

SCROLL TO FIND YOUR CLEANSE SCHEDULE
(TAKE A SCREENSHOT TO KEEP IT HANDY ON CLEANSE DAYS)

 Greenhouse

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

Our Top Five Cleanse Tips

1. If you're missing your mid-morning hot drink, herbal teas are a great substitute and will promote circulation and protect the immune system.

2. Make time in your schedule to get extra sleep. This is when your body heals.

3. Nourish your immune system by not overworking yourself

while you are cleansing. You can still exercise, but we recommend you take it easy. Try replacing high-intensity cardio with a power walk, a swim, or a gentle yoga class.

4. Stir 1-2 tbsp of chia seeds into a glass of water or one of your Lemonades for an extra boost of fibre and healthy fats. Leave them to soak until

they absorb water + expand. This makes them easier to digest + gives them a chewy, tapioca-like texture.

5. Cleansing can make you chilly! Wear a scarf and remember to bring an extra layer.

Questions?
We're here to help!
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