

# On your mark...Ready for a Juice Cleanse!

## Get Set... *Before your cleanse*

- A day prior to beginning your cleanse, it is a good idea to start eliminating coffee, alcohol, dairy, red meat, sugar, and white flour and bread products.
- Fruits, vegetables, and whole grains will make the transition into your cleanse much easier!

## Ready... *The day of your cleanse*

- On the morning of your first day, begin drinking your Watt-Ahh. This will help alkalize and aid in detoxifying your body. Continue drinking the Watt-Ahh throughout the juice cleanse.

## Go... *Drinking your juices*

- A little while later, when your body feels the need for something more, begin your juices for the day. They will be consumed as follows:

**Schedule:** Juice 1 - Morning Glory between 8:30 AM and 9:30 AM

Juice 2 - Kale Mary - between 11:30 AM and 12:30 PM

At least

Juice 3 - Defense - between 1:30 PM and 2:30 PM

1 Liter of Watt-Ahh

Juice 4 - Heart Beet - between 3:30 PM and 4:30 PM

throughout the day.

Juice 5 - Gentle Greens - between 5:30 PM and 6:30 PM

Juice 6 - Green Fuel - between 7:30 PM and 8:30 PM

GFF Smoothie - one hour before bed

## Finish Line...*After your cleanse*

- Continue to drink a full glass of filtered water with lemon, chlorophyll or Watt-Ahh upon rising every day. This will help your body continue to cleanse.
- Remember; take sips, not gulps, to properly hydrate your body.
- Avoid gluten, dairy, red meat, and refined sugars
- Drink a green juice or smoothie for breakfast and another juice sometime during the day
- A three day juice cleanse is recommended every 4 to 6 weeks
- Any questions, comments or concerns please call Get Fit Fuel - 941-366-6700.

Congratulations on completing your cleanse!!!



Our juices and smoothies ARE NOT pasteurized. We pride ourselves on using the freshest fruits and vegetables available and on the cleanliness of our juicing kitchen. However, if you have allergies, a weakened immune system, are pregnant, or if your health is compromised in any way, we encourage you to first consult your doctor before consuming any unpasteurized bottled beverage.



## Benefits of a Juice Cleanse

- Lose weight
- Improved energy
- Wake up feeling sharp and rested
- Think clearly, feel focused
- Clearer skin, regain your youthful glow
- Decreased cravings
- Kick start your renewed commitment to healthy living
- Strengthen your immune system
- Reduce inflammation
- Improve digestion
- Rehydrate the body
- Wash less dishes! 😊

These are just some of the benefits our customers have reported while on the juice cleanse. Results will vary.