

**ARTISAN JUICE 2024**

# **JUICE CLEANSE GUIDE**

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All you need to know about choosing  
and consuming a juice cleanse



**ARTISAN**  
— JUICE —

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# BENEFITS OF A JUICE CLEANSE

- **Detoxification:** The primary goal of a juice cleanse is to detoxify the body by eliminating toxins and promoting the elimination of waste products. The high water content in juices helps flush out toxins from the body through urine and sweat.
- **Weight Loss:** Juice cleanses are often used as a short-term strategy for weight loss. By consuming only juices, individuals may reduce their calorie intake, leading to weight loss. However, it's essential to note that any weight lost during a cleanse is likely to be water weight and may return once regular eating resumes. It is a great kickstart for your weight loss journey, best coupled with long term dietary changes
- **Improved Digestion:** Juices are easier for the digestive system to break down compared to solid foods. Consuming juices during a cleanse gives the digestive system a break, allowing it to repair and rejuvenate.
- **Increased Nutrient Intake:** Freshly pressed juices contain a high concentration of vitamins, minerals, and antioxidants from fruits and vegetables. A juice cleanse provides a convenient way to flood the body with essential nutrients, promoting overall health and well-being.
- **Enhanced Energy Levels:** Some individuals report feeling more energised during and after a juice cleanse. This increased energy may result from consuming nutrient-dense juices and giving the digestive system a rest.



# CHOOSING YOUR CLEANSE

We've created a comparison table outlining the variances between our Lean and Protein Cleanse options. Your choice should match your goals. In brief, the Protein Cleanse is ideal for individuals leading active lifestyles or maintaining regular workouts, while the Lean Cleanse suits those with a more relaxed routine.

Lean has fewer calories and less protein, offering a weight-loss-focused cleanse, whereas Protein provides higher protein and calorie content for those aiming to avoid excessive weight loss. Both aim to detoxify and reset your body

Cleanse	<b>Lean Cleanse</b>	<b>Protein Cleanse</b>
Contains	6x Juices, 1x plant-based protein smoothie per day + 1 booster shot	3x Juices, 4x plant-based protein smoothie per day + 1 booster shot
Calories per Day <i>(approx.)</i>	918 calories	1327 calories
Protein per Day <i>(approx.)</i>	17.2g of protein	26.4g of protein
Benefits	Promotes detoxification and weight loss. Provides essential nutrients from fruits and vegetables. Supports increased energy levels and overall well-being.	Provides sustained energy for active individuals. Offers more filling options with higher protein content - Ideal for those with higher calorie needs or intense physical activity.
Recommended for	Individuals seeking gentle detoxification and weight loss. Those with moderate activity levels or less demanding daily routines.	Individuals with active lifestyles or those engaging in frequent exercise.

# HOW LONG SHOULD I CLEANSE?

## Simple Overview

Beginner	2-3 days
Intermediate	3-5 days
Experienced	5-7 days

The duration of your juice cleanse is an important consideration and can vary depending on your goals, experience with cleansing, and overall health status.

- **Experience Level:** If you're new to cleansing or have never done a juice cleanse before, starting with a shorter duration, such as 2 or 3 days, may be more manageable. This allows your body to adjust to the cleanse gradually and reduces the risk of severe detox symptoms.
- **Health Goals:** Consider your specific health goals when determining the length of your cleanse. If you're looking to kickstart weight loss or reset your eating habits, a 5 to 7-day cleanse may be more appropriate. However, if your primary goal is to give your digestive system a break or increase energy levels, a shorter 3 - 4 day cleanse may suffice.
- **Overall Health Status:** Your current health status and any underlying health conditions should also be taken into account. If you have any medical concerns or dietary restrictions, consult with a healthcare professional before starting a cleanse to ensure that it's safe for you to do so.

Regardless of the duration you choose, it's essential to listen to your body throughout the cleanse and adjust accordingly. If you experience any adverse effects or discomfort, consider ending the cleanse early and gradually reintroducing solid foods into your diet. The goal is to support your health and well-being without causing undue stress or strain on your body.

# PREPERATION & DURING YOUR CLEANSE

## Preparing for Your Cleanse:

To optimise for a succesful cleanse, we recommend doing the following

- **Gradually Reduce Solid Foods:** Ease into the cleanse by gradually reducing your intake of processed foods, caffeine and alcohol in the days leading up to it. This helps minimise detox symptoms such as headaches and fatigue.
- **Stay Hydrated:** Drink plenty of water in the days leading up to the cleanse to hydrate your body and prepare it for increased fluid intake during the cleanse.
- **Plan Your Schedule:** Choose a time for your cleanse when you can rest and relax, as detox symptoms may occur, especially during the first few days.

## During Your Cleanse:

During the cleanse, keep these tips in mind to optimise your experience

- **Stay Hydrated:** Drink plenty of water between juice servings to stay hydrated and support the body's detoxification process.
- **Listen to Your Body:** Pay attention to how you feel during the cleanse and adjust accordingly. We recommend not consuming food while on the plan, but if hunger strieks we have a list of recommended options.
- **Monitor Physical Activity:** While light to moderate exercise is fine, we recommend limiting the ammount of highly intensive exercise. If it is expected that your body takes time to adjust, so don't over do it!

**By following these guidelines and listening to your body's needs, you can embark on a juice cleanse with confidence, knowing that you're supporting your health and well-being.**

# 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.

**Depending on your sleep schedule, it is recommended to consume the juices every 60 - 90 minutes throughout the day**

## LEAN CLEANSE



## PROTEIN CLEANSE



# RECOMENDED SNACKS

## **Foods to Eat Throughout:**

While our juice cleanses are intended to be consumed without additional food, it's essential to listen to your body's cues. If hunger arises, we recommend **starting with water** and then progressing to **herbal tea** if necessary. However, if you feel the need to eat, here are some recommendations:

## **Option A) Vegetables:**

As a first option we recommend snacking on vegetables, this is because vegetables generally have a lower sugar count, a higher fibre count, and a lower caloric density. In summary this will fill you up while supporting the detoxification process and limiting calories. *Here are a few convenient recommendations:*

- Celery sticks
- Carrot sticks
- Cucumber slices
- Bell pepper strips
- Cherry tomatoes
- Snap peas
- Radishes
- *List is just a guide, feel free to consume any vegetables you have convenient*

## **Option B) Fruit:**

As a secondary option we recommend snacking on fruit. Fruit has a high nutrient density, a high water count for hydration and are packed with nutrients which also aid in the detoxification process. *Here are a few convenient recommendations:*

- Apple
- Orange
- Berries (strawberries, blueberries, raspberries)
- Grapes
- Pineapple
- Watermelon
- Kiwifruit
- *List is just a guide, feel free to consume any vegetables you have convenient*

These options provide a balance of hydration, fibre, and essential nutrients to help curb hunger and support your body during the cleanse. Remember to choose whole, unprocessed foods and enjoy them mindfully





# AFTER YOUR CLEANSE

## Post-Cleanse Recommendations:

After completing a juice cleanse, it's crucial to ease back into solid foods gradually to prevent digestive discomfort. Follow these concise guidelines for a smooth transition:

- **Start Light:** Reintroduce light, easily digestible foods like soups, salads, steamed vegetables, and fruits. These choices provide essential nutrients and are gentle on the digestive system.
- **Stay Hydrated:** Continue drinking plenty of water, herbal teas, and coconut water to stay hydrated and support your body's detoxification process.
- **Listen to Your Body:** Pay attention to how your body responds to different foods and adjust your choices accordingly. Eating mindfully can help you make informed decisions about what foods best support your health.
- **Avoid Overindulgence:** While it's natural to crave certain foods post-cleanse, opt for nutrient-dense options and avoid excessive consumption of processed foods.
- **Maintain Healthy Habits:** Continue incorporating regular physical activity, stress management techniques, and adequate sleep into your routine to support your long-term health goals.

Following these post-cleanse recommendations will help you transition back to a balanced diet while supporting your body's ongoing detoxification and wellness journey. Remember to honour your body's cues and celebrate the progress you've made towards achieving your health goals.