

FROM FARM TO FRIDGE & READY TO CLEANSE...

It's here, the delivery you've been waiting for! Congratulations you've taken the first step into becoming a happier and healthier you.

Whether you're an experienced cleanser or this is your first time; a juice cleanse can be a daunting experience into the unknown. Don't worry though we're here to take you through every step of the journey.

We have broken the cleanses down into 24 hours, the same principle is to be applied for each day of your cleanse.





WAKE UP
Hot Shot &
Dulce Verde



12PM Strawb



4PMCoco Verde



10AM Zenzero



2PM O'Fresco



6PM Rouge



11AMSpirulina



3PMBlack Lemonade



8PMCacao Oat





WAKE UP

Hot Shot & Coco Verde

12PM

Rouge

4PM

O'Fresco



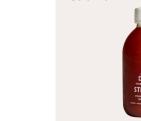
10AM Zenzero

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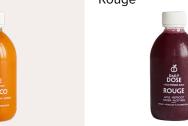
2PM

Strawb



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Rouge



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8PM Cacao Oat

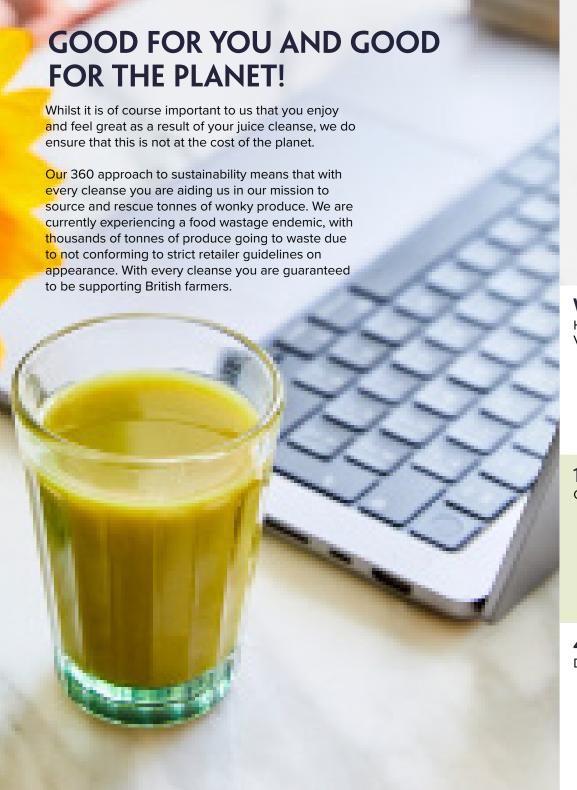


THE BENEFITS OF CLEANSING

Feeling a tad groggy? Energy levels taking a slump? Or maybe you're just craving your daily dose of health - either way embarking on a juice cleanse reaps many benefits! Below are just a few that many cleansers experience:

- * Improved gut health
- * Less bloating
- * Boost in energy levels and focus
- * Improved sleep
- * Reset for your immune system
- * Easy for on-the-go lifestyles





ADVANCED CLEANSE.

676 kcal.



WAKE UP

Hot Shot & Verde



Dulce Verde

Ø DOYS

11AMSpirulina



12PMCoco Verde



2PMDulce Verde



3PMBlack Lemonade



4PMDulce Verde



6PM Coco Verde



8PM Cacao Oat



5:2 CLEANSE.

Day 2 - 652 kcal Day 1 - 433 kcal



WAKE UP Hot Shot & Verde



10AM Dulce Verde



12AM Spirulina





WAKE UP



Cacao Oat



11AM Dulce Verde



1PM Strawb



2PM Verde



4PM Black Lemonade



12PM Verde



2PM Spirulina



3PM Dulce Verde



6PM Cacao Oat



DAY 1 DONE!





6PM Cacao Oat



TIPS & TRICKS.

Whilst the days you are completing your cleanse are the key part of your cleanse journey, we recommend preparing your body where possible. Here are a few of our top tips:

- Before you start it's good to avoid any refined sugars, processed foods, caffeine and alcohol.
- During your cleanse really listen to your body, we recommend light exercise only.
- Consult your medical professional if you need advice tailored to your own health and previous health conditions.

WHAT IF I FEEL HUNGRY?

We recommend that you snack on raw almonds if you're feeling peckish.

DON'T FORGET TO STAY HYDRATED AND DRINK PLENTY OF WATER THROUGHOUT YOUR CLEANSE.



READY TO LEVEL UP?

You've done it!

Well done on completing your cleanse, how do you feel? Now time to chill out for a bit.

Remember though your body has just been through a cleanse so take things slow and start by re-introducing lighter meals and limit processed foods, at least until your body readjusts.

If you're already eyeing up your next challenge, we've got you covered! To celebrate enjoy **30% off** your next cleanse with the code:





