



# VERDANT DETOX SINGLE DAY+ CLEANSE

COLD-PRESSED AND DELIVERED FRESH

100% Organic RAW unpasteurized Cold-Pressed Juice



Verdant Detox Single-day+.....\$96 (qty 8 - 16 oz juices)

with Post-cleanse Pure Celery add-on.....\$102 (qty 9 - 16 oz juices)

The+ is for the pre-cleanse kick-off that starts the evening before. About an hour after the last meal of the day, and always at least an hour after taking any medications, consume the 16oz Charcoal Detox Lemonade as a pre-cleanse prep, wait about 30 minutes before drinking any water/tea, etc.

The RAW juice cleanse is meant as a break for the digestive system to rest and reset, so the intention

is to avoid consuming solid foods. However, mid-day or evening you may feel it necessary to incorporate a broth (vegetable or bone), or a nut mylk or coconut water clean smoothie or perhaps a golden (turmeric) mylk tea for some added sustenance.

Throughout the day and evening consume plenty of water to continually flush the system to aid in the detox process.

## The Verdant Detox Single-Day+ Cleanse

Begins with two choices for the morning to break the overnight fast, either:

**A)** Start the day with 16 oz or more of lemon water (wait 20-30 minutes) then consume first juice of the day, Pure Celery juice - (wait 20-30 min before consuming anything else, including water) OR,

**B)** Skip the lemon water and start the day with Pure Celery juice, then wait 20-30 minutes before consuming 16oz or more of lemon water.

Follow-up when ready, in the following order through the day/evening:

Whole Watermelon Mint Lemonade,

Resurrection + Parsley,

Positively Green (can also be sipped anytime throughout the day),

Whole Watermelon Lemonade,

Tropical Thunder, and ending with

Dr. Phyl.

Post-cleanse it is recommended to slowly reintroduce whole foods and continually drink plenty of water.

The following day you have the option of adding on an additional serving of Pure Celery juice for \$6.

### Juices and Ingredients:

+ 16 oz - **Detox Charcoal Lemonade:** water, cold-pressed lemon juice, activated charcoal (sourced from coconut shells), & Stevia

1. 16 oz - Pure Celery

2. 16 oz - **Watermelon Mint Lemonade:** whole watermelon, lemon, mint, & splash of water

3. 16 oz - **Resurrection + Parsley:** cucumber, swiss chard, red apple, celery, lemon, ginger, & parsley

4. 16 oz - **Positively Green:** green apple, cucumber, & ginger

5. 16 oz - Watermelon Mint Lemonade

6. 16 oz - **Tropical Thunder:** cucumber, swiss chard, pineapple, celery, lemon & ginger

7. 16 oz - **Dr. Phyl:** cucumber, swiss chard, celery, lime, & cilantro

Optional post cleanse add-on: 16oz - Pure Celery... \$6

**All juice is subject to availability of seasonal produce - in the event we cannot get an ingredient listed, notification will be given of substitution.**