

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



Green Cleanse Quick Guide



8:00 am
Inside
Job



9:00 am
The
Good



10:00 am
Blue
Lemonade



11:00 am
The
Giver



12:00 pm
Vanilla
Shake



2:00 pm
Fiery
Ginger



3:00 pm
The
Good



4:00 pm
The
Giver



5:00 pm
Spicy Turmeric
Lemonade



6:30 pm
The
Good



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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