



## AFTER CLEANSING

Slowly progress from easily digestible, hydrating foods (think fruit, cucumbers, leafy vegetable, avocados or any of our juices) to the heavier, more filling foods.

## 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. Leave a review with an image and automatically receive a discount code.

## GET REWARDED WITH LEMONS

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

## NOT READY TO CLEANSE?

That is perfectly ok! Just make sure to check the BEST BY dates on your cleanse and set a reminder so you don't miss it. The BEST BY date refers to the date recommended that you use the product for best physical and/or sensory quality. It is not an expiration date, but rather the date by which LEMONKIND recommends consumption.

The Best By Dates (BB for short) can be found on the outer box as well as the back of each individual juice.



# MASTER CLEANSE<sup>2</sup>



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



## 1 JUICE EVERY 2 HOURS (8 JUICE PER DAY)



7am

RASPBERRY  
ROSE  
LEMONADE



9am

MANGO  
SEA  
BUCKTHORN



11am

RASPBERRY  
ROSE  
LEMONADE



1pm

CHLORELLA  
INFUSED  
GREENS



3pm

RASPBERRY  
ROSE  
LEMONADE



5pm

MANGO  
PEPPERMINT  
GREEN TEA



7pm

RASPBERRY  
ROSE  
LEMONADE



9pm

BLUEBERRY  
CINNAMON  
CHIA



### FEELING HUNGRY?

If you get extremely hungry, you may have a cup of raw fruits or steamed vegetables, a handful of raw nuts, or a small salad with low-calorie dressing.



### WATER IS YOUR FRIEND

Drink plenty of water throughout the day. Along with regular H<sub>2</sub>O, you can have as much tea (green and herbal) as you like.



### COFFEE? IT'S COMPLICATED

It is not recommended to drink coffee on an empty stomach since it may cause gastric irritation in some people. However, if you are a die-hard coffee junkie, we want to avoid you experiencing any discomfort, so feel free to drink a small amount.



### TAKE IT EASY, CHAMP.

If your body feels up to working out, go for it! Just remember, due to the reduced caloric intake, you may not be able to exercise as strenuously as you normally do. Take it easy!

## BEFORE CLEANSING



Sleep well



Eat healthy



Exercise



Cut out alcohol



Stay hydrated