



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 and automatically get rewards!

GET REWARDED WITH LEMONS

Join our **Taste Love Club™** and as a loyalty member, you'll start earning points which can be redeemed for exclusive rewards and even full-sized products. Oh, and it is **100% FREE** to join.

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.

GOT QUESTIONS? support@drinklemonkind.com



LEMONKIND®
SUPERFOODS

ORIGINAL
CORE
CLEANSE

DEEP DETOX &
IMMUNITY



1 JUICE EVERY 2 HOURS

(8 JUICES PER DAY)



7am

MANGO
PEPPERMINT
GREEN TEA



9am

ARONIA
BERRY
LEMONADE



11am

TURMERIC
CARROT
GINGERATA



1pm

CHLORELLA
INFUSED
GREENS



3pm

MANGO
PEPPERMINT
GREEN TEA



5pm

ARONIA
BERRY
LEMONADE



7pm

CHLORELLA
INFUSED
GREENS



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 H₂O, 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

