YOUR INSTRUCTIONS & GUIDES

CLEANSE INSTRUCTIONS

To feel the best, we recommend consuming the 6 bottles provided daily, drinking lots of water, and eating raw fruits and vegetables if you find your need more.

If the 6 juices each day + fruit and vegetables are still not filling you up, we recommend choosing from the CLEANSE APPROVED RECIPES in the next section.

VEGETABLE SOUP RECIPE

Enjoy for dinner or when you need something hot or more filling.

- 4 large carrots, peeled & chopped
- 4 potatoes, peeled & chopped
- 3 stalks celery, chopped
- 2 cloves garlic, thinly sliced
- 1 small yellow onion, chopped
- 1/2 cup frozen peas
- 1/2 cup frozen corn
- 8 cups filtered water
- Redmond mineral salt, to taste
- Cracked black pepper, to taste
- Any of your favorite herbs & spices

1. Combine all ingredients into a large pot and bring to a slow boil.
2. Turn heat down and simmer, covered, until potatoes become fork-tender.
3. Taste and add more spices, salt, and pepper if necessary.

!! This freezes and thaws well. Store any extra in freezer to enjoy in the future.

DAILY ROUTINES

It's simple... just drink one bottle a day. That's it.

FREQUENTLY ASKED QUESTIONS

BEFORE YOU START

Thawing Instructions

- Bottles should arrive frozen.
- Store the bottles in your freezer until you are ready to use them.
- Thaw bottles in your refrigerator.
- Thawing may take 24–48 hours depending on how cold your refrigerator is. It is best to separate them in the space that you have.
- If cleansing, thaw one day at a time.
- Once thawed, bottles should be kept refrigerated and consumed within 24 hours.

Foods to Reduce Before Your Cleanse

- We recommend reducing processed foods including products containing refined sugars, artificial sweeteners, and refined seed oils.
- Try to limit dairy and processed grain products (breads, pasta, cereals). Reduce alcohol, sodas, and other sugary drinks.
- Minimize coffee and tea to one cup per day and drink it without cream or sugar. If you cannot drink your coffee black, swap sugar with a natural sweetener like honey and replace cream with a clean plant milk.

Foods to Start Eating

- Eat as many fresh fruits and vegetables as possible in the days leading up to your cleanse. Do not limit fresh fruits!
- Include other healthy carbohydrates like baked white and sweet potatoes, beans, and whole grains like rice, quinoa, and oats.
- You'll want to ensure that you are drinking half your body weight in ounces of filtered water the days leading up to your cleanse. You can also enjoy caffeine-free herbal teas without restriction.

DURING YOUR CLEANSE

What do I have to do on a day I'm cleansing?

During a cleanse you will drink 6 bottles of cold-pressed juices and/or plant-based smoothies for 3, 5, 7, or 10 days.

Always drink plenty of water in between bottles.

And while you can snack on the list of approved foods below, focusing primarily on the juices and smoothies may help you get the most from your cleanse.

In what order should I drink the bottles?

While there is no right or wrong order to follow when drinking your juices and smoothies on cleanse days, if you want a specific order to follow here you go:

- **Skinny Cleanse:** Tarte Greens, Sweet Greens, Citrus Carrot, Sweet Greens, Sweet Roots, Cool Greens
- **High Protein Cleanse:** Sweet Greens, Citrus Carrot, Sweet Roots, Vanilla Cashew, Strong & Lean, Chocolate Cashew
- **Protein Cleanse:** Sweet Greens, Citrus Carrot, Sweet Roots, Vanilla Cashew, Peanut Butter, Chocolate Cashew
- **Green Juice Cleanse:** Tarte Greens, Lemony Greens, Citrus Mint, Apple Celery, Strawberry Greens, Sweet Greens
- **Detox Cleanse:** Sweet Greens, Tarte Greens, Lemony Greens, Citrus Mint, Apple Celery, Strawberry Greens

How often should I drink each bottle?

We recommend drinking your first bottle by 8am, and drinking a bottle a every 2 hours.

If you find you don't need all 6 bottles daily, save the extras to extend your cleanse or to use as a snack or meal replacement after your cleanse.

What if I am hungry?

If 6 bottles a day is not enough for you, try eating raw fruits and/or vegetables.

Any are good, but ripe bananas are extra filling.

If you are still hungry, try a plain baked white or sweet potato or some plain steamed vegetables.

You could also cook from the cleanse approved recipes here.

DURING YOUR CLEANSE

Can I drink coffee and tea?

Yes, but drink it without any cream or sugar.

If you cannot drink your coffee black, swap sugar with a natural sweetener like honey and replace cream with a clean plant milk.

Will I need to be close to a restroom?

Most people do not notice significant changes in their bathroom habits during a juice cleanse.

Unlike some powder or capsule cleanses, our cold-pressed juices are designed to be gentle on your digestive system.

Visits to the restroom may be slightly more frequent due to increased fluid intake, but most people continue their normal daily activities without issue.

Should I expect any side effects, and how do I prevent them?

Most people who do a juice cleanse experience no negative side effects. However, as your body adjusts to a change in diet, it is possible that you may experience some mild symptoms.

Steps to help minimize potential adjustment symptoms:

- Preparation is key. Before starting a juice cleanse we highly recommend up to a week of preparation to reduce unpleasant symptoms.
- Drink plenty of hydrating fluids such as water, coconut water, and caffeine-free herbal teas.
- Avoid dairy, gluten, alcohol, and processed foods.
- Include more fruits and vegetables every day leading up to your juice cleanse.
- Work on limiting your coffee intake to one cup per day.

Should I be drinking water?

Yes, drink water as often as you need to. Staying properly hydrated supports your body's natural processes and helps you feel your best during a cleanse.

FREQUENTLY ASKED QUESTIONS

AFTER YOUR CLEANSE

How do I maintain my results?

You'll want to continue supporting your body with raw fruits and vegetables and the easiest way to do this is by transitioning into one of the daily routines.

These are simple, just drink one juice a day.

Read ingredient labels

If it comes in a box or bag, make sure to read the label. Ingredients you can't pronounce? Reconsider.

Avoid these: High fructose corn syrup, refined seed oils (also including canola oil, "vegetable" oil, and soybean oil),hydrogenated oils, added colors, added preservatives (ie - potassium sorbate), artificial sweeteners, enriched flour, gums, maltodextrin, and anything ending in "-ose" - Yep, that's refined sugar.

Eat and drink in moderation

Try to limit dairy, processed grains, refined oils, and alcohol as much as possible. We're not asking you to eliminate them completely — just be mindful.

Follow this rule: Eat clean 80–90% of the time.

That leaves wiggle room for weekend parties, family get-togethers, and those times when you really just need that piece of chocolate to cope.

Add these foods to your grocery list

Stock up on lots of raw fruits & vegetables for snacks, healthy fats like avocado, raw nuts, & hummus, and some dairy-free options like coconut yogurt and almond milk.

GUIDES, RECIPES & SUPPORT

From what to do to prepare for your cleanse to navigating your social obligations while staying on track + cleanse-approved recipes for when you need more.

rawgeneration.com/pages/recipes

THE CLEANSE COMPANION APP

Download for support: Apple App Store • Google Play

Need help? rawgeneration.com/pages/contact-us