

# QUESTIONS?

call us at  
email us at  
visit us at

1.855.90JUICE  
info@theurbanjuicer.com  
www.theurbanjuicer.com

## FOLLOW US!



@theurbanjuicer

The Urban Juicer believes in sourcing local products and ingredients whenever possible. In rare instances we may substitute ingredients when items are not available or cost prohibitive. Therefore, we reserve the right to substitute.

**IMPORTANT!** Proper refrigeration is **ESSENTIAL** for your juice. Make sure you put them in the fridge ASAP if you don't plan to drink immediately.

**NOTICE:** The Urban Juicer is not a medical doctor. The Urban Juicer is not licensed to practice medicine or give medical advice. Please consult a physician regarding medical questions before undertaking a new dietary regime.

**DISCLAIMER:** It is advisable to seek professional [medical] advice prior to initiating any new regimen.

The Urban Juicer is not a medical organization.

The Urban Juicer nor it's employees and/or staff can give any medical advice or diagnosis.

Any/all information garnered from The Urban Juicer shall not be interpreted as a substitute for medical advice or a Doctor's consultation, evaluation, or treatment.



welcome  
to your  
juice  
*cleanse*

*detox + invigorate*

# why cleanse?

## press your body's reset button

Cleansing is like pushing a mental and physical reset button for your body. Cleansing provides you with the vitamins, minerals, and nutrients needed for your body to heal and rebuild. As your body repairs itself, you may experience enhanced mental clarity and increased energy; two of the greatest benefits of cleansing.

## rest & repair your digestive system

Your intestine is easily injured by toxic foods, certain medications, and stress. Cleansing allows your stomach to work less, creating an easier digestive process as well as providing your liver a much needed break from detoxifying harmful molecules.

## start craving healthier foods

Cleansing allows you to provide your body with nutrition while consuming less than you normally would. The cleansing process re-trains your body to crave the foods it needs and can help you achieve your long-term goals for healthy eating.

## identify your body's weaknesses

By cutting out dairy, meat, wheat, gluten, and fermented foods, your juice cleanse can help you identify which foods could be causing you to suffer from a lack of energy, stomach aches, bloating, and other digestive issues.

## shed weight & boost energy

When you cleanse you will naturally lose some weight due to a lower calorie count, controlled cravings, and an improved sense of energy. Your body will be filled with more robust, beneficial nutrients than ever before. Most people experience a prolonged burst of energy and clarity that won't leave you crashing a few hours later like most caffeinated drinks.

## the ultimate detoxification

Cleansing can help to heal cells and reduce physical ailments by supplying your body with the best resources to fight off common chronic symptoms like headaches, congestion, and bloating. The anti-oxidants and anti-inflammatories found in plant-supplied nutrients offer your body the support it needs for optimal detoxification!

# ready. set. go.

## ready!

Start the day off with a glass of warm water. Consider adding lemon or apple cider vinegar to help stimulate your liver and begin the cleansing process before your first sip of juice.

## set!

Keep up with your juice schedule. Six juices may seem like a lot, but drinking your juices every 2-2.5 hours will keep your blood sugar from spiking. Even if you don't feel hungry, try not to skip your servings!

## go!

Now you're ready to nourish your body! We suggest you drink your juices in the following order – but feel free to do what feels right for you. Just remember to save the milk for last!

1. The Wake Up Call
2. The Well Being
3. The Liver Lover
4. The Lemon-Aid
5. The Well Being
6. The Chocolate Shake



about your cleanse

# during your cleanse

## **rest!**



Relax, think of the cleanse as an exercise in itself. It's important not to be sedentary, but take it easy. Take a walk or a light jog, but don't go crazy.

## **pamper!**



Throughout the cleanse, your body is getting rid of toxic waste. Doing things like exfoliating your skin and taking warm baths will help remove dead skin cells and open your pores for a healthier, brighter glow.

## **hydrate!**



Remember to stay hydrated! Keep a water bottle handy at all times. A good rule of thumb is to drink one ounce of water per pound that you weigh.

## **cheat!**



Sticking to juice is tough, so don't be too hard on yourself. If you need to cheat, keep it simple by eating raw vegetables or soaked almonds. You can also add bone broth to your cleanse if you need the extra help.

## **assist!**



Listen to your body, sometimes it needs a little help. For support, take herbal laxatives or a whole food probiotic.

# frequently asked

## **Q: Can I eat or drink anything else?**

Hunger pains are normal! If possible, stick to your cleanse. When your body is digesting solids, it uses energy and the cleansing process is slowed down. If you need to cheat, snack on organic fruits or vegetables: bananas, apples, celery, cucumber, avocados or soaked almonds. Feel free to also add a serving of bone broth to your day if you would rather stick to your liquid diet!

## **Q: Can I exercise while cleansing?**

Yes! If you exercise regularly and want to maintain your routine, stick to a lighter workout. Think of a cleanse as a workout regimen alone. Your body is working hard, despite you taking it easy physically. If you don't typically exercise, try a light jog, yoga or go for a walk.

## **Q: Can I still take my vitamins?**

Supplements are a little tough for your body to digest. If you need to take them, make sure they are food based. Your bottle of vitamins should state "whole food multivitamin" or "ingredients derived from whole foods". Brands of whole food vitamins include Garden of Life, MegaFood, New Chapter and Rainbow Light.

## **Q: I'm super tired. What can I do?**

If you're really needing an extra boost, try Mate (Yerba Mate) or green tea. Don't add any sugar or sweeteners. But remember, stimulants are very taxing on your liver!

## **Q: How much water should I drink?**

Because your body will be working overtime as it adjusts to your cleanse, stay hydrated. Drink it, like, always. By staying hydrated, the chances of feeling hungry or light headed will be lessened. A good rule of thumb is 16oz of water between every juice!

# cleanse after care

## day 1

### **breakfast**

green smoothie

### **lunch**

quinoa salad

### **snack**

rice cakes with  
almond butter and  
chia seeds

### **dinner**

vegetable stir-fry  
over brown rice

## day 2

### **breakfast**

chia bowl with  
berry medley  
and granola

### **lunch**

strawberry and  
spinach smoothie +  
hemp protein

### **snack**

carrots with  
hummus

### **dinner**

spring mix salad  
with roasted potatoes,  
topped with roasted  
walnuts

## day 3

### **breakfast**

greek yogurt with  
fruit and granola

### **lunch**

mediterranean wrap  
with fruit and carrots

### **snack**

popcorn and/or  
bananas with  
almond butter

### **dinner**

spinach and goat  
cheese stuffed  
chicken on a bed of  
roasted asparagus

Be kind to your digestive system after your cleanse by starting with small, light meals.  
Stick to raw foods for a day or so and then slowly reintroduce dairy, fish and meat if you'd like.  
This meal plan is a suggestion so feel free to adjust as needed.