



6-DAY DETOX JUICE CLEANSE PROGRAM



suja
ORGANIC
COLD-PRESSED
MIGHTY DOZEN™
APPLE
CELERY
CUCUMBER
KALE
COLLARD GREENS
PAIRED WITH
ginger, turmeric, ginger, spinach,
ashwagandha, shiitake, barley grass
NON
GMO
VERIFIED
HIGH
PRESSURE
PASTEURIZED
VEGETABLE & FRUIT JUICE
12 FL OZ (354 mL)

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WELCOME

Welcome to your 6-Day Detox Juice Cleanse Program! We are so excited that you decided to join us here and are incredibly proud of you for **showing up and committing** to yourself.

We know that life gets busy, stressful, and overwhelming at times. It's usually in these moments that we have a difficult time **prioritizing ourselves** physically, mentally, and emotionally. We'll often have that craving to just **pause and reset** so that we can fully realign with ourselves again.

Our physical bodies work so incredibly hard for us each day and it's easy to forget just how much **support and nourishment** they need to function at optimal levels. Food and nutrition is the largest and most influential pillar towards transforming your body and the way that you feel every single day. The food that we eat and the beverages that we consume have the **power to heal our bodies** if we use them effectively. It's our responsibility to keep it clean and clear!

That's exactly **why we created** this 6-Day Detox Juice Cleanse Program filled with cleansing juices, nourishing meals and mindfulness guide! We are excited to provide a routine for you that not only helps release built up toxins, but also **feeds and nourishes your body** with an abundance of nutrient-dense healing foods.

This program was specifically curated and developed to:

- Strengthen your digestive and gut health
- Increase energy levels
- Support immune health
- Inspire mindfulness
- Kick-start and maintain a healthy lifestyle

Detoxing doesn't always mean fasting, liquid diets, very little food, and extreme measures. When your house gets a little too dirty, you usually clean it, right? The same goes for your body! It needs a deep clean to feel fresh, clear, and light again.

6-DAY JUICE AND MEAL PLAN

- What we're **focusing on and incorporating**: an abundance of fruits, vegetables, plant proteins, healthy fats, high quality animal proteins and cleansing juices.
- What we're **releasing and eliminating**: gluten, dairy, refined sugars, eggs, corn, certain oils, artificial flavors and alcohol.

While this plan was designed for 6 days, it was built in a way where you can turn it into a lifestyle and continue to practice some of these daily routines all year round. Have fun and enjoy!

DAILY schedule

MORNING

WAKE UP:

Aim to drink 16oz of room temperature lemon water (about ½ lemon squeezed)

15-20 MINUTES LATER:

Drink 1 Celery Juice

15-20 MINUTES LATER:

Drink 1 Detox Shot

15-20 MINUTES LATER:

Enjoy a breakfast selected from meal plan (starting on page 10)



AFTERNOON

LUNCH:

Enjoy a lunch selected from meal plan (starting on page 16)

1-2 HOURS LATER:

Drink 1 Detox Shot

30 MINUTES LATER:

Drink 1 Mighty Dozen Juice

2-4 HOURS POST-LUNCH:

Enjoy a snack from meal plan (starting on page 26)



EVENING

DINNER:

Enjoy a dinner selected from meal plan (starting on page 32)

1-2 HOURS POST-DINNER:

Aim to drink a decaffeinated herbal tea
(Herb teas like ginger, turmeric, lemon balm, peppermint, nettle leaf, dandelion root, raspberry leaf, hibiscus, chamomile, etc.)

DAILY MINDSET PRACTICE

Check the Mindset Plan starting on page 44 for your daily mindset practice.

STAPLE PANTRY ITEMS

This is a grocery shopping list that includes the staple ingredients (most common and used) in the meal plan recipes. This will give you a great idea of what to shop for in preparation for your 6-Day Detox Juice Cleanse Program. We encourage you to plan out the recipes that you'll be making so at you can shop for all the exact items you'll need!

- Chickpeas
- Cannellini Beans
- Gluten-free Rolled Oats
- Gluten-free Pasta
- Dairy Free Pesto
- Sun Dried Tomatoes
- Olive Oil and/or Avocado Oil
- Coconut Aminos
- Vegetable Broth
- Honey
- Maple Syrup
- Tahini
- Dijon Mustard
- Unsweetened Almond Butter
- Unsweetened Almond Milk
- Unsweetened Coconut Yogurt
- Seeds (hemp, chia, flax, pumpkin, sunflower)
- Spices (salt, pepper, garlic powder, paprika, ginger, cinnamon)

STAPLE PRODUCE AND PROTEIN ITEMS

- Leafy Greens (spinach, kale, romaine)
- Tomatoes
- Cucumbers
- Bell Peppers
- Zucchini
- Butternut Squash
- Sweet Potatoes
- Asparagus
- Brussels Sprouts
- Mushrooms
- Bananas
- Berries
- Dates
- Onions
- Garlic
- Carrots
- Avocados
- Fresh Herbs (basil, parsley, dill, cilantro)
- Animal Proteins
 - Ground Chicken
 - Salmon
 - Canned Tuna and/or Salmon



BREAKFAST

CREAMY BANANA NUT SMOOTHIE

INGREDIENTS

2 handfuls of fresh spinach
1 banana
1 pitted date
1-2 tbsp unsweetened almond butter (*option to use a different nut butter if you prefer*)
1/4 tsp ground cinnamon
1 tbsp hemp seeds
3/4 - 1 cup unsweetened almond milk (*option to use cashew, coconut, or additional nut milks if you prefer*)

DIRECTIONS

1 Add all ingredients into a high-speed blender and enjoy!





LIGHT and CLEAN GREEN SMOOTHIE

INGREDIENTS

- 2 handfuls fresh spinach
- ½ large cucumber, chopped (*option to keep the skin on or off*)
- 1 banana
- 1 pitted date
- ¾ cup mango (*option to use a different fruit if you prefer*)
- ½ tsp spirulina
- 2 tbsp hemp seeds (*option to use chia or flax seeds*)
- ½ cup coconut water or ½ cup filtered water (*option to use more or less of each depending on how you want the consistency to be*)
- Optional: 1 handful of fresh parsley*

DIRECTIONS

- 1 Add all ingredients into a high-speed blender and enjoy!



BANANA BERRY COCONUT YOGURT

INGREDIENTS

½ - ¾ cup unsweetened coconut yogurt *(option to use a different non-dairy yogurt if you prefer)*

½ banana sliced

½ cup blueberries *(option to use other berries or fruit)*

1 tbsp chia seeds *(option to use flax, hemp, pumpkin or sunflower seeds)*

¼ tsp cinnamon

Drizzle of honey

DIRECTIONS

- 1** Add coconut yogurt into a bowl.
- 2** Top with fruit, seeds, cinnamon, and honey.
- 3** Mix and enjoy!

OVERNIGHT OATS

INGREDIENTS

½ cup gluten-free rolled oats

¾ cup unsweetened almond milk
(option to use another non-dairy milk)

¼ tsp cinnamon

½ tsp honey or maple syrup

½ cup berries *(option to add additional fruit if you desire)*

1 tbsp pumpkin seeds *(option to use hemp or sunflower seeds)*

DIRECTIONS

- 1** In a lidded container (ex: small mason jar), place the oats, almond milk, cinnamon, and honey/maple syrup.
- 2** Mix the ingredients. Cover and refrigerate overnight.
- 3** In the morning, top with your fruit and seeds.
- 4** Enjoy!







LUNCH

CHOPPED CHICKPEA and AVOCADO SALAD

INGREDIENTS

2 cups romaine, chopped (*or lettuce of choice*)

½ cup cucumber, chopped

½ cup cherry tomatoes, chopped

½ - ¾ cup chickpeas

½ avocado, sliced

¼ cup red onion, chopped

¼ cup pepperoncini peppers (*option to substitute for olives if you prefer*)

Dressing: suggested to use lemon tahini dressing from meal plan

DIRECTIONS

- 1** Add romaine, cucumber, tomatoes, chickpeas, avocado, onions, and peppers into a bowl.
- 2** Add dressing of choice.
- 3** Mix and enjoy!





CHOPPED TUNA SALAD

INGREDIENTS

2 cups romaine, chopped (*or lettuce of choice*)

1 can tuna (*option to use salmon as well*)

¼ cup red onion, chopped

½ avocado, sliced

¼ cup fresh dill, chopped

½ cup pecans, chopped

½ cup carrots, shredded

Dressing: suggested to use lemon tahini dressing or maple dijon from meal plan

DIRECTIONS

- 1** Add romaine, tuna, red onion, avocado, dill, pecans, and carrots into a bowl.
- 2** Mash up the tuna into smaller pieces.
- 3** Add dressing of choice.
- 4** Mix and enjoy!



HARVEST SALAD

INGREDIENTS

2 cups kale, massaged in olive oil

½ cup roasted butternut squash peeled, seeded, and cubed (*option to substitute for sweet potato*)

½ cup chickpeas

½ cup shredded brussels (*raw or cooked*)

¼ cup red onions, chopped

1-2 tbsp pumpkin seeds (*or chopped pecans*)

½ cup dried cranberries

1 tsp extra virgin olive oil

DIRECTIONS

- 1** Preheat oven to 425°F and line a medium-large baking sheet with parchment paper. Place the butternut squash cubes on the baking sheet and drizzle with olive oil. Mix together and spread them evenly on the baking sheet. Roast for about 30 min or until tender and slightly browned.
- 2** Add kale and teaspoon of olive oil into your salad bowl and begin to massage for about 2 min until kale turns soft and tender.
- 3** Add the butternut squash, chickpeas, shredded brussels, onions, pumpkin seeds, and dried cranberries.
- 4** Add dressing. Mix and enjoy!

SWEET POTATO TOAST

INGREDIENTS

½ large sweet potato, sliced

½ large avocado, mashed

1 tbsp pumpkin seeds

Salt and pepper to taste

Drizzle of fresh lemon juice

Optional: ¼ cup microgreens

DIRECTIONS

- 1** Preheat the oven to 400°F and line a small-medium baking sheet with parchment paper.
- 2** Cut the ends of the sweet potato off and then cut it lengthwise into thin slices about ¼ to ½ inch thick.
- 3** Place the sweet potato slices onto the baking sheet and into the oven for about 20 minutes (*option to broil them for the last 2-3 minutes to be a bit crispier*).
- 4** Let them slightly cool before adding your mashed avocado, pumpkin seeds, salt and pepper, and lemon juice.



DRESSINGS

*Dressings last about 7 days in fridge.
Take out 5-10 minutes before using.*

LEMON TAHINI SALAD DRESSING

INGREDIENTS

3 tbsp extra virgin olive oil
2 tbsp fresh lemon juice
1 tbsp tahini
1 tbsp filtered water
1/8 tsp salt
1/2 tsp maple syrup (*option to increase for additional sweetness*)

DIRECTIONS

- 1** Add all ingredients into a small lidded container.
- 2** Shake up and enjoy!

MAPLE DIJON SALAD DRESSING

INGREDIENTS

3 tbsp extra virgin olive oil

1.5 tsp maple syrup

1 tsp dijon mustard

2 tsp red wine vinegar

Sprinkle of salt, pepper, and garlic powder

Optional: drizzle of fresh lemon juice

DIRECTIONS

- 1** Add all ingredients into a small lidded container.
- 2** Shake up and enjoy!





SNACKS

GUACAMOLE WITH RAW VEGGIES

INGREDIENTS

- 1 large avocado
- ½ lemon or lime, juiced
- ¼ cup onion, chopped
- 2 tbsp fresh cilantro, chopped
- ¼ tsp salt

*Suggested raw veggies for dipping:
bell peppers, celery, cucumbers,
carrots, cherry tomatoes*

DIRECTIONS

- 1** In a small-medium bowl, mash up avocados.
- 2** Add lemon or lime juice, onion, cilantro, and salt.
- 3** Mix together and enjoy!

CRISPY ROASTED CHICKPEAS

INGREDIENTS

1 can chickpeas, rinsed and drained

1.5 tsp olive or avocado oil

1 tsp maple syrup or honey

¼ tsp salt

¼ tsp garlic powder

¼ tsp paprika

Pinch of ground black pepper

Optional: 1 tsp coconut aminos

DIRECTIONS

- 1** Preheat oven to 400 degrees. Once chickpeas are drained and rinsed, add into a bowl and pat them dry with a paper towel.
- 2** Add olive oil, maple syrup, salt, garlic powder, paprika, black pepper and mix together.
- 3** Line a baking sheet with parchment paper and evenly distribute the chickpeas.
- 4** Bake in the oven for 20-25 min until crispy. Half way through, take them out and give them a toss before going back in the oven.
- 5** Once crispy, take out, let them cool and enjoy!



TOMATO AVOCADO SALAD

INGREDIENTS

1 cup cherry tomatoes, sliced in half

1 small - medium sized cucumber, chopped (optional to keep skin on or off)

½ avocado

4 basil leaves, chopped

1 tsp extra virgin olive oil

1 tsp fresh lemon juice

Pinch of salt and pepper to taste

Optional: ¼ cup chopped red onions

Optional: 1 tsp balsamic vinegar

DIRECTIONS

- 1** Add tomatoes, cucumber, avocado, and basil into a bowl.
- 2** Add extra virgin olive oil, lemon juice, salt and pepper.
- 3** Mix and enjoy!



DINNER

PLANT BASED PESTO PASTA

INGREDIENTS

2 cups gluten-free pasta, uncooked
*(aim for pasta made from quinoa,
rice, lentils, chickpeas, or beans)*

½ cup dairy free pesto

1 cup cherry tomatoes, chopped

¼ cup fresh basil, chopped

2 cloves fresh garlic, chopped or
minced

½ lemon

2 tbsp olive oil

*Optional: ¾ cup chickpeas or frozen
peas*

DIRECTIONS

- 1** Bring a medium-large pot of salted water to a boil.
- 2** In a medium-large skillet, heat the olive oil over medium heat. Add the garlic and cherry tomatoes and sauté for 3 to 4 minutes until the tomatoes start to soften.
- 3** If you choose to add chickpeas or frozen peas, add here and let them cook for about 3-5 minutes.
- 4** Once tomatoes (and chickpeas or peas) have softened, add the pesto to the skillet and mix together.
- 5** Once pasta is boiling, prepare the pasta according to the package instructions and cook until al dente. Once pasta is cooked, drain, and add directly into the skillet.
- 6** Stir the pasta in with all of the ingredients. Place your serving into your bowl, top with chopped basil and squeeze of lemon. Enjoy!



ROASTED SALMON AND VEGETABLE SHEET PAN MEAL

INGREDIENTS

1 salmon fillet (6-8oz)
1 bunch of asparagus, ends trimmed
1-2 bell peppers, sliced
½ onion, sliced
2 tbsp coconut aminos
2 tbsp olive oil
1 tbsp lemon juice
1 tbsp fresh parsley, chopped
1 tsp honey
Garlic powder
Salt and pepper to taste

DIRECTIONS

- 1** Preheat oven to 400°F and line a large baking sheet with parchment paper.
- 2** Distribute asparagus, peppers, and onions onto the baking sheet (leaving some room to add your salmon to the sheet). Spray with olive or avocado oil and sprinkle with salt, pepper, and garlic powder.
- 3** In a small bowl combine coconut aminos, olive oil, lemon juice, fresh parsley, honey, and sprinkle of salt and garlic powder. Mix together.
- 4** Add your salmon fillet onto the baking sheet next to the vegetables and pour $\frac{3}{4}$ of the marinade over it evenly.
- 5** Place the baking sheet into the oven and bake for 15 minutes (or until salmon is cooked to your liking). During the last 1-2 minutes of cooking, you can add the remaining marinade over the salmon or wait to add it once it's served on your plate.
- 5** Enjoy!

WHITE BEAN VEGETABLE SOUP

INGREDIENTS

1 can cannellini beans, drained and rinsed (*option to choose a different bean*)

½ large onion, chopped

2 large celery stalks, chopped

2 large carrots, chopped

1 large zucchini, chopped

2 garlic cloves, chopped or minced

2 cups leafy greens (*spinach, kale, bok choy, collard greens, etc.*)

2 cups vegetable broth

1 cup canned diced tomatoes

1 cup water (*if needed for extra liquid*)

½ tsp salt

½ tsp oregano

½ tsp dried thyme

2 tbsp olive oil

¼ tsp ground black pepper

DIRECTIONS

- 1** In a large pot, heat the olive oil over medium heat. Add the onion, garlic, celery, and carrots. Continue to stir and let it cook for about 5 min until vegetables soften.
- 2** Add the zucchini and cannellini beans and cook for 2-3 minutes.
- 3** Add the vegetable broth, diced tomatoes, salt, oregano, thyme, and black pepper. Stir and let it come to a boil.
- 4** Once boiling, decrease heat to a simmer, cover pot and let it cook for about 20 min (stirring every couple of minutes).
- 5** Stir in the leafy greens and continue to simmer for another 3-5 minutes until it softens.
- 6** Season to taste for your preference. Serve and enjoy!



SUNDRIED TOMATO AND SPINACH CHICKEN BURGERS

(Pair with roasted vegetables of choice or over a salad)

INGREDIENTS

1 lb ground chicken breast
1/2 small-medium onion, chopped
1/2 cup sundried tomatoes, chopped
*(jarred sun-dried tomatoes in water
or olive oil)*
3/4 cup spinach, chopped
1/2 tsp salt
1/2 tsp garlic powder
1/2 tsp ground black pepper
Avocado or olive oil spray

*Suggested vegetables to pair with:
roasted broccoli, cauliflower, onions,
carrots, turnips, sweet potatoes.*

DIRECTIONS

- 1** In a medium to large bowl, add all ingredients and mix well with your hands *(helpful to add a bit of olive oil into your hands so it doesn't stick to you)*.
- 2** Divide the mixture evenly to create 4-5 burgers.
- 3** Preheat grill (or skillet) to medium-high heat and spray with olive or avocado oil.
- 4** Cook the burgers for about 5 min on each side (10 minutes total).

VEGETABLE STIR FRY

INGREDIENTS

1 large bell pepper (or 2 smaller bell peppers), sliced

1 package of baby bella mushrooms, sliced

1 large zucchini, sliced

½ medium onion, chopped

¾ cup chickpeas or shelled frozen edamame (option to include chicken, salmon, shrimp or additional protein here instead)

1 tbsp sesame seeds

1.5 tbsp olive oil

1 tbsp coconut aminos

¼ tsp ground ginger

¼ tsp garlic powder

Salt to taste

DIRECTIONS

- 1** In a large pan or cast iron skillet, add 1.5 tablespoon olive oil over medium high heat.
- 2** Add bell peppers, mushrooms, zucchini, and onions. Sauté for about 5 minutes until veggies start to soften.
- 3** Add your edamame or chickpeas and mix with the veggies for another 5 minutes.
- 4** Add coconut aminos, sesame seeds, ground ginger, garlic powder, salt, and mix together. Continue to cook for another 2-3 minutes.
- 5** Once the chickpeas or edamame are softened and the veggies are browned, remove from the skillet, and place into your bowl.
- 6** Top with some additional sesame seeds and enjoy!



MINDFUL EATING and LIFESTYLE TOOLKIT

EATING TIPS AND GUIDANCE

TAKE A MOMENT

- Half way through your meal, try to put your utensils down for just a few minutes (2-5 min) and give yourself a moment to check in with your body to see where your levels of hunger and fullness are. Give your stomach and body a quick breather to digest what you've already eaten. See if your body is asking for more (if so, how much more?) or maybe in this pause you recognize that you're more satisfied and satiated than you thought (you can always save the rest for later or the next day).

TAKE YOUR TIME

- Slow down your eating and chew thoroughly! The faster we eat, the less we chew, which means poor digestion and absorption of our food. Digestion of food actually starts in our mouth, so it's incredibly important that we're consciously remembering to SLOW down our eating and chew really thoroughly.

TAKE A BREATH

- If you find yourself absolutely starving heading into a meal (which is when we tend to eat super quickly without chewing too much), take a quick moment before diving into your meal to take 3 intentional deep breaths (in through your nose and out through your mouth). This allows you to head into your meal in a much more mindful headspace where you're reminding yourself to eat a little bit slower than you think and to chew thoroughly!

BE CAUTIOUS

- Be cautious of the amount of liquid that you're consuming at a meal (are you someone who chugs a full beverage during a meal?). While sipping a drink throughout a meal is absolutely fine (and normal!), we don't want to consume TOO much. If we're drinking too much liquid BEFORE or DURING a meal, it will lower our stomach acid, which is the acid responsible for breaking down and digesting our food. Sip slowly throughout a meal and you'll be just fine!

MOVE

- Light movement after a meal is an incredible way to ease digestion and regulate blood sugar! Even a quick 10-15 min walk after a meal (especially a heavier meal) can help immensely.

SKIP THE BUBBLES

- If you're someone who finds themselves bloated often or tends to struggle with digestive issues, we would recommend limiting or eliminating carbonated beverages during this 6-Day Detox Juice Cleanse Program. When you drink one of these beverages (which contain high amounts of carbon dioxide), you end up swallowing large amounts of this gas, which can get trapped and increase pressure in the stomach. Stick to flat beverages!

PLAN AHEAD

- For better sleep and digestion, aim to finish your last meal at least 2 hours before bedtime. This allows your body to properly digest and metabolize your meal!

LIMIT CAFFEINE

- If you're a caffeine lover, listen up! During this 6-Day Detox Juice Cleanse Program, less is more with caffeine. If you can do without it, amazing! If you're someone who loves and relies on it, let's work to consume a smaller amount (ex: 8oz instead of 16oz or 1 cup instead of 2 cup). A few additional helpful tips:

— Aim to consume at least 16oz of water (adding lemon if possible!) before drinking any caffeine in your morning or day.

— *Caffeine on an empty stomach is never a great idea! Let's aim to have some food in our system before grabbing that coffee or matcha.*



MINDSET PLAN

Welcome to the Mindset portion of this detox! The reason why we included a Mindset Plan as part of this Detox Program is because your state of mind profoundly influences your overall well-being, including your physical health. When you set the intention to cleanse and detox your body, you will see greater results if you use this time to also cleanse and detox your mind. This Mindset Plan will help you:

1. **INCREASE MOTIVATION AND COMMITMENT** - maintaining a positive and determined mindset during this Program helps you stay committed to the process. It provides mental strength needed to overcome challenges that may arise and help you stick to your goals.
2. **REDUCE STRESS** - a positive and healthy mindset can help reduce stress levels, which is extremely beneficial during a cleanse. Elevated stress levels can lead to the release of stress hormones (cortisol) which may counteract the benefits of detoxification.
3. **DETOX AND RELEASE EMOTIONS** - many people don't realize that we actually hold our emotions in our bodies! Committing to a mindset detox will help you release negative emotions, thought patterns and beliefs that no longer serve you. Emotions stuck in your body may impact your overall health and well-being. Identifying and addressing these negative influences will promote mental clarity and emotional balance.
4. **SET CLEAR GOALS** - a healthy mindset allows you to approach detoxing with healthy intentions that come from a place of abundance instead of lack and scarcity. Setting clear goals from a place of abundance is much easier to stick to and create long-lasting change.
5. **ENHANCE MIND-BODY CONNECTION** - the mind-body connection is a powerful thing. A positive mindset can positively influence your achievement of physical goals!

A positive and healthy mindset is crucial to the success of a detoxification process. This plan is carefully designed to assist you every day on your Detox Program. We recommend following the daily prompts and completing them in the morning when you wake up to ensure you have a clear and healthy mind to set you up for your detox (and beyond)!

DAY one

WORDS OF THE DAY

INTENTION AND VISION

- What are your **intentions** for this 6-Day Program?
- Use these next few days as a healing **time to cleanse** your body and your mind. Get clear - what are your goals physically, mentally, and emotionally for these next 6 days?

Below is a process that will help you get clear on what you **truly want** - no limitations, no thinking small.

In your journal, write out your **intentions and vision** for:

- The next 6 days in the program
- BONUS: The next 12 months

RECOMMENDED: Listen to Guided Visualization audio, sent via email.

GUIDELINES

- Write in the present tense as if you are living this reality now. Use "I am" or "we are"
- Use positive language and focus on what you want as opposed to what you don't want
- Include both internal and external experiences. For example, if you envision yourself with clearer skin or less weight, imagine how you would feel in your clothes or getting ready, etc.
- Make sure your vision is at least 50% believable (otherwise your subconscious will have a hard time holding onto it)
- Notice your body as you write this - what feels good and in alignment vs. what are you writing because you think it's the right thing
- End your vision with "it's this or something better"

DAY two

WORD OF THE DAY

RELEASE

Today is all about releasing what is **no longer serving** us. We are always holding onto beliefs, certain patterns, thoughts and behaviors that no longer serve us. Have you ever been super anxious and felt your stomach in knots? **Yep!** It is so important to find **healthy outlets** to release what feels sticky from our minds and body.

GUIDELINES

- In your journal on the top of the page write RELEASE
- Now set a timer for 5 minutes and just write nonstop about everything you want to release
- You can also write down all your worries and anything else that is causing you anxiety/stress
- Get it all out of your head and onto paper. Don't think about it too much and just trust that what comes up and out is exactly what needs to be released

Once you're done, affirm all your beautiful work by writing "I release all that no longer serves me in order to attract all that is meant for me".

Enjoy!

DAY three

(HALFWAY
DONE!)

WORD OF THE DAY

DREAM

Remember - the only thing that limits you is **your mind**, you can do this and you got it!

Your task for today is to go on a **dreamwalk**.

Option: Is an outdoor walk unavailable? Sit in a comfortable, quiet place instead.

GUIDELINES

- Get a playlist together of your favorite songs and go for a long walk
- For the duration of the walk, pretend that everything you want has already come true, everything you want is already a reality, and you are living the life of your dreams
- Imagine it to the best of your ability
- How does it feel? Focus on all the feelings!

DAY four

WORD OF THE DAY

SHIFT

Sometimes all it takes is a quick little **mindset shift** to help us either hit our goals, boost our mood or change our outlook on life.

Everything in life is happening **for you**, not against you. It's so easy to think about all the negatives, all the bad things happening in our lives. But, how often do you think about **all the positives?** Or how the negatives turned out to be something far greater than you could have imagined?

We can't always control what is happening in our lives, but what we can control is **our outlook** and how we handle situations. "Bad things" don't just happen so situations can get better, bad things happen so WE can get better as humans - so we can **grow and evolve**.

For today, either journal or think about a current situation in your life that is either triggering you or making you upset.

RECOMMENDED: Listen to Guided Meditation audio, sent via email.

GUIDELINES

- Ask yourself - how is this happening FOR ME?
- Is there a lesson I can learn from this?
- How can I grow from this situation and become a better person?

DAY five

WORDS OF THE DAY

DEEPER DESIRE

What if the very thing you are avoiding **holds the key** to what you deeply desire?

This process helps you reprogram the pattern of going outside yourself to get what you want and instead give it to yourself first. This supports you in shifting to a **more empowered** way of being so you can reach your goals quicker and with ease.

GUIDELINES

- Identify what you want - what is your external goal?
 - *Ex: I want to lose 5 lbs.*
- What do you imagine that will give you? “ If I get ___ then I’ll feel ___ ”
Tune in to see why you want your goal, this is your deeper desire.
 - *Ex: If I lose 5lbs then I will feel better about myself. If I feel better about myself then I will be more confident - the deeper desire is confidence.*
- What are 3 ways you can give yourself the feeling you’re deeply desiring today?
 - *I can engage in more self-love and self-care practices.*
 - *I can write a letter to myself telling myself how great I truly am.*
 - *I can do my hair, makeup and put on a cute outfit I love to remind myself how beautiful I am NOW.*

DAY six

(LAST
DAY!)

WORDS OF THE DAY

GRATITUDE

Take a moment on the last day of your detox to **reflect** on the things you are grateful for in your life - right now.

RECOMMENDED: Listen to Closing Meditation audio, sent via email.

GUIDELINES

- Write down a minimum of 5 specific things or people that you appreciate deeply.
- Consider not only the obvious blessings, but also the smaller, everyday moments of gratitude.
- How do these things or people make your life better? How can you express your gratitude and cultivate a deeper sense of appreciation in your daily life?
- Take a few minutes to journal in your own space and tell yourself how proud you are for completing this detox and committing to a better version of yourself - physically, mentally and emotionally!

CONGRATULATIONS

*on completing the 6-Day Detox Juice
Cleanse Program!*

You should be SO incredibly proud for showing up and **fully committing** to yourself over the last 6 days. In a world where we all live such busy and demanding lives, sometimes it feels really difficult to make our **health and wellness** a priority. This Detox Program isn't about being perfect, it's about consistently coming back to the routines that support you and your body each day, regardless of how the day before went. Maybe you missed a juice one day or maybe you forgot your lunch at home and had to order out, that's OKAY! Life isn't perfect and we're thrown off track all of the time. What matters the most is how you move through it and continue to wake up each day **ready to do your best**.

One of the main pillars of this program was to be sustainable well after the 6 days are over. Even if you only take away a few small habits, recipes or routines, that's a huge win! Think about the following...

- Is it possible to consume 1-2 fresh juices each week?
- If you're someone who often skips a meal like breakfast or lunch, can you work on having consistent meals each day?
- Can you plan 2-3 recipes to prep and cook each week?
- How would it feel if you had 1-2 plant based meals each day?
- What are ways you can incorporate mindfulness into your day?

Over time, these **small habits** can create an entirely new lifestyle. It's amazing to have goals and a vision of where you want to be in your health and wellness journey, but we also want you to be **proud of exactly where you are** right now! Remember that you hold ALL of the control and sometimes all it takes is a small reset to feel an immense shift. You've worked so hard over the last 6 days and we can't thank you enough for joining us!





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