



THREE DAY CLEANSE

COLD-PRESSED AND DELIVERED FRESH

100% Organic RAW unpasteurized Cold-Pressed Juice

 **Phyl'n Great Three-day Detox.....\$308 (qty 22 – 16 oz juices)**

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.

Pre-Cleanse Boost, night before:

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

Day 1

1. 16 oz – Pure Celery
2. 16 oz – Watermelon Mint Lemonade: *whole watermelon, lemon, mint, & splash of water*
3. 16 oz – Rooty Lapple: *red apple, carrot, red beet, & lemon*
4. 16 oz – Resurrection + Parsley: *cucumber, swiss chard, red apple, celery, lemon, ginger, & parsley*
5. 16 oz – Watermelon Mint Lemonade
6. 16 oz – Positively Green: *green apple, cucumber, & ginger*
7. 16 oz – Pretty Woman: *carrot, pineapple, sweet potato, red beet, & lime*

Day 2

1. 16 oz – Pure Celery
2. 16 oz – Watermelon Mint Lemonade
3. 16 oz – Rooty Lapple
4. 16 oz – Dr. Phyl: *cucumber, swiss chard, celery, lime, & cilantro*
5. 16 oz – Pretty Woman
6. 16 oz – Resurrection + Parsley

Day 3

1. 16 oz – Pure Celery
2. 16 oz – Watermelon Mint Lemonade
3. 16 oz – Resurrection + Parsley
4. 16 oz – Positively Green
5. 16 oz – Watermelon Mint Lemonade
6. 16 oz – Tropical Thunder: *cucumber, swiss chard, pineapple, celery, lemon & ginger*
7. 16 oz – Dr. Phyl

Post Cleanse Bonus (Day 4) Morning Start-up: 16 oz – Pure Celery

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