

## BEFORE CLEANSING



Sleep well



Eat healthy



Exercise



Cut out alcohol



Stay hydrated

## AFTER CLEANSING

Post-cleanse eating is all about slowly progressing from easily digestible, hydrating foods (think fruit, cucumbers, leafy vegetable, avocados or any of our juices) to the heavier, more filling foods (think greens, lean meats, eggs).

### CHECK YOUR EMAIL

If you bought your cleanse through our online store, you probably received an email from us inviting you to review your purchase. Share your experience by leaving a review with an image and **automatically receive a coupon which can be applied towards your next order.**

### GET REWARDED WITH LEMONS

Earn rewards points (1 **Lemon** for every \$1 spent) and get exclusive gifts, discounts and free full-size products.

GOT QUESTIONS? [support@drinklemonkind.com](mailto:support@drinklemonkind.com)



# LEMONKIND®

## SUPERFOODS

# LATTE CLEANSE

### BOOST | BURN | CONTROL



LKLATTEBR001



Gluten-Free



100% Recyclable by

TERRACYCLE



WOMEN™  
OWNED



Vegan  
Approved

# 5 LATTES PER DAY

(PLUS A BALANCED MEAL\*)

8 am



**COLOMBIAN  
COFFEE  
YERBA MATE  
LATTE**

10 am



**MATCHA  
MORINGA  
GREEN TEA  
LATTE**

1pm



**BALANCED  
MEAL OF  
CHOICE**  
(\*not included)

3pm



**DARK  
CHOCOLATE  
OOLONG TEA  
LATTE**

6pm



**MAQUI  
BERRY  
DANDELION  
LATTE**

8pm



**GOLDEN  
VANILLA  
TURMERIC  
LATTE**

1



Add 240ml (8 oz)  
of water or  
non-dairy milk  
to shaker bottle

2



Add shaker  
ball and one  
(1) latte

3



Close the  
bottle and  
give it a  
good shake.  
That's it!

This is the order we recommend.  
However, feel free to rearrange as you please!