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1-Day Beginner Reset

4 cold-pressed juices + 1 protein smoothie + 1 almond mylk

Your schedule

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	**01 Vanilla Almond Mylk**	Almond Mylk	250 ml	Almond, filtered water, date, vanilla, cinnamon and sea salt
10:00 AM	**02 Lean Green**	Cold-Pressed Juice	500 ml	Cucumber, celery, spinach, kale, parsley, lemon and ginger
12:00 PM	**03 Tropical Thunder**	Cold-Pressed Juice	500 ml	Pineapple, lime and coconut water
2:00 PM	**04 Root Reset**	Cold-Pressed Juice	500 ml	Carrot, beetroot, apple, lemon and ginger
4:00 PM	**05 Green Protein Smoothie**	Protein Smoothie	500 ml	Unsweetened almond mylk, spinach, pea protein, chia, flaxseed, cinnamon and vanilla
6:00 PM	**06 Watermelon Hydration**	Cold-Pressed Juice	500 ml	Watermelon, cucumber, lime and mint

WHAT IS SUPPLIED	4 cold-pressed juices + 1 protein smoothie + 1 almond mylk | 2.75 L
PROGRAMME TYPE	Hybrid reset - not a juice-only cleanse
ALLERGENS	Contains almond and celery.

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Your Beginner Reset Guide

Simple preparation and daily guidance

Before the reset

The day before, choose balanced plant-based meals and reduce alcohol, very heavy foods and excessive caffeine. Arrange a lighter schedule if possible.

During the reset

Keep products refrigerated and drink them in numbered order. A 30-60 minute timing change is acceptable. Drink extra water according to thirst and UAE heat exposure. Avoid strenuous exercise and alcohol. Stop if you feel faint, confused, severely weak or unwell.

After the reset

Return gradually to balanced plant-based meals. Start with oats, fruit, soup, grains, vegetables, tofu or legumes rather than a very heavy meal.