



ARTISAN JUICE

Juice Cleanse Guide

Before your cleanse

To prepare for a cleanse, it's best to avoid heavy foods like meat, eggs, dairy, processed foods, refined sugars, and caffeine.

Heavy foods require a lot of energy to digest, so giving your digestive system a break helps it focus on detoxification. Processed foods, sugars, and certain fats can cause inflammation, which might interfere with the cleansing process. Caffeine can dehydrate you, so skipping it and drinking plenty of water supports hydration, crucial for detoxification.

Throughout the day, ensure you drink plenty of water.

Before bedtime, having one herbal tea can aid in feeling fuller during the night.

If hunger strikes at any point, begin by drinking a glass of water or herbal tea. If hunger persists, opt for vegetables as a snack, while keeping fruit consumption limited whenever possible.

During your cleanse

How to consume

Depending on if you are on the Lean Cleanse, or the Protein Cleanse. You will consume the drinks in the following order.

Lean Reset Cleanse: Booster, 01, 02, 03, 04, 05, 06, S1

Protein Reset Cleanse: Booster, S1, 02, S2, 03, S3, 05, S4.

Have the Booster within the first 30 minutes of waking up, then periodically through out the day consume the juices in the above sequence.

Happy Cleansing!