



Cleanse Guide





Dear Greenhouse Juicer,

Welcome! We're honoured that you've chosen to embark on your cleanse with us.

It is everyone's desire to lead a healthy and happy life.

Unfortunately, there is no magic trick or special shortcut to this, only the gentle discipline of cultivating healthy life practices. If you're feeling detached from this idea, cleansing your system is a great place to start. Cleanses act as a tool for us to gain insight into ourselves. If we are flooded with nutrients, our bodies wake up!

During this cleanse, you will have the opportunity to truly listen to your body, allowing you to identify where you have been using food beyond its function as fuel – for example bored eating, emotional eating, or eating purely out of habit. This will allow you to quiet cravings and pay attention to your real hunger cues. We hope that as a result of this period of digestive rest and high nutrient intake, post cleanse you feel invigorated and experience better energy levels and sleep.

The purpose of this guide is to help you prepare for the nutritional adventure ahead. We want you to enter your cleanse with clarity, purpose, and a positive attitude. With the right approach a cleanse can be far more than a few days of heightened nutrient intake (and decreased chewing) – it can be a catalyst for long-term positive diet and lifestyle changes.

If you have questions at any point, please don't hesitate to get in touch with our team. We're there with you every sip of the way!

With love,

The Greenhouse Team

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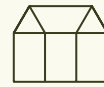




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Gentle Cleanse Quick Guide

			
8:00 am Strawberry Lemonade	9:00 am Inside Job	10:00 am Gatsby	11:00 am Vanilla Shake
			
12:00 pm Blue Lemonade	2:00 pm Genius	3:00 pm Fiery Ginger	
			
4:00 pm Deep Roots	5:00 pm The Good	6:30 pm Rococoa	8:00 pm Lavender Lemonade

Standard Cleanse Quick Guide

			
8:00 am Spicy Turmeric Lemonade	9:00 am Inside Job	10:00 am Genius	11:00 am The Good
			
12:00 pm Vanilla Shake	2:00 pm Blue Lemonade	3:00 pm Deep Roots	
			
4:00 pm Fiery Ginger	5:00 pm Gatsby	6:30 pm Vanilla Shake	8:00 pm Lavender Lemonade

Green Cleanse Quick Guide

			
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Before You Cleanse

Whether you're cleansing for one day, or two, or three, the better prepared you are, the more impactful you'll find the cleanse is. Your preparation begins days before that first satisfying cap twist.

With careful and considered planning, you'll not only find your time during the cleanse itself more manageable, but in tandem with that, you'll likely find you reap more benefits — a win-win! We recommend that you ease into your cleanse over a transitory period lasting as long as the length of the cleanse — if you're starting 2 day cleanse on Monday, you should take things easy on Saturday and Sunday!

For us, these considerations are 3-fold:

1. TIMING:

When planning your cleanse, it's important to be strategic: don't begin it the day of a big meeting. To set yourself up for a positive experience, schedule your cleanse during a time when you can provide your body with a bit of extra rest and attention.

One of the major goals here is to restore and rejuvenate your system. There will never be a perfect time to do a juice cleanse, however — there will always be a good excuse for not doing it right now. This is where the next point comes into play: what are your intentions? If you have a strong enough reason for wanting to do this, you will do it. Remember, it's just one, two, or three days — you'll be okay! In fact you'll be better than okay: you will come out stronger.





Before You Cleanse

2. INTENTIONS:

Why have you decided to do a juice cleanse? What are you looking to achieve? Are you looking to press the reset button and adopt some healthy new habits? Or are you simply looking to incorporate more fruits and vegetables into your diet? Write it down. Write down what a “successful” cleanse looks like to you.

This could be upholding the commitment you made to yourself by finishing one full day of juicing. It could be to reduce bloating, improve digestion, or get a good night’s sleep as a result of cutting out caffeine, alcohol, and sugar, and flooding your body with nutrients. What matters to you? This might not be physical; it could be a mental or emotional change. Setting your intentions before you start the cleanse gives you an objective way to reflect on your experience.

3. DIET:

For three to five days before you start the cleanse, focus on consuming whole, nutrient-dense foods and plenty of water and cold-pressed juice (optional). Reach for vegetables, fruit (in moderation), healthy fats, whole grains, nuts, seeds, legumes, and fish/poultry if relevant for you, all preferably organic + sustainably raised.

Along with loading your body with the good stuff, this is the time to take a break from alcohol, sugar, + foods you may struggle to digest, such as gluten and dairy. Doing so will make the cleanse much easier on your system. Trust us, if you go from a big night out directly into full-wing cleanse mode, it will hurt – and if you wait until day one of the cleanse to go cold turkey on coffee, sugar, or your favourite processed snack, that will not be pleasant either. Adjusting your diet before the cleanse will make it easier for you both mentally + physically





LOVE IT LIST	LIMIT IT LIST	LEAVE IT LIST
Vegetables and herbs	Soy 2x per week	Processed and fried foods (cookies, cake, packaged meals, etc.)
Low glycemic fruit (organic berries, kiwis, grapefruit, lemons and limes)	Eggs 4x per week (if applicable)	Sugar
Wild fish and organic poultry (if applicable)	Natural sweeteners (maple syrup, honey, dates)	Refined flour
Gluten-free whole grains: brown rice, quinoa, buckwheat, and millet	Condiments (read labels!)	Caffeine
Beans and lentils	High sugar fruits – grapes, mangoes, cherries, bananas, apples, oranges) 1-2 servings per day	Red meat
Healthy fats: avocado, olive oil, coconut, nuts and seeds	Dairy	Alcohol, tobacco

Love, Limit, and Leave List

Here's a cheat sheet on what to love, limit, and leave for a few days before and after your cleanse. Let this list be your foundation for a sustainable, healthy diet. For some plant-based recipes to get you started, check out the blog section of our website!

If you'd really like to tap into how the food you eat makes you feel, keep a food journal during your time following these guidelines and continue as you integrate "Leave It" foods after the cleanse. Take note of when you experience any negative gastrointestinal issues or feel groggy, sluggish, etc. You can then take this journal to a dietitian or naturopath to get to the bottom of any food-related concerns you might have.



During the Cleanse

1. TIMING:

Fluids: Staying hydrated while cleansing is extremely important.

- **Juices:** You'll have 11 bottles to drink throughout each day. You can find a one-pager for your cleanse on the cleanse product page. This will lay out the drinking order for you. If this is too much, no need to drink them all. Feel free to save some for the days following the cleanse.
- **Water:** Drink water before and between your juices. Wait about 30 minutes between drinking water and juice for maximal absorption.
- **Herbal Tea:** Drink herbal tea throughout the day, especially if you're chilly. The following herbal teas can enhance cleanse:
- **Lemon:** supports the immune system
- **Ginger:** soothes the stomach, supports the immune system, and warms the body
- **Hibiscus:** supports blood sugar levels
- **Dandelion root:** supports the liver and detoxification
- **Marshmallow root:** supports gut lining repair and soothes the intestines

2. ACTIVITY:

While cleansing, avoid activities that place stress on the body, such as high-intensity exercise. Try a power walk, swim, or gentle yoga class during your cleanse. Stress can also be caused by work and relationships, which means your busiest and most hectic week of the year is not the ideal time to cleanse. But don't worry, we don't expect you to spend the duration of your cleanse meditating with cucumber slices over your eyes – go about your normal life, work, see friends! Just be nice to yourself.

3. R + R:

Help your body recover and restore. Here are some of our suggestions for easy routines that promote rest and rejuvenation:

- **Take a bath** – a nice warm bath with Epsom salts and/or a few drops of your favourite essential oil will help you relax, ease muscle pains, and soften rough, dry skin.
- **Dry brushing** – our skin is the largest organ of detoxification, and this is an invigorating way to brush away dead skin cells and improve blood circulation and lymph flow. Begin at your feet, and brush in sweeping motions towards your heart.
- **Meditate** – meditation is a great way to enhance self-awareness and promote emotional health.
- **Treat yourself to a massage or sauna session** – both of these are relaxing activities that help mobilize toxins for excretion. If you choose to sauna, be cautious of how long you stay in there and make sure to increase your fluid intake.



During the Cleanse

CLEANSE TIPS

1. Don't over-work yourself while cleansing! Be kind to your body.
2. Drink herbal teas to promote circulation and protect the immune system.
3. Make sure you're having daily bowel movements, which may require additional fiber. Try 2-3 tablespoons of chia seeds or 1-2 tablespoons of psyllium husk, mixed into water over the course of the day.
4. Make time in your schedule to get 8-9 hours of sleep. Your body heals while you sleep.



FAQS

What if I get hungry during the cleanse?

- If you start to feel hungry ask yourself if it's hunger or habit? You might notice it's the sensation of chewing you miss or the lack of volume in your stomach. If that's the case, we recommend adding some chia seeds to one of your juices (stir or shake until they start to absorb the liquid) and increasing your water/tea intake. The seeds contain protein, fiber and healthy fats while also giving you the chewing sensation.
- If it's real hunger (headaches, feeling faint, stomach pains), eat something! We recommend a veggie smoothie with nut butter for healthy fats or a veggie-dense soup. Please don't think of this as "giving up" or "failing" – cleansing is about resetting and refreshing, not about restricting yourself.

What about fiber?

- Fiber is very important in ensuring you're having daily bowel movements. Over the course of the day 2-3 tablespoons of chia seeds or 1-2 tablespoons of psyllium husk, mixed into water should do the trick!

Do the juices need to stay cold during the cleanse?

- Yes. Our juices are unpasteurized and contain no preservatives, making it extremely important you put them in the fridge upon receiving them.



After You Cleanse

Woohoo you did it! Congratulations! You should be proud of yourself for giving your body some well-deserved love. We hope that super dose of nutrients has left you inspired to continue practicing healthy habits.

Diet: Go slowly. The day after your cleanse, start with a small meal and gradually increase your meal size and solid food intake. Starting with too much could overwhelm your system and make you feel nauseous. Continue to follow the Love, Limit, and Leave list for three days, and take note of how your body responds to certain foods as you re-introduce them, to help you get a sense of what works for you.

2 Activity: Give yourself one or two days before jumping back into strenuous activities such as high intensity interval training, cross fit, or any other forms of intense cardio. Your body needs to refuel from a calorie stand-point.

Reset: Reflect on the intentions you set and on your cleanse experience. What have you learned about yourself and your body? Are they're any foods or juices you want to integrate into your life more permanently, any foods or habits you'd like to set aside more permanently? Continue drinking lots of water and making sleep a priority.

