

A vibrant still life photograph of fresh produce. In the foreground, two halves of a ripe avocado with dark green skin and light green flesh are prominently displayed. To their right is a whole, bright green apple. In the background, a large bunch of fresh basil with its characteristic serrated leaves is piled up. Several green jalapeño peppers are scattered in the lower left and bottom center. The entire scene is set on a light-colored surface, possibly a kitchen counter, with soft, natural light filtering in from the left, creating a bright and fresh atmosphere.

BLEND

&

PRESS

W E L L N E S S B A R

BLEND & PRESS

WELLNESS BAR



PREPARING FOR YOUR RESET

One plus days in advance
consider doing the
following:

Cut out junk!

- sugar
- dairy
- meats
- processed foods
- ideally no alcohol

Add in more good stuff!

- Nourishing fruits & veggies
- Gluten free whole grains

Stay Hydrated!

- Good Quality Water
- Herbal Tea



BLEND AND PRESS RAW RESET

PICK-UP DAY



it is best to plan to pick up your cleanse the night before you plan to start. That allows you time to ensure you have all necessary items for a successful cleanse.

Give **any** necessary details to make the pickup process easier for you.

Details may include, but are not limited to:

- When you plan to arrive
- If someone is coming to get it for you, If you are planning to pick up a friend's or co-worker cleanse. Let us know and make sure they get **ALL** the details.
- If you need help or have questions.

When coming to get all of your goods for the day:

- Come prepared with a cooler or purchase one of ours for just \$7

- Be sure to let us know if you prefer to pick up your midday smoothie during lunch or when you pick up

- Be sure to double check all items before leaving. We do our best, however we are human. Ensure you have your evening meal or blend if you chose this addition

*Consider a "hangry" emergency mylk in case you get super hungry and need something ASAP. Amp it up with our Grab N' Go Super food Blends

NOTE: If getting the blend/smoothie a few hours early and not during lunch you can store in the fridge or freezer.

If you store it in the freezer don't forget to take it out an hour or so before. If you have a blender handy you can always re Blend with a touch 'o ice.

+No need though'

Plan to pick up one day at a time for optimal freshness



T I P S

Drink By Number

Savor the small stuff but don't sweat it.

If you are slightly off on the schedule, do not worry! Just allow 2 hours between the larger pressed juices and the smoothie. The shots can be taken closer if needed.

Finish up, Buttercup!

Try to drink all of the your juice, shots & blends each day.

Hydrate throughout- yes, that means drink more.

Finish your last step no more than two hours before bed.

Exercise

Sure!

Mindfully exercise, rest as often as needed. You may not be able to work out as strenuously as usual.

Refuel properly.

Rest when needed.



T I P S

BLEND & PRESS

WELLNESS BAR



I am starving! What can I have?

First take a deep breathe to be sure you are actually hungry and not just used to noshing 24/7. Stress can bring on faux hunger pangs. Habit is also a big driver.

If you are hungry- eat (wise, slowly and strategically)

Raw veggies (celery, cucumber, sweet red peppers)

Fruit (lower sugar fruits are a better choice- berries, avocado)

Steamed veggies -

Seeds are ok but the raw fruits and veggies should be your first choice

I need my caffeine.

Don't give up your cup-o-joe cold turkey. Just adjust it. No sweetener (or stevia) & no creamer or milk. If you have coffee, then do it after your first shot and juice if possible. At the very least wait until after your first shot. And give your body 45 minutes before moving on to the next step.

Try green tea, mate tea is a good caffeinated substitute as well.

I am not feeling amazing (or maybe I feel crappy).

Initially, you may not feel so great, however don't worry you will afterwards.

Stick with it!

Rest if you are tired.

If you feel a bit queasy or have a headache, this could be a sign that your body is releasing some extra crud. This can be completely normal.

Ginger or mint tea will help with a an upset tummy, and peppermint on the temples can relieve a headache.

I am feeling bloated (& maybe need to poop).

Drink more water.

Have warm water with lemon or tea from above.

Move your body.

And do some gentle yoga and include twists.





You're Doing Great Keep it Up!



Complete your day with a Plant based meal. Allow us to provide a **SUPERstar** salad or plant based soup or you can create your own plant based meal.

You have done so well throughout the day, keep the cleansing going!

Eat as clean as possible. Strive to make your plate at least **70 percent** veggies, ideally raw or lightly steamed. Make it colorful & creative!

Include a gluten free grain if you like (quinoa, brown rice, amaranth).

Add in the sustaining and detox-boosting edible omegas. **Hemp oil, flax seeds, raw seeds & nuts** will help to satisfy and fuel. Take caution not to overdo the nuts as they can be harder on the digestion. Keep it as light as possible.

If you are dining/taking out, choose a salad or a light plant based meal. Be sure all sauces and dressing have **no overly processed oil, MSG or High Fructose Corn Syrup**.

Instead choose your healthiest oil (hemp oil, flaxseed oil, extra virgin olive oil) and vinegar as a dressing or lightly steam veggies with sauce on the side or left off completely.

- Take your time & chew well
- Stop eating before you are stuffed
- Don't eat too late
- Enjoy the flavors.

