

DETOX JUICE DIET

The Detox Juice Diet is a plan of 3, 5 or 7 days of drinking juices mainly from fruit and vegetables. If followed correctly, the plan will help you lose weight, cleanse and detox.

Use this opportunity not only to lose weight in the short term but also to change your eating habits permanently to be healthier and more conscious about the food you consume.



WHAT WE RECOMMEND

8AM: Warm some water. Take half a lemon and squeeze it. Add mint if you like. Drink it.

9AM: Berry Breakfast

11AM: Energizer

1PM: Iron Man

3PM: Detox Cleanse

5PM: Super Smoothie

7PM: Deep Green

9PM: Mint Tea (before bed)

DETOX JUICE DIET

BEFORE THE PROG

RAW FOOD ONLY 24-48 HOURS PRIOR.

To ease the transition for your body, at least 24 hours before you begin the programme, you should eat raw fruits and vegetables only. If you must consume cooked food, make sure it is fruit and vegetables only or broth.

Avoid all preservatives, sugar, gluten, wheat products, grains, dairy, caffeine and nicotine.

Only water, lemon water, Natural Kitchen juices and herbal teas (with no caffeine) are the allowed.

DURING THE PROG

1. You should not eat any solids during your programme.

2. If you start having headaches, strong cravings and feel that you don't have much energy, it is ok. This is normal - especially for the first 3 days. Stay focused and do not stop the programme.

3. Make sure to drink plenty of water throughout the day. You should drink as much water as you drink juice.

4. If you absolutely must eat, make sure to only eat fruits, raw vegetables and soaked nuts and seeds

5. Limit yourself to light exercise such as walks, yoga and stretching. Your energy levels will change during the programme so be careful not to push yourself too hard. It is important to listen to your body.

AFTER THE PROG

Return gradually to eating solid foods after your programme.

During the first 3 days after completing your programme, you must follow a similar diet to the pre-cleanse diet.

On the first day, eat only fruits and vegetables.

On the second day, you can add brown rice, eggs and yogurts. You can add chicken, meat or fish to your diet 4-5 days after the programme has finished.

Remember, use this experience to create new, permanent healthy eating habits!