



FIGHTING FOOD WASTE HAS
NEVER TASTED THIS GOOD

RAINBOW JUICE CLEANSE

1, 2 OR 3 DAY CLEANSE



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OUR CLEANSE PHILOSOPHY

Juice cleanses, detox teas, and apple cider vinegar have all gained their own spotlight, but just because something is trending, doesn't mean it's healthy or that it's the right one for you.

We don't believe in extreme diets. If you eat whole, nutritious foods and drink lots of water daily then your body naturally cleanses itself.

Our 1-day, 2-day, and 3-day juice cleanses were designed to be simple, fun and accessible. We're experts at making the best cold-pressed juices that are good for you and the environment, but we're not medical experts.

Make sure to check with your doctor before making any new dietary changes.

With love,
The Rescue Squad

WHY CLEANSE ANYWAY?

- ✓ Become more mindful of your diet
- ✓ Reboot your digestive health
- ✓ Flush out toxins
- ✓ Renew your energy
- ✓ Make a positive impact by choosing products that reduce food waste

THINGS TO KEEP IN MIND

- Determine your "why" before starting your cleanse. This intention will serve as your reminder and keep you motivated till the end.
- Stay open-minded and adaptable. You know your body best!
- **We're here for you!**
If you have any questions, please don't hesitate to get in touch with our team.



PICK YOUR CLEANSE

Here's our recommended schedule. It doesn't matter if you don't follow the schedule to a T, but **the optimal time between juices is 2-2.5 hours. Wellness shots are best taken between 8 am and 12 pm.** Whether you decide to do a 1-day, 2-day, or 3-day cleanse, you'll enjoy a delicious variety of all our essentials!

DAY 1 - CLEANSE TRACKER

9.55 LBS OF FRUITS & VEGGIES RESCUED

							
BOOSTER SHOT	GREEN VIBES SMOOTHIE	MORNING GLORY JUICE	RECOVER SHOT	DEEP GREEN JUICE	BEACH BUM JUICE	HIGH ACHIEVER JUICE	UNDERCOVER JUICE
8am	9am	11am	12pm	1pm	3pm	5pm	7pm
							

DAY 2 - CLEANSE TRACKER

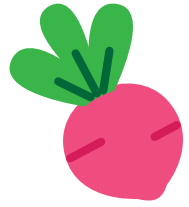
8.06 LBS OF FRUITS & VEGGIES RESCUED

							
BRAIN FUEL SHOT	MANGO PARADISE SMOOTHIE	KING OF THE HILL JUICE	RECOVER SHOT	DEEP GREEN JUICE	BIG BANG JUICE	HIGH ACHIEVER JUICE	UNDERCOVER JUICE
8am	9am	11am	12pm	1pm	3pm	5pm	7pm
							

DAY 3 - CLEANSE TRACKER

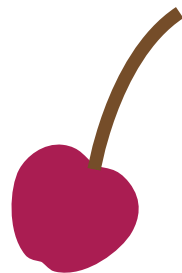
8.75 LBS OF FRUITS & VEGGIES RESCUED

							
BOOSTER SHOT	GREEN VIBES SMOOTHIE	KING OF THE HILL JUICE	RECOVER SHOT	DEEP GREEN JUICE	BEACH BUM JUICE	HIGH ACHIEVER JUICE	UNDERCOVER JUICE
8am	9am	11am	12pm	1pm	3pm	5pm	7pm
							






BEFORE YOUR CLEANSE

- **Timing is everything:**
Be strategic about your start date in order to have the most successful completion. Avoid starting your cleanse on a week that's particularly stressful, filled with social events, or travel.
- **Prep for success:**
Generally, we recommend preparing for 1-2 days leading up to your start date. In certain cases, we recommend taking a bit more time. For example, if you're a smoker, are hungover, have been sleeping poorly, or currently on a particularly eccentric diet, perhaps begin to prepare 3-5 days beforehand.
- **New morning habit:**
Start your day by squeezing some fresh lemon juice in a tall glass (16-20oz) of hot or lukewarm water. Use about half of a medium-sized lemon and do not sweeten with anything.
- **Start eliminating:**
Our **Love, Limit and Ditch It List** will help give your body a head start in detoxifying itself. Eliminating these items will generally make it easier to complete the program and will optimize your experience.



LOVE, LIMIT AND DITCH IT LIST

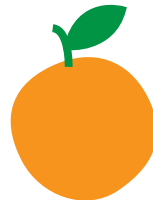
Here's a cheat sheet on what to love, limit, and ditch for a few days before and after your cleanse. Let this list be your foundation for a sustainable, healthy diet.

Love 	Limit it 	Ditch it 
Water, lemon water, decaf herbal tea	Eggs	Processed and fried foods (cookies, cake, packaged food, etc.)
Whole, raw veggies and herbs	Dairy	Animal protein
Low glycemic fruit (organic berries, kiwis, grapefruits, lemons, limes)	High sugar fruits (grapes, mangoes, cherries, bananas, apples, oranges)	Artificial and refined sugars
Gluten-free whole grains (brown rice, quinoa, buckwheat, millet)	Soy, pea protein or other plant-based protein	Refined flour
Healthy fats (avocado, olive oil, coconut, nuts, seeds)	Natural sweeteners (maple syrup, honey, dates)	Coffee and caffeine
Beans and lentils	Condiments	Alcohol, tobacco and other stimulants



DURING YOUR CLEANSE

- **Sip 'em slowly:**
Don't chug your juices. Drink them slowly and mindfully. This will enhance absorption and will help you feel more full.
- **Prioritize hydration:**
Drinking lots of water throughout your cleanse will support elimination and reduce food cravings!
- **Enjoy light exercise:**
Get at least some level of exercise throughout the day. Try a light at-home yoga sesh, or 30 minutes of brisk walking.
- **Get lots of sleep:**
Make your pillow your best friend! A good night's rest (approx. 8 hours) is essential for detoxification.
- **Listen to your body:**
It's not the end of the world if you feel the absolute need to eat during your cleanse. Refer to the Love, Limit, and Ditch It List and continue your cleanse.
- **Mind over matter:**
Be easy on yourself, but stay strong. A lot of this is mental, so positive self-talk will get you much further than giving into any self-doubt!



AFTER YOUR CLEANSE

Congrats, you did it!

For the next few days following your cleanse:

- Slowly reintroduce animal proteins and other elements to your diet, but keep your portions small.
- Chow down on lots of veggies!
- Go get a good workout in and continue to prioritize sleep.
- Continue to be mindful of your consumption of alcohol and other stimulants.
- Don't forget your healthy beverages and continue to reduce food waste with LOOP!
- **BONUS:** Continue to drink your lemon water in the morning!



MISSION **LOOP**

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