



JUICE CLEANSE

1, 2 & 3 DAY REBOOTS



@vegnoutnow

www.vegnoutnow.com

NO FADS OR TRENDS

Just whole foods that will give
your body what it needs to
detox and reset

A weekly or periodic break (even for a day), improves
digestion while supporting the immune system and
increasing energy.



1 DAY CLEANSE

3 smoothies
3 juices
1 shot

2 DAY CLEANSE

6 smoothies
5 juices
3 shots

3 DAY CLEANSE

9 smoothies
7 juices
4 shots

Veg'n Out goes beyond juice for optimal fiber absorption and gut health

Start and end each day with our green smoothie.

This is a crucial and differentiating part of a
Veg'n Out Cleanse and where, quite frankly, many
cleanses go wrong.

Most juice cleanses simply kick up toxins without
the means to expel their powerful enzymes from
the body, only to reabsorb the toxins and defeat
the purpose of the cleanse.

Restore your gut with good-for-you bacteria.

Each day, probiotics have been thoughtfully
incorporated into your juice cleanse experience
to restore gut health and promote digestion.

Booster shots send energy straight to your brain.

Give you the energy you need to keep going
strong through the process of healing, recovery,
and health.

Prepare For Your Cleanse

To mentally prepare for your cleanse, remember to listen to your
intuition and what your body tells you. To maximize your cleanse, take
two to five days to eat clean and prepare your body for the process.



- ▶ Limit caffeine to one cup of organic coffee per day
- ▶ Eat organic fruits and vegetables
- ▶ Eliminate processed foods
- ▶ Drink coconut and purified water
- ▶ Eat minimal animal products, and make sure they're organic

During Your Cleanse

Drink lemon water each morning to kickstart your liver for the cleaning process. Room-temperature water is best, but do what feels good to you.

Stay on track. The schedule was created to properly cleanse your body. Drink the smoothies, juices, shakes, and boosters every 2 to 2.5 hours in the proper order. It may seem like a lot, but if you go too long, you will find yourself hungry, or even worse, hangry.

Reduce feeling hungry. Literally, chew your smoothies and shakes. Not only will you satisfy your mind's natural need to chew, you will proactively prepare your gut for digestion and feel full more quickly. If you are hungry between drinks, sip water.

Other Useful Tips

It's important to sweat, but do not overdo it with intense activity. Brisk walks, gentle yoga, full spectrum-infrared saunas or rebounding help remove toxins as they exit the skin.

Dry brush before you shower to increase lymphatic drainage and remove dead skin. This keeps pores open for toxins to exit the body.

You will eliminate less, but it's important to still eliminate. Light activity, drinking extra purified water, and the Veg'n Out Aloe Juice helps, but you can also consider a deeper cleanse, such as enema, colonic, or the herbal laxative, Senna, that is only to be taken temporarily.

Take notes throughout your cleanse. Many people have emotional cleanses too. Use the back of this brochure as a tool to understand how your body and soul respond to your cleanse. Reflect how you feel, when you feel it, so you can use specific superfood combinations in the future to heal your body and soul.

Avoid personal products made with chemicals and preservatives. While you are actively working to remove toxins from your body, avoid putting on any extra chemicals that are commonly found in lotion, body wash, makeup, shampoo, deodorant, and more.



Add Veg'n Out

Aloe Juice for extra healing during your cleanse. It packs an extra punch with its anti-inflammatory, anti-bacterial and anti-viral properties.



After Your Cleanse

You finished and you should be proud of giving your body an opportunity to heal and recover – increasing your energy while eliminating toxins and waste!

Be mindful that your digestive system is in a state of complete rest. The first few days post-cleanse should include lots of fruits and vegetables, and you must absolutely avoid red meat, dairy, alcohol, and processed and/or fried foods.

We hope you enjoyed your cleanse and will make it a part of regular digestive maintenance to align your mind, body and soul.

Reboot Schedule & Journal

DAY 1

LEMON WATER

(wait 20 to 30 minutes)

TIME _____

FEELING _____
ENERGY _____
NOTES _____

ALOE JUICE*

(wait 20 to 30 minutes)

TIME _____

FEELING _____
ENERGY _____
NOTES _____

1. GREEN SMOOTHIE

(complete the rest of the
schedule every 2 to 2.5 hours)

TIME _____

FEELING _____
ENERGY _____
NOTES _____

2. IMMUNITY SHOT

TIME _____

FEELING _____
ENERGY _____
NOTES _____

3. MAIN GREEN

TIME _____

FEELING _____
ENERGY _____
NOTES _____

4. HYDRATING MINT

TIME _____

FEELING _____
ENERGY _____
NOTES _____

5. VANILLA SHAKE

TIME _____

FEELING _____
ENERGY _____
NOTES _____

6. SUNRISE

TIME _____

FEELING _____
ENERGY _____
NOTES _____

7. GREEN SMOOTHIE

TIME _____

FEELING _____
ENERGY _____
NOTES _____

DAY 2

LEMON WATER

(wait 20 to 30 minutes)

TIME _____

FEELING _____
ENERGY _____
NOTES _____

ALOE JUICE*

(wait 20 to 30 minutes)

TIME _____

FEELING _____
ENERGY _____
NOTES _____

1. GREEN SMOOTHIE

(complete the rest of the
schedule every 2 to 2.5 hours)

TIME _____

FEELING _____
ENERGY _____
NOTES _____

2. WHEATGRASS SHOT

TIME _____

FEELING _____
ENERGY _____
NOTES _____

3. SWEETGREEN

TIME _____

FEELING _____
ENERGY _____
NOTES _____

4. SUNKISS

TIME _____

FEELING _____
ENERGY _____
NOTES _____

5. BLUEBERRY SHAKE

TIME _____

FEELING _____
ENERGY _____
NOTES _____

6. IMMUNITY SHOT

TIME _____

FEELING _____
ENERGY _____
NOTES _____

7. GREEN SMOOTHIE

TIME _____

FEELING _____
ENERGY _____
NOTES _____

DAY 3

LEMON WATER

(wait 20 to 30 minutes)

TIME _____

FEELING _____
ENERGY _____
NOTES _____

ALOE JUICE*

(wait 20 to 30 minutes)

TIME _____

FEELING _____
ENERGY _____
NOTES _____

1. GREEN SMOOTHIE

(complete the rest of the
schedule every 2 to 2.5 hours)

TIME _____

FEELING _____
ENERGY _____
NOTES _____

2. IMMUNITY SHOT

TIME _____

FEELING _____
ENERGY _____
NOTES _____

3. MAIN GREEN

TIME _____

FEELING _____
ENERGY _____
NOTES _____

4. DROP THE BEET

TIME _____

FEELING _____
ENERGY _____
NOTES _____

5. VANILLA SHAKE

TIME _____

FEELING _____
ENERGY _____
NOTES _____

6. DIGEST & DEBLOAT SHOT

TIME _____

FEELING _____
ENERGY _____
NOTES _____

7. GREEN SMOOTHIE

TIME _____

FEELING _____
ENERGY _____
NOTES _____

* Only applies if you added the Veg'n Out Aloe Juice to your cleanse for extra internal healing and elimination boost.