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3-Day Balanced Cleanse

5 cold-pressed juices + 1 almond mylk daily

Day 1 schedule

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	**01 Lean Green**	Cold-Pressed Juice	500 ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger
11:00 AM	**02 Tropical Thunder**	Cold-Pressed Juice	500 ml	Pineapple, lime, coconut water
1:00 PM	**03 Deep Greens**	Cold-Pressed Juice	500 ml	Celery, kale, spinach, parsley, lemon, ginger
3:00 PM	**04 Root Reset**	Cold-Pressed Juice	500 ml	Carrot, beetroot, apple, lemon, ginger
5:00 PM	**05 Citrus Glow**	Cold-Pressed Juice	500 ml	Orange, grapefruit, lemon, fresh turmeric
7:00 PM	**06 Vanilla Almond Mylk**	Almond Mylk	250 ml	Almond, filtered water, date, vanilla, cinnamon and sea salt

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Day 2 Schedule

5 cold-pressed juices + 1 almond mylk

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	**01 Green Balance**	Cold-Pressed Juice	500 ml	Cucumber, green apple, celery, spinach, kale, parsley, lemon
11:00 AM	**02 Crisp Lemon Refresh**	Cold-Pressed Juice	500 ml	Coconut water, lemon, mint, aloe vera gel
1:00 PM	**03 Spinach Mint Green**	Cold-Pressed Juice	500 ml	Spinach, celery, green apple, mint, lime
3:00 PM	**04 Beet Boost**	Cold-Pressed Juice	500 ml	Beetroot, green apple, carrot, lemon, ginger
5:00 PM	**05 Pineapple Mint**	Cold-Pressed Juice	500 ml	Pineapple, green apple, lemon, mint
7:00 PM	**06 Unsweetened Vanilla Almond Mylk**	Almond Mylk	250 ml	Almond, filtered water, vanilla, cinnamon, sea salt

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Day 3 Schedule

5 cold-pressed juices + 1 almond mylk

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	**01 Green Cleanse**	Cold-Pressed Juice	500 ml	Celery, spinach, kale, lemon, parsley
11:00 AM	**02 Cucumber Hydration**	Cold-Pressed Juice	500 ml	Cucumber, celery, coconut water, lime, mint
1:00 PM	**03 Detox Green**	Cold-Pressed Juice	500 ml	Spinach, apple, celery, lemon, mint
3:00 PM	**04 Ruby Root**	Cold-Pressed Juice	500 ml	Beetroot, lemon, ginger, green apple
5:00 PM	**05 Watermelon Hydration**	Cold-Pressed Juice	500 ml	Watermelon, cucumber, lime, mint
7:00 PM	**06 Vanilla Almond Mylk**	Almond Mylk	250 ml	Almond, filtered water, date, vanilla, cinnamon and sea salt

WHAT IS SUPPLIED	15 cold-pressed juices + 3 almond mylks | 8.25 L
DAILY STRUCTURE	5 cold-pressed juices + 1 almond mylk | 2.75 L
PROGRAMME TYPE	Hybrid cleanse - not a juice-only cleanse
ALLERGENS	Contains almond and celery.

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Your Balanced Cleanse Guide

Simple preparation and three-day guidance

Before the cleanse

The day before, choose balanced plant-based meals and reduce alcohol, fried food, very heavy meals and excessive caffeine. Maintain normal hydration.

During the cleanse

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 cleanse

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