

PJO Cleanse Guide

Pre-Juice Cleanse

Upholding a healthy, light diet 3 days before your juice cleanse will ease the hunger cravings during the cleanse. Only eat organic fresh fruits, vegetables, whole grains, and eggs and *drink 8 glasses of water a day (very important!)*.

Foods to Avoid

Processed foods
Alcohol
Caffeine
High oil content
Sweets
Dairy
Meats

Excellent Diet Foods

Cooked vegetables
Raw vegetables
Nuts and seeds
Fruits
Fish
Rice, quinoa

During Your Juice Cleanse

Drink 5 juices and 1 Almond Mylk in 2 HR increments.

Remember to drink water in between each juice.

"I'm starving!" – If you need to cheat, only choose raw fruits, vegetables or sprouted nuts/seeds. You will be forgiven.

Exercise

Limit yourself to light exercise, such as walks, yoga, and stretching. Your energy levels will change when you're on a juice cleanse, so pay attention to what your body needs before exercising.

After Your Juice Cleanse

Return gradually to eating solid foods after your juice cleanse. During the three days after completing your juice cleanse, follow a diet similar to the pre-cleanse diet. Remember to continue drinking 8 glasses of water a day. You can eat organic fruits and green vegetables the first day after your juice cleanse. On the second day, add brown rice, eggs and yogurt. Add fish to the diet 2 days after the fast and meats the following days. Use your juice cleanse experience to create new, healthy eating habits!

Activities

Don't jump into anything strenuous or exhausting right after your juice cleanse. Continue to take time to relax and integrate your juice cleanse experience back into your life.