

  
**DAILY  
DOSE**  
**CLEANSE GUIDE**



# 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.



# BEGINNER CLEANSE.

883 kcal



## WAKE UP

Hot Shot & Dulce Verde



## 10AM

Zenzero



## 11AM

Spirulina



## 12PM

Strawb



## 2PM

O'Fresco



## 3PM

Black Lemonade



## 4PM

Coco Verde



## 6PM

Rouge



## 8PM

Cacao Oat



# INTERMEDIATE CLEANSE.

913 kcal



# 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



## WAKE UP

Hot Shot &  
Coco Verde



## 10AM

Zenzero



## 11AM

Spirulina



## 12PM

Rouge



## 2PM

Strawb



## 3PM

Black Lemonade



## 4PM

O'Fresco



## 6PM

Rouge



## 8PM

Cacao Oat



# GOOD FOR YOU AND GOOD FOR THE PLANET!

Whilst it is of course important to us that you enjoy and feel great as a result of your juice cleanse, we do ensure that this is not at the cost of the planet.

Our 360 approach to sustainability means that with every cleanse you are aiding us in our mission to source and rescue tonnes of wonky produce. We are currently experiencing a food wastage endemic, with thousands of tonnes of produce going to waste due to not conforming to strict retailer guidelines on appearance. With every cleanse you are guaranteed to be supporting British farmers.

# ADVANCED CLEANSE.

676 kcal.



## WAKE UP

Hot Shot & Verde



## 10AM

Dulce Verde



## 11AM

Spirulina



## 12PM

Coco Verde



## 2PM

Dulce Verde



## 3PM

Black Lemonade



## 4PM

Dulce Verde



## 6PM

Coco Verde



## 8PM

Cacao Oat



# 5:2 CLEANSE.

Day 1 - 433 kcal

Day 2 - 652 kcal



**WAKE UP**  
Hot Shot & Verde

**10AM**  
Dulce Verde

**12AM**  
Spirulina

**WAKE UP**  
Hot Shot & Verde

**10AM**  
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!**

**4PM**  
Black Lemonade

**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:

**CLEANSECOMPLETE**



**CONGRATULATIONS ON  
COMPLETING YOUR CLEANSE!**

