

Tips for success

A few days before your cleanse...



Sleep well



Eat healthy



Stay hydrated



Cut out alcohol



Exercise

You finished your cleanse, now what?

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

Get rewarded for your reviews!

Share your experience by leaving a review with an image and automatically receive a 15% Off Coupon which can be applied towards your next order.

Interested in becoming a LEMONKIND Ambassador?
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Not feeling transformed? Contact us.

Chat with us live M-F, 9am - 5pm (EST)
Email us at info@drinklemonkind.com

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LEMONKIND®
SUPERFOODS

The Core Cleanse Guide



8 Delicious Juices

Healthy Weight-Loss

Jumpstart

Cleanse FAQs



Hunger

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.



Hydration

Drink plenty of water throughout the day. Along with regular H₂O, you can have as much tea (green and herbal) as you like.



Coffee

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.



Exercise

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, so take it easy.



Daily Game Plan



8 juices per day, 1 every 2 hours.
If desired, repeat daily for up to 7 days



7 am
**Mango
Peppermint
Green Tea**



9 am
**Turmeric
Pumpkin
Spice**



11 am
**Avocado
Pineapple
Wheatgrass**



1 pm
**Turmeric
Carrot
Gingerade**



3 pm
**Chlorella
Infused
Greens**



5 pm
**Aronia
Berry
Lemonade**



7 pm
**Mango
Sea
buckthorn**



9 pm
**Blueberry
Cinnamon
Chia**



100% Recyclable by



Vegan

