

YOUR DAILY RITUAL



The optimal time between juices is 2-2.5 hours.

Green Cleanse Pack

A simple rhythm. Juices to fuel your energy all day long. 5 days to reset, refresh and repeat!

Hydrate generously, listen to your body and slow down a little.



Wellness shots are best taken between 8 am and 12 pm.



BOOSTER SHOT DEEP GREEN JUICE RECOVER SHOT DEEP GREEN JUICE DEEP GREEN JUICE DEEP GREEN JUICE DEEP GREEN JUICE DEEP GREEN JUICE

8am — 9am — 11am — 12pm — 2pm — 4pm — 6pm — 8pm

DAY 1



DAY 2

8am — 9am — 11am — 12pm — 2pm — 4pm — 6pm — 8pm



DAY 3

8am — 9am — 11am — 12pm — 2pm — 4pm — 6pm — 8pm



DAY 4

8am — 9am — 11am — 12pm — 2pm — 4pm — 6pm — 8pm



DAY 5

8am — 9am — 11am — 12pm — 2pm — 4pm — 6pm — 8pm



**FIVE DAYS. LOTS OF GREENS. A BODY THAT SAYS THANK YOU.
DRINK GREEN. FEEL THE DIFFERENCE.**

RESET. REFRESH. REPEAT.

The green cleanse that truly feels good.

For 5 days, make room for greens, freshness and real ingredients. A simple routine that fuels your energy, hydrates your body and gives your digestive system a little moment to breathe.

No pressure, no perfection.

Slow down a little, hydrate often, and sleep more if your body asks for it. Move gently, breathe deeply and listen to what your body needs. Rest amplifies the benefits of the cleanse, take a warm bath, try meditation, enjoy a sauna or a massage, or simply sleep a little more. Your body will thank you! This cleanse isn't here to restrict you. It's here to support you.

Feeling hungry?

That's normal, and completely okay.

Sometimes it's not hunger, it's simply the feeling of wanting to chew something.

If you experience real hunger, eat something light inspired by our list of foods to enjoy. This cleanse isn't a challenge, it's a moment to reconnect with your body.

WHAT WE LOVE. WHAT WE LIMIT. WHAT WE LEAVE ASIDE.

A few days before and after (or even during) the cleanse, focus on foods that help your body feel light, energized and balanced.

LOVE IT



LIMIT IT



LEAVE IT



Water, lemon water, herbal tea

Eggs

Processed and fried foods

Whole vegetables and fresh herbs

Animal milk

Animal proteins

Low-glycemic fruits (blueberries, kiwi, grapefruit, lemon, lime)

High-sugar fruits

Refined and artificial sugar

Gluten-free whole grains (quinoa, brown rice, buckwheat, millet)

Plant-based processed proteins

Refined flour

Healthy fats (avocado, olive oil, nuts, seeds)

Natural sweeteners

Coffee and caffeine

Condiments

Alcohol and tobacco