

# CPRESS

## YOUR CLEANSE SCHEDULE



### THE ORIGINAL CLEANSE

**8am** DETOX WATER  
**8.30am** PRIME NUMBER  
**10am** ALMOND MILK  
**12pm** GREEN EXPECTATIONS  
**2pm** COCO H2O  
**4pm** TURMERIC GOLD  
**7pm** FARMERS MARKET W/APPLE

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669 kcal

### THE HOUSE CLEANSE

**8am** DETOX WATER  
**8.30am** CHARGED UP  
**10am** LIVER FLUSH  
**12pm** GREEN EXPECTATIONS  
**2pm** COCO H2O  
**4pm** OREGANO +  
**7pm** FARMERS MARKET

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566 kcal

### THE GREEN CLEANSE

**8am** DETOX WATER  
**8.30am** GREEN HARVEST  
**10am** SUPER GREEN  
**12pm** GREEN ANGEL  
**2pm** COCO H2O  
**4pm** OREGANO +  
**7pm** FARMERS MARKET

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363 kcal

# 3

## DAYS

**DAY 1** THE ORIGINAL

**DAY 2** THE HOUSE

**DAY 3** THE GREEN

# 5

## DAYS

**DAY 1** THE ORIGINAL

**DAY 2** THE HOUSE

**DAY 3** THE GREEN

**DAY 4** THE HOUSE

**DAY 5** THE GREEN

# 7

## DAYS

**DAY 1** THE ORIGINAL

**DAY 2** THE HOUSE

**DAY 3** THE GREEN

**DAY 4** THE ORIGINAL

**DAY 5** THE HOUSE

**DAY 6** THE GREEN

**DAY 7** THE GREEN

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## WHY CLEANSE?

Our modern lives can be taxing for our bodies. Too much processed food, not enough organic produce, stress, inflammation and poor digestion can leave us feeling fatigued, run down and sluggish.

Juice cleansing can be a helping hand in assisting your body to rebalance, supporting your detoxification systems by taking the pressure off your over-worked digestion.

### YOUR CLEANSE JOURNEY STARTS HERE

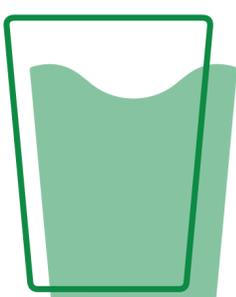
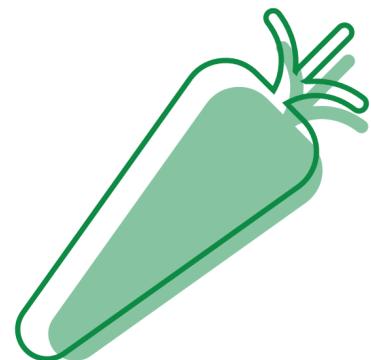
## PRE CLEANSE

### 1. Prepare mentally.

A juice cleanse can be a challenge if you're new to detoxing. Think positive thoughts, remind yourself of why you want to do this, cherish your health and your body and set the tone for your upcoming cleanse. Tried meditation or mindfulness? We like the [Headspace](#) and [Calm](#) apps.

### 2. Focus on your diet.

A few days before your cleanse try switching to more of a plant-based diet. Avoid refined sugar, processed foods and too much dairy produce. This will help to ease you into your cleanse by taking the pressure off your detoxification organs.



### 3. Support your body beforehand.

Focus on supporting your liver by drinking lots of water with lemon and eating meals that are easy to digest and not rich or heavy. Try not to fall into the trap of having a massive blow out because you're starting a cleanse soon!



#### 4. Follow the correct order.

The cleanse has been designed by a Nutritionist to follow a specific order which is best suited to allowing your body to detox. You'll get the best results if you stick to this order.



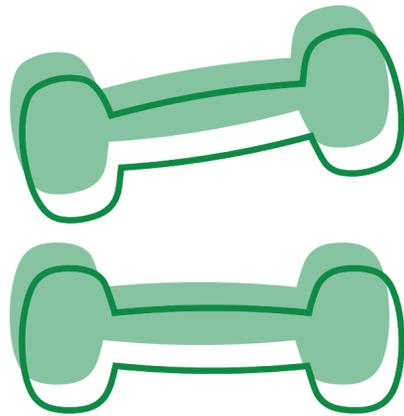
## MID CLEANSE

#### 5. If you gotta eat, eat.

It's important to do what's right for you. A lot of people prefer to include a [soup](#) into their cleanse as it helps them stay focussed on their goal whilst still giving their digestion a rest. If you feel instantly fantastic then by all means, get those hard greens in, but don't feel like you've failed if you need to supplement with a soup or light, plant-based meal, you will still have done your body a world of good.

#### 6. Take a load off.

Our number one tip is to take it easy. Yes, you heard us. If you're a seasoned detoxer then fine, you do you, but if you're new to the game then take it easy. Skip the HIIT workout and choose long walks and yoga to ease yourself in.



## POST CLEANSE

#### 7. Exercise gently.

Just like during your cleanse, try not to go hell for leather right away but instead listen to your body and do what you feel is right. If you've just completed a 3 or 5 day cleanse that's quite a while on a lower calorie intake.

#### 8. Feel accomplished.

The mental strength needed to complete a cleanse can be quite something. Let yourself feel a sense of accomplishment and achievement after reaching your goal, it will stand you in good stead for the life journey to come.



#### 9. Continue looking after your health.

Think of your cleanse as the kick-start to better health generally. Flood your gut with beneficial bacteria, keep your sugar consumption low and make processed foods a thing of the past.

