

COLD-PRESSED  
**TOTAL  
CLEANSE**  
WE JUICE, YOU CLEANSE



Your Personal Start Guide  
to help you make the most of  
your Total Cleanse experience.



totalcleanse



@totalcleanseca



totalcleanseca



“Fasting is a valid experience. It can benefit any otherwise healthy person whose calories now have the upper hand in his/her life.”

The New England Journal of Medicine

Thank you for signing up with Total Cleanse. Congratulations on taking the next step to revitalize, energize and purify your health!

Each day, the food and drinks we consume pollute our bodies. Our bodies are neglected and our digestive systems become overloaded. Eventually, this culminates in a quasi-digestive failure which is characterized by a lack of energy, difficulty concentrating, and bloating. We accumulate various toxins in our systems, this only compounds our bodies' inability to detoxify and digest. Total Cleanse is Canada's premier cleanse delivery service and provides the perfect variety of cleanses to help you regain your system's alkaline balance; normalize your digestion and metabolism, detoxify your body and remedy the daily overload we have grown accustomed to.

## TC Tip!

First time  
cleanser?  
Convince a  
friend to join  
you on your  
journey. it's  
easier and far  
more fun.



## How to Prepare for Your Cleanse

Preparation for your cleanse is not necessary but will make the transition much easier. For approximately two to four days prior to the commencement of your cleanse, we strongly recommend that you attempt to eliminate fried foods, red meat, dairy products, sugar, coffee and alcohol from your diet. Instead, concentrate on consuming fresh fruit, vegetables, seeds, fish and at least eight glasses of water per day. The simpler and more basic your diet is prior to cleansing, the more successful you will be in eliminating the toxins from your system. You can also prepare by eating smaller meals every two to three hours because this is the same schedule you will be required to follow while on Total Cleanse program.

## Sample Menu

Start your day with a large glass of warm water ideally with a splash of fresh lemon juice (stay away from the fake stuff!). This will wake up your system and get your metabolism moving.

### *Breakfast*

Fresh Fruit (approximately one cup) with one quarter cup of plain oatmeal.

### *Snack*

One ounce or approximately sixteen almonds, walnuts or cashews.

### *Lunch*

Big Salad (vegetables, nuts and seeds or fish only) lightly dressed with one teaspoon of extra virgin olive oil and one quarter teaspoon of balsamic vinegar

### *Snack*

One whole piece of fresh fruit

### *Dinner*

Grilled fish with steamed vegetables

### *Snack*

One whole piece of fresh fruit

*You can eat as many vegetables as you want throughout the day.*

### TC Tip!

If you're having trouble downing a juice? Lemon Rush too spicy? Dilute it with a bit of filtered water.



## Toronto, GTA and Montreal Cleansers

Your juice arrives between 8pm the evening before you are and 6am the day of your start date. A maximum of three days of juice are delivered at once. If you order a five or seven day cleanse, you will receive more than one delivery.

Your cooler bag/bags will be picked up at the end of your cleanse. Please see bag pick up schedule below. There is a \$25 fee for each non-returned cooler bag at the end of your service. If you need to reschedule a bag pick-up, please contact us prior to 4pm on your bag pick-up day.

## Bag Pick-Up Schedule

Last Day on Program	Bag Pick Up
Sunday	Sunday
Monday	Monday
Tuesday	Wednesday
Wednesday	Wednesday
Thursday	Friday
Friday	Friday
Saturday	Sunday

### TC Tip!

Take a few minutes to meditate and think about why you're embarking on a cleanse. Praise yourself for your commitment.

## Everywhere else across Canada

Your juices arrive between 9am and 5pm the day before you are set to start. Your juice will arrive in an insulated cooler box and will be left at your front door. The cooler box will not be picked up so please recycle its contents. Each cooler box you receive contains a maximum of three days of juice of eighteen bottles total.



## AFTER YOUR CLEANSE

You DO NOT want to break your cleanse with a celebratory dinner of steak and chocolate cake! It is very important that you do not overwhelm your body. The purpose of the cleanse is to give your body and digestive system get a well-deserved break. Treat your body with respect. For the first day after the cleanse stick to fruit and vegetables only. On day two and three of our post-cleasne slowly begin adding in grains, dairy, fish and meat.

### DAY 1

#### *Breakfast*

One cup of fresh fruit or five hundred milliliters of non-pasteurized fresh juice.

#### *Snack*

One ounce or approximately sixteen pieces of raw nuts.

#### *Lunch*

Salad with vegetables and fruit only.

#### *Snack*

One whole piece of fresh fruit

#### *Dinner*

Lightly steamed vegetables and fresh fruit or non-pasteurized fruit juice

### DAY 2

#### *Breakfast*

One cup of fresh fruit with one-quarter cup of plain oatmeal

#### *Snack*

One ounce or approximately sixteen almonds, walnuts or cashews

#### *Lunch*

Salad with vegetables, nuts and seeds

#### *Snack*

One whole piece of fresh fruit

#### *Dinner*

Four ounces of broiled fish with steamed vegetables and one quarter cup of brown rice or quinoa.

### TC Tip!

Freezing our Very Berry juice makes for the perfect summer treat!



### 1. When should I drink my Juice?

Start each morning of the cleanse with a glass of plain or lemon water. Within the first hour or two of waking up you should drink your Green Energy Juice. You should drink your juices every 2-3 hours apart and finish it within 15-30 minutes to preserve freshness.

### 2. Can I add sugar substitutes to my water or juices?

No! If you must sweeten your juice, stick to a high grade organic maple syrup. Total Cleanse is all about limiting harmful refined sugars.

### 3. What if I'm hungry?

Even though your calories are somewhat restricted, there are enough calories in your juices to get you through the day. You should not eat any solid foods while cleansing (even vegetables) as this will affect the benefits of the cleanse. Total Cleanse allows your digestive system a much-needed rest. Eating will interfere with that resting period. If you feel weak, skip your workout and go home and relax! Remember, you are cleansing and shouldn't push yourself. If you are having a craving, try a cup of green or herbal tea.

### 4. Should I be drinking water while on Total Cleanse?

YES! Water is an essential part of any diet. Other beverages such as coffee, pop, and alcohol can actually dehydrate the body. Water has been proven to clear skin, improve mental alertness, and help remove toxins from the body. The Total Cleanse is the perfect time to start adding more water to your daily diet.

### 5. I've completed the first day and feel good, should I stay on for longer?

Yes! The longer you stay on the cleanse, the more toxins will be removed from your body.

### 6. Will I lose Weight?

Weight loss is a possible outcome but not the goal of Total Cleanse. This is a cleanse designed to give your body a break from and to eliminate harmful toxins. Total Cleanse aims to put you on track to leading a much healthier life.

### 7. What order should I drink my juices in?

Drink your juice in its numbered order. For example, drink bottle one first.

### 8. How should I store my juice?

Store your drinks in your fridge. If you are taking them out with you keep them in your cooler bag with a cold icepack. Remember to shake your juice well before you drink it.

### 9. An emergency came up and I have to leave town, can I cancel?

We can delay your program if you contact us within forty-eight hours. If you are starting the program on Monday you must contact us Friday no later than 4 pm. If you are starting on Thursday, you must contact us on Monday no later than 4 pm. Produce is ordered specially for you so if you call to delay after the cut-off times we will not be able to stop your program. If you contact us before the cut-off time than we will be happy to put your program on hold.

For more answers to frequently asked questions, please don't hesitate to visit our complete FAQ on our website at [totalcleanse.ca/faq](http://totalcleanse.ca/faq) or contact us at 647.230.3699 or [info@totalcleanse.ca](mailto:info@totalcleanse.ca)

## TC Tip!

Each and every one of our Total Cleanse juice bottles are 100% recyclable!