



Thank you

FOR CLEANSING WITH US!

Follow these instructions for a successful cleanse.



Pre-cleanse

We want your cleansing experience to be enjoyable as possible, so here are some things to follow. Two days before starting your cleanse eat plenty of veggies, salads, juices, and smoothies. Choose fish instead of meat.

The more prepared you are before the cleanse, the easier it will be. Your body won't have to work so hard to break down remaining food in your body during your detox. This will help avoid uncomfortable detoxing symptoms. Don't go eat at McDonald's the hour before you start your cleanse. Cheaters never prosper!

DURING THE CLEANSE, AVOID:

- ✗ Animal products
(red meat, fish, chicken, seafood, eggs)
- ✗ Nicotine
- ✗ Coffee (replace with green tea)
- ✗ Alcohol
- ✗ Soda
- ✗ Raw fish
- ✗ Fried food
- ✗ Sugar
- ✗ Processed food
- ✗ Wheat
- ✗ Carbs like white rice, pasta, bread



Here are some quick tips for your cleanse!

Warning: Our juices are unpasteurized so they are super fresh and highly perishable. Drink up!

- 1 Keep your juices **cool and refrigerated**.
- 2 Juices will stay fresh for 3 - 5 days from the day you receive them. Read the expiration date on the bottle.
- 3 If your juices or milk taste thick or sour, they have gone bad. Let us know if that happens!
- 4 Shake up your juices before drinking them.
- 5 Start your day with drink #1, and drink the next juice every 2-3 hours. End your day with #6. Drink a juice whenever you get hungry. Don't drink it all in the morning unless you want to be a hungry hippo in the evening.
- 6 Drink a glass of water after each juice.
- 7 Light workout (walking, biking, swimming, yoga...)
- 8 Love yourself! (get a massage, facial, take a bath, read a book...)
- 9 In case of an emergency and you're on the verge of tears & ready to throw in the towel... You can snack on nuts (almonds, cashews), veggies and fruits (anything you can juice can be a snack) in between juices. (But don't cheat if you don't have to). Don't be a wussy, if my grandma can handle a juice cleanse then you can too!
- 10 Tell your friends! Let them know why you're cleansing in the first place. They can cheer you on for moral support or... they can just stop sending you pictures of donuts.

Beware*** Your urine or stool might be the color red...don't panic, it's just beets!



AFTER YOUR CLEANSE

Did you like our juices? Did you LOVEEE IT?

Let us know! We love feedback and sharing reviews of real customers! Seriously, spill the beans because we think we've heard it all but love hearing new stories! It motivates us to continuously improve #JuiceMi. We love before & after pictures! The labor of love (us juicing) is worthwhile when we hear your success story. If our juices didn't quite make the cut or you didn't enjoy the experience, please give us a chance to make things right by contacting juicemigourmet@gmail.com.

SHOW US SOME ❤️

Follow [@drinkjuicemi](https://www.instagram.com/drinkjuicemi) on Instagram.

The only way we can grow is with your help!

Post and share a picture of you on your cleanse! Tag [@drinkjuicemi](https://www.instagram.com/drinkjuicemi) and hashtag #JuiceMi.

Better yet, post your #JuiceMi review on Instagram to receive \$10 store credit. Follow instructions in your email. Didn't get it? Contact us!



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Go green, save the 🌍!

Reduce & reuse by returning your empty glass bottles and insulated bags to us! ❤️