

# REFUEL JUICE CLEANSE PREP STEPS



Making a few changes before you start the Juice Cleanse can make your cleanse far more enjoyable and efficient. Before starting any cleanse, make sure to consult your physician, especially if you have a medical condition like diabetes. Also, don't participate if you're pregnant or nursing. Detoxes are also not a substitute for medical diagnoses or treatment.

**1. The Juice Cleanse Pre-Clean:** Here are some foods and habits you are going to want to remove or reduce at least two days before you start cleansing.

**2. Keep Your Hands Off:** Candy, chocolate bars and bags of chips, greasy take-out foods, wheat products such as bread and pastry, alcohol, tobacco, coffee, fatty foods, milk and cheese, red meat, chicken and pork (yes, that includes bacon) and recreational drugs.

If you're going to snack, replace sugary, salty, fatty indulgences with lots of delicious fresh colorful fruits and veggies, nuts, seeds, grains and legumes. Make sure that you are drinking at least eight cups of water a day - this can include herbal tea. A lot of the time when you feel tired and achy, it's due to dehydration.

**3. During Juice Cleanse:** When you wake in the morning, sip a warm glass of water with a bit of lemon. Do some light stretching and enjoy your first juice. Consume the rest of your juices in two to two-and-a-half hour intervals. Make sure that you are still drinking water throughout the day to wash out toxins as they are being shed from your body. The more water that you drink and the more that you sweat you are less likely to suffer from side effects as your body cleanses. The final juice of the day is formulated specifically to help you sleep and should be consumed at least two hours before bed. While you are on the cleanse, you will need to be getting at least seven hours of sleep every night in order to support the healing and elimination process.

**Chia Seeds:** Each day of your cleanse you receive a package of chia seeds. Chia is an excellent source of fiber, protein and omega 3 fatty acids. The chia will help cleanse your digestive system while providing you with a clean source of protein and fat.

**4. After Juice Cleanse:** You've reset your detoxification system, giving your body the rest that it needs and are now off to a fresh start. You'll notice that unhealthy refined foods no longer have the same appeal. Most likely you'll be feeling so alert and energetic that you won't want to go back to your previous sugary snacks and morning coffee. Let's keep it that way you! We care as much about what happens during your cleanse as we do about what happens after. We are not a short-term weight loss fad. While most people do lose weight on our programs, we care most about improving your overall health and helping you live a more vibrant life. You'll need to ease back into solid foods. The best way is to eat light, mostly raw plant-based meals as well as one or two juices daily for about three days. Keep hydrating, stretching and breathing!

# refuel JUICERY



ORGANIC + RAW

## MENU + JUICE CLEANSE GUIDE

We're Social.  
Let's Connect!

(416) 792-1192  
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# SMOOTHIE MENU



## Fresh Blend

- |   |                         |
|---|-------------------------|
| 1. <b>Special:</b> Mango, Strawberry, Banana, Almond Milk                               | 16oz. 5   20oz. 5.75    |
| 2. <b>Mango Tango:</b> Pineapple, Mango, Fresh Pressed Orange, Banana                   | 16oz. 5.50   20oz. 6.25 |
| 3. <b>Hurricane:</b> Strawberry, Mango, Pineapple, Fresh Pressed Orange, Banana         | 16oz. 5.50   20oz. 6.25 |
| 4. <b>Berry Beauty:</b> Mix Berries, Fresh Pressed Apple                                | 16oz. 5.50   20oz. 6.25 |
| 5. <b>Mr. Ginger:</b> Ginger, Pineapple, Fresh Pressed Apple                            | 16oz. 5.75   20oz. 6.50 |
| 6. <b>Kale King:</b> Kale, Spinach, Mix Berries, Mango, Fresh Pressed Orange, Banana    | 16oz. 6   20oz. 7       |
| 7. <b>Green Aid:</b> Wheat Grass Shot, Pineapple, Kale, Fresh Pressed Apple             | 16oz. 6   20oz. 7       |
| 8. <b>Immune Booster:</b> Turmeric, Ginger, Mix Berries, Pineapple, Fresh Pressed Apple | 16oz. 6   20oz. 7       |
| 9. <b>Antioxy:</b> Green Tea Matcha, Blueberry, Fresh Pressed Apple, Banana             | 16oz. 6.50   20oz. 7.50 |
| 10. <b>My Meal:</b> Banana, Vegan Protein (15g), Mix Berries, Almond Milk               | 16oz. 7   20oz. 8       |
| 11. <b>Choco Maca:</b> Raw Cocoa Powder, Maca Roots, Raw Cashews, Dates, Almond Milk    | 16oz. 7.50   20oz. 8.50 |

## Add Ons

- |   |             |
|---|-------------|
| 1. <b>Vegan Protein (15g):</b> Extracted From Pea, Cranberry And Hemp Protein               | 2.00 / Shot |
| 2. <b>Wheat Grass:</b> Anti-aging, Antioxidant, Good Source Of Fiber, Immune Booster        | 2.00 / Shot |
| 3. <b>Green Tea Matcha:</b> increases Metabolism, Lower Cholesterol, Detoxifier             | 2.00 / Shot |
| 4. <b>Maca Roots:</b> Increase Stamina, Lubricate Joints, Hormone Balancer                  | 2.00 / Shot |
| 5. <b>Moringa:</b> Anti-inflammatory, Anti-tumor, Antioxidant, Boost Immunity               | 2.00 / Shot |
| 6. <b>Ginseng:</b> Energy Booster, Anti-depression, Anti-anxiety                            | 2.00 / Shot |
| 7. <b>E3 Live:</b> Improves Brain Function, Long-lasting Energy Boost, Faster Recovery Time | 2.00 / Shot |
| 8. <b>Flax Seed:</b> Rich In Fiber And Omega-3, Improves Blood Sugar                        | 1.50 / Shot |
| 9. <b>Chia Seeds:</b> High In Calcium And Dietary Fiber, Good Source Of Iron                | 1.50 / Shot |

# CLEANSE PACKAGES MENU



## Beginner Package

1. Sour Shower
2. Kale Kraze
3. Cinnamon Cashew
4. Green Magic
5. Glow
6. Chia Fresca

\$50

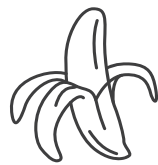
All 500ml Glass Bottles

## Advanced Package

1. Sour Shower
2. Kale Kraze
3. Power Punch
4. Cinnamon Cashew
5. Supa Green
6. Chia Fresca

\$50

All 500ml Glass Bottles



# COLD PRESS MENU



1. **Sour Shower:** Lemon, Grapefruit, Beet  
Appetite Suppressant, Weight Loss Support, Promotes Healthy Heart, Reduce Blood Pressure.
2. **Beet Blast:** Beet, Carrot, Apple  
Boost Stamina, Improves Blood Flow, Boost Liver, Kidney & Digestive System, Ultimate Detoxifier.
3. **Kale Kraze:** Kale, Spinach, Celery, Apple  
Detoxifier, Boost Immunity, Anti-cancer, Lower Cholesterol, Promotes Healthy Skin.
4. **Green Magic:** Spinach, Orange, Kale, Cayenne Pepper  
Antioxidant, Anti-viral, Migraine Preventer.
5. **Glow:** Pineapple, Red Swiss Chard, Fresh Mint  
Anti-aging, Antioxidant, Fights Common Cold, Heart Healthy, Relieves Seasonal Allergy.
6. **Supa Green:** Romaine, Kale, Cucumber, Arugula, Spinach, Lemon, Ginger  
Powerful Detoxifier, Alkalinizing, Great Cleanser, Anti-aging, Weight Loss Support, Strengthens Bones and the Brain.
7. **Power Punch:** Turmeric, Pineapple, Ginger, Cayenne Pepper  
Anti-inflammatory, Strong Antioxidant, Healthy Heart & Brain Function, Prevent Cancer, Detoxifier.
8. **Sweet & Spicy:** Apple, Carrot, Ginger, Cayenne Pepper  
Support Immunity, Pain Reducer, Improve Vision, Protect Against Cancer, Cold Cure.
9. **Orange Aid:** Orange, Ginger, Ginseng  
Cold Cure, Energy Booster, Anti-inflammatory, Support Immunity.
10. **Chia Fresca:** Chia Seeds, Spring Water, Lemon, Agave  
Mood Enhancer, Good Source of Fiber And Omega 3, High In Protein, Improves Digestion.

## Handmade Cashew Drink

12. **Cinnamon Cashew:** Cashews, Medjool Dates, Cinnamon, Spring Water  
Heart Healthy, Weight Watcher, Energy Booster.
13. **Kale Cashew:** Cashew, Medjool Dates, Spring Water, Cold-pressed Kale  
Anti-cancer, Antiviral, Boost Energy.
14. **Cocoa Cashew:** Raw Cocoa, Raw Cashew, Dates, Alkaline Water  
Energy Booster, Promotes Good Memory, Mood Enhancer.



## WHY COLD PRESS JUICE CLEANSE?

Juice cleanses help flush out and eliminate toxins in the body. Fasting with a juice cleanse may help you kick bad habits and facilitate weight loss. Juice fasting helps curb cravings for coffee, alcohol and fatty foods. Juice fasts may also help facilitate the development of healthy eating habits after the fast. A Juice cleanse is the most natural and organic method of detoxifying and healing the body. Juice cleanses allow your digestive system to recover from the demands of solid food digestion, while still giving your body the nutrients and minerals you need to thrive, It rejuvenates the body mentally and physically. A juice cleanse can be as simple and quick as replacing one meal with a juice.