



# SUJA 3-DAY CLEANSE

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## USER GUIDE



# ABOUT

## SUJA 3-DAY CLEANSE

At Suja, we live our best life when we make healthy choices, but sometimes the realities of life can make it tough to keep it up. We developed the Suja 3-Day Cleanse with 7 cold-pressed juices, 1 cold-pressed shot and optional breakfast and snack recipes to make at home each day. It's our road map to feeling refreshed, restored, and getting back on the path to healthy habits.

## STAY HYDRATED!

During the day, stay hydrated with water, herbal tea and even additional juices if you'd like.

## JOIN THE CONVERSATION

Share a photo from your Suja 3-Day Cleanse program using #sujacleanse



@LoveSuja



@SujaJuice



@SujaJuice

# TIPS

- ▶ Be thoughtful about your start date, selecting one away from things like celebratory meals or travel, in order to have the best chance at a successful outcome.
- ▶ Prep everything before you begin! Set out your water bottle and make sure you have all the ingredients for the breakfast and snack options (see recipes).
- ▶ To make the most of the program, stay hydrated during the day and avoid alcohol or excessive caffeine intake. Enjoy herbal tea or even additional juices, if you'd like.
- ▶ Gentle to moderate exercise during the program is great, just check in with yourself on the right level and if you get hungry, that's okay! The best foods to consume are raw fruits and veggies, half an avocado, a baked sweet potato or broth-based soups.
- ▶ This is a program to promote optimal health. If you have a health condition of any sort, are pregnant, nursing, or elderly, consult your doctor first to make sure the Suja 3-Day Cleanse is right for you.
- ▶ We're here for you! Lean on your Suja community for support throughout the program. Email us at [info@suja juice.com](mailto:info@suja juice.com), call us at (855) 879-7852 or join the social media conversation using #sujacleanse.

# LET'S GET STARTED

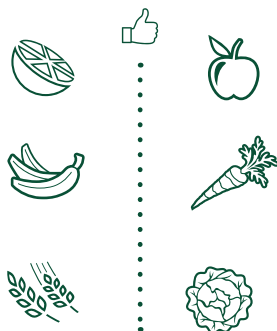
## BEFORE THE PROGRAM

Leading up to your cleanse, start eliminating coffee, alcohol, dairy, red meat, sugar, white flour and bread products. Maximizing fruits, vegetables and whole grains will make your transition into the program much easier! Mix the dry ingredients for your overnight oats the night before your cleanse starts. Each night before bed, you'll prepare a single serving for the next day's breakfast.

### BEGIN ELIMINATING



### BEGIN INCORPORATING



# DAILY SCHEDULE

## DURING THE PROGRAM

Each day, you'll enjoy one Suja Digestion shot and seven cold-pressed juices with an optional breakfast meal and snacks for those that would like additional calories or are just plain hungry on the cleanse. Allow for some time before consuming the next juice or meal, but the exact timing of each step can be customized to your preference. We do, however, recommend drinking your last juice a minimum of 2 hours before bed to ensure full digestion.

1

**Digestion Shot**



2

**Vibrant Probiotic**



3

**Mighty Dozen**  
w/ optional breakfast



4

**Uber Greens**



5

**Fuel**



6

**Mighty Dozen**



7

**Celery Juice**



8

**Vibrant Probiotic**



# OPTIONAL BREAKFAST: **OVERNIGHT OATS**

**HEALTH PURPOSE:** This substantial meal helps stimulate digestion with fiber and provides long-lasting energy and satiety with protein & fat.

Ingredients (makes 3 servings):

- 1 ½ cups rolled oats
- 3 tablespoons chia seeds
- 1 ½ teaspoons ground cinnamon
- 1 ½ cups nut milk or water
- Fresh blueberries

Calories Per Serving: 300

Directions:

Gently mix oats, seeds and cinnamon together in a bowl. Divide dry mixture evenly into 3 containers (we like to use mason jars with lids or small Pyrex containers.) Add ½ cup of nut milk or water to each container and mix together until there are no clumps. Place in fridge so ingredients can absorb liquid. When ready to eat, add a handful of fresh blueberries and enjoy!



# OPTIONAL: **SNACK OPTIONS**

**HEALTH PURPOSE:** If you would like additional calories or you are just plain hungry, you can add in a clean snack to keep you focused and energized - helping you push through the day!

## Options:

- 1/3 cup of trail mix or favorite organic nuts
- 1/2 an avocado
- 1 baked sweet potato
- Raw fruits + veggies
- Broth-based soup





# A DRINK FOR EVERY LIFESTYLE

We're passionate about crafting a range of unique beverages that deliver delicious taste and functional benefits. We thoughtfully harness the power of plants, keeping them organic, never (ever) GMO and free of preservatives, fillers and chemicals. Explore our cold-pressed product offerings – all created with transparency, safety, quality and functionality in mind.



SujaJuice.com



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