



# 3-DAY CLEANSE

## USER GUIDE







# LET'S get started!

## BEFORE THE PROGRAM

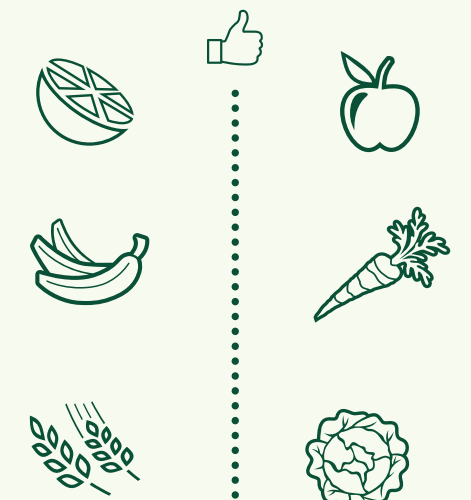
Leading up to your cleanse, start eliminating coffee, alcohol, dairy, red meat, sugar, white flour and bread products. Maximizing fruits, vegetables and whole grains will make your transition into the program much easier!

If having the optional breakfast, 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 eight 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.



(OPTIONAL  
BREAKFAST)

# OVERNIGHT OATS

## INGREDIENTS

- 1 ½ cup gluten-free rolled oats
- 3 tbsp chia seeds
- 1 ½ tsp ground cinnamon
- 1 ½ cup nut milk or water
- Fresh blueberries

## DIRECTIONS

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

### 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!



# OPTIONAL SNACKS

## 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!



½ an avocado



Raw fruits +  
veggies



⅓ cup of trail  
mix or favorite  
organic nuts



1 baked sweet  
potato



Broth-based  
soup



# TIPS

## WHEN TO START

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.

## GET PREPPED

Prep everything before you begin! Set out your water bottle and make sure you have all the ingredients for the optional breakfast and snack options.

## STAY HYDRATED

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.

## DON'T GO HUNGRY

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.

## CONSULT A DOCTOR

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 Organic 3-Day Cleanse is right for you.

## WE'RE HERE TO HELP

We're here for you! Lean on your Suja community for support throughout the program. Email us at [info@sujaorganic.com](mailto:info@sujaorganic.com) or join the social media conversation using [#sujaorganic](https://www.instagram.com/sujaorganic).





# 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 Organic 3-Day Cleanse with 8 cold-pressed juices and an 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.

## JOIN THE CONVERSATION

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



# 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.



**Disclaimer:** The information provided in this guide should not be construed as medical advice. While the nutritional information and health tips shared here are based on published studies and expert insights, they should not replace advice and treatment from a healthcare professional. Always consult a qualified healthcare provider with any questions you may have regarding a medical condition or health objectives.





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