



JUICE CLEANSE GUIDE
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Juice Cleanse

Well done for joining us in the cleanse. This cleanse is a holistic one so we will be focusing not just on what we eat but what we are doing physically, mentally, emotionally, and spiritually and it will cover:

- What you eat
- Exercise (Walk)
- Mental – Affirmation/Reading
- Emotional - Journaling /Gratitude (10 mins)
- Meditation
- Self-care – One small, nice thing for yourself every day.

What you eat

There is a suggested meal plan below. This is only a recommendation, you eat what feels right for you so long as it is along the structure of pescatarian, vegetarian, vegan etc and aligned with what we are doing each day.

The cleanse is in two parts, part one is when we are tapering down and eliminating things from our diet as we can't just go from a full-on diet to juices only. You need to give you and your brain a chance to adjust. Part two is the core juice cleanse.

If you have never done a juice cleanse before, I will recommend doing part one and then perhaps just doing one day of the core juice cleanse to see how you feel and if you feel up to it continuing to the second day etc. If not just do the one day and build up to it in the next season.

You must drink at least two litres of water a day, it is better if it is warm water. You can drink it in the form of herbal tea, that is what I do. By herbal tea, it should just be the tea, hot water, and nothing else. Please do not use green tea as that contains caffeine. The intake of fluids is particularly important on Days 5-7, the core juice days, as it stops you from feeling hungry, in between the juices, particularly if you are doing hot water.

Exercise

It is important to move while you are cleansing. You are trying to get rid of things that do not serve you and that includes stagnant energy. If this is your first-time

cleansing, you might feel that you won't have the energy to exercise, but you will be surprised. The important thing is to align the intensity of your exercise to where you are in your cleanse. In the last 3 days where you are doing the core juice cleanse, you need gently exercise. A 30-minute walk is more than enough.

Emotional

How are you feeling? The objective here is to increase your positive feelings and release your negative emotions.

Nothing is off limits. The cleanse is truly the time to let rip. Do not try to edit what is coming out. Write down your stresses, disappointments, your fears, your frustrations. Really go to town on it.

Finish off by listing 5 to 10 things that you are grateful for. Do not edit, nothing is too small or too big to put down. When you first start you will find that the first part of this exercise where you are writing the negatives seems easier, you have a lot to write about, and you struggle with the positives. By the end of the cleanse, you will be spent on the negatives and the positives will start bubbling to surface a lot more as you train your mind to focus on positivity.

Post what you are up to in the Facebook group so we can all support each other.

Mental

Read a chapter of something inspirational every day.

Grab yourself an affirmation to use during this period, below are a few. Find one that resonates with you or make up your own.

- ***I release all that is unlike love and I allow the new, fresh, & vital to enter.***
- ***I let go of all thoughts that do not serve me. I move forward into fresher fields where my dreams are fulfilled.***
- ***Beauty and Grace surround me within and without.***
- ***Life works for me.***

Write it down 10 times in the in your journal.

Meditation (10-30 minutes)

If you are new to mediation here is simple one for you:

1. Sit in a comfortable position with your spine upright and your chin parallel to the floor and close your eyes.
2. Inhale deeply through your nose and count to 20, hold the breath count to 20 and exhale through your mouth and count to 20 (if counting to 20 is too long for you, do whatever count feels right). Do this 6 times.
3. Breathe in while tensing your whole body and clenching your fists into a ball and when you cannot tense anymore, release and exhale through your mouth. Do this 3 times and then return to your natural breath.
4. Lift your gaze to the point between the eyebrows and as the breath comes in chant 'Peace' and as it goes out chant 'Love'.
5. That is your only job until your time is up.
6. When your mind wanders, bring it back to the breath and do this as many times as it takes!
7. When your time is up, thank yourself for making the effort.

Self-care

This is where you are doing one small thing for yourself every day. It is a gesture really to signal to your brain that you are taking care of yourself. You deserve a treat. Something that makes you smile secretly to yourself. You will be doing something every day so no grand gestures, just something nice as small.

It could be as simple as reading your favourite magazine or ringing your bestie for chat or having a lovely bath. You know what that is for you but unfortunately you will have stay away from food related treats unless they are in the meal plan.

Sleep: The other thing you must do under self-care is have early nights. This is non-negotiable. You will need at least 8-9 hours' sleep during your cleanse, and you should make it a habit after that as well. Remember you must do your mental and emotional exercises as well so allow that extra 30 minutes.

Massage: Book a massage (if you can) during the last 3 days (the core juice cleanse). Massages are very healing and effective during a cleanse when you are letting go of a lot of tension.

End of Cleanse

At the end of the cleanse, do not just jump back into eating your full pre-cleanse diet. Your stomach will have shrunk so you must go easy. Ideally if you can retrace

your step backwards and go from core juice, to vegan, to vegetarian, to pescatarian and then back to everything that will be great.

Try and keep hold of some of that things you started doing during your cleanse that you felt served you well to see if you can make them into a habit, e.g. Warm water and lemon first thing in the morning, or journaling.

Shopping List

Food

- Beetroots
- Green Apples
- Cucumber
- Celery
- Spinach
- Pears
- Parsley
- Mint
- Pineapple
- Blueberries
- Carrots
- Wholemeal bread
- Peanuts
- Wholemeal wrap
- Lemons & Limes
- Peppers
- Banana
- Coconut milk
- Almond milk
- Free range eggs
- Fish of your choice, (salmon)
- Natural Yoghurt
- Tinned tuna
- Tomato sauce (pasta sauce)
- Kimchi
- Brown rice
- Chilli beans
- Hummus
- Avocado
- Vegetable stock
- Pumpkin or butternut squash
- Garlic
- Kale
- Ginger
- Fresh Dates
- Onions
- Olive Oil

Other

- Tupperware to transport food
- A journal
- Epsom salts or salt scrub
- Essential oils (Lavender plus any other oil of choice)
- Dry body brush
- Candles

Meal Plan Options

	Day 1: Pescatarian	Day 2: Vegetarian	Day 3: Vegan	Day 4: Raw	Day 5-7: Juices
Breakfast	<i>Smoked salmon & avocado toast</i>	<i><u>Eggs, tomato & avocado tortilla</u></i>	<i>Hummus toast & green apple</i>	<i><u>Kale green smoothie</u></i>	<i>Juices</i>
Lunch	<i><u>Tuna bowl, wrap or sandwich</u></i>	<i>Mozzarella & tomato panini</i>	<i><u>Beetroot wrap</u></i>	<i><u>Salad bowl or veg pot</u></i>	<i>Juices</i>
Dinner	<i><u>Fish, potatoes & veggies</u></i>	<i><u>Vegetable masala and rice</u></i>	<i><u>Bean stew with rice or veg stir-fry</u></i>	<i><u>Salad with nuts and seeds</u></i>	<i>Juices</i>
Snack	<i>Hummus & chopped veggies</i>	<i>Green apple & nuts</i>	<i>Hummus & chopped veggies</i>	<i>Green apple & nuts</i>	<i>Juice</i>
Breakfast	<i><u>Yogurt and fruit granola</u></i>	<i><u>Vegetable omelettes</u></i>	<i>Bagel with fruit, scrambled tofu or avocado</i>	<i><u>Strawberry and pineapple smoothie</u></i>	<i>Juices</i>
Lunch	<i><u>Spicy shrimp tacos</u></i>	<i><u>Veggie niçoise salad</u></i>	<i><u>Sweet potato and peanut soup</u></i>	<i><u>Kale and avocado salad</u></i>	<i>Juices</i>
Dinner	<i><u>Baked halibut with veg and quinoa</u></i>	<i><u>Spinach and squash spaghetti</u></i>	<i><u>Tofu and spinach lasagne</u></i>	<i><u>Shredded carrot and courgette salad</u></i>	<i>Juices</i>
Snack	<i>Miso Soup</i>	<i>Rice cakes & peanut butter</i>	<i>Dried fruit & nuts</i>	<i>Fruit Salad</i>	<i>Juice</i>

Juice Combinations

Beetroot

- Raw beetroot
- Green apple
- Cucumber
- Celery
- Lemon
- Yellow bell pepper
- Avocado

Cocoa

- Cacao
- Banana
- Coconut milk
- Almond milk

Apple & Mint

- Spinach leaves
- Green apple
- Cucumber
- Pears
- Fresh mint
- Celery
- Fresh lemon

Pineapple

- Fresh pineapple
- Lemon
- Banana
- Blueberry

Apple & Lemon

- Green apple
- Lemon
- Cucumber
- Celery
- Raw ginger

Orange sunshine

- Red pepper
- Raw carrots
- Celery
- Green apple
- Lemon
- Ginger

Cucumber & Coconut

- Cucumber
- Celery
- Lime
- Coconut water
- Leafy greens
- Kale
- Pineapple (optional)
- Fresh mint
- Fresh parsley

Dates & Almond

- Fresh dates
- Banana
- Almond milk
- Coconut milk

Fresh celery juice

- Fresh celery
- Lemon

Day 1 to 4 (Elimination and Preparation)

First thing in the morning, drink one 8oz glass of warm water and lemon.

Breakfast (See Meal Plan)

Lunch (See Meal Plan)

Dinner (See Meal Plan)

Exercise: Do whatever exercise you fancy. I will leave the time that you exercise to you as you know yourself best but exercise you must.

Mental: Do this in evenings before bedtime.

Emotional: Write how you are feeling in your journal.

Selfcare: Do one small, nice indulgent thing for yourself.

Day 5 to 7 (Core Juice Cleanse)

This is when you are starting the core juice cleanse. We are no longer talking about smoothies here, we are having the juice of the fruit and vegetables so if you don't have a juicer, you can go the low tech way and grab yourself a pillow case and after you blitz whatever concoction in the blender, you can strain through pillowcase or muslin so you are just left with the juice. See some fun combos above.

If you can't be bothered with all this DIY even if you have a juicer, then you can order the juices in. I use [the yummy juice company](#). This is only applicable to those in the UK. They will deliver 3 days' worth of juice and all you have to do is just drink.

First thing in the morning, drink one 8oz glass of warm water.

Breakfast (juice, see combos)

Lunch (juice, see combos)

Dinner (juice, see combos)

Exercise: Go for gentle stroll or gentle yoga stretches.

Mental: Do this in evenings before bedtime.

Emotional: Write how you are feeling in your journal

Selfcare: Do one small, nice indulgent thing for yourself.

Bath: Use Epsom or Himalayan salts with lavender and another essential oil of your choice. Before you get in the bath, use your body brush to brush your whole body. Brush towards the heart. This stimulates your lymphatic system. Luxuriate in the bath for at least 30 minutes. Do not forget to light the candles.

Book a massage

Don't forget to post your progress in our [Facebook group](#) so that we can all cheer each other one.

Well done for joining us on the cleanse wherever you got up to, whether you did the full course or just one day of juicing. You should be immensely proud of yourself!

