fewest social and work obligations. Drink 4-8 glasses of water each day and eat plenty of raw fruits, vegetables, salads, and non-creamy soups. Get a full night sleep.

DON'T: Eat dairy, wheat or gluten containing foods, heavily processed foods (containing more than 5 or 6 ingredients), fried foods, or drink alcoholic or dairy-based beverages.

3 SHOULD I KEEP DRINKING COFFEE OR TEA?

If you are a regular coffee or tea drinker, YES, we recommend drinking it black without sugar, sugar substitutes, or creamer. It would be better if you could fully come off caffeine before you start but if you don't have enough time, just drink it black.

4 GET THE BEST RESULTS & MAINTAIN YOUR WEIGHT LOSS

1. Ease into and out of your cleanse with healthy foods: lots of fruit and vegetables.
2. Try to schedule your cleanse on the least demanding days.
3. Drink 6 bottles of juice each day in any order
4. Drink plenty of water every day.
5. If you feel the need to chew we recommend eating raw fruits and/or vegetables.
6. We recommend only light activities: walking, yoga, or light swimming.
7. Rest and sleep as much as you feel you need.
8. When reintroducing whole foods stay away from: wheat, dairy, fried and sugary foods.
9. Drink a green juice or green smoothie every day after your cleanse to maintain your results.

5 SHARE YOUR RESULTS WITH US ON INSTAGRAM! @RAWGENERATIONJUICES

**results vary and are not guaranteed*
www.rawgeneration.com