

3 DAY JUICE CLEANSE

- Start each day with hot Detox Tea, Green Tea or Hot Water and Lemon
- Drink 10-12 ounces of Breakfast Juice
- Every 2-3 hours drink 8-12 ounces of Lunch, Snack or Dinner Juices
- You do not have to make all juices listed; you can select 2 or 3
- You can drink a Vegan Protein Drink for Dinner if desired. Blend with water, no fruit.
- Juices are best and most nutrient rich when made fresh but will keep in refrigerator for 24-48 hours. You can make all 3 days worth of juice at once, but it would be better to juice on Day 1 and Day 3.

BREAKFAST JUICES

Double Carrot Citrus

4 carrots
4 celery stalks
2 oranges
2 lemons

Carrot Apple Ginger

3 Carrots
2 Apples
1" slice ginger

How to Juice

- Clean all produce well
- Cut in large pieces that will fit in juicer chute
- Roll Kale or Chard Leaves
- OK to include skins, celery leaves, stems
- OK to substitute similar ingredients – Be Creative!



LUNCH, SNACK & DINNER JUICES

Carrot Broccoli

5 medium carrots
1 1/2 limes
1 orange bell pepper
1 head of broccoli
3 mint sprigs

Gazpacho Juice

4 plum tomatoes
1 large Cucumber
2 Celery Stalks
1 Red Bell Pepper
1/4 red onion
2 cups parsley, chopped
1 Lime

Mean Green Juice

1 Cucumber
4 Celery Satlks
2 Green apples
8 leaves Kale
1/2 Lemon
1" slice ginger

Citrus Green Juice

8 Kale leaves
8 Swiss Chard leaves
1 cucumber
6 Clementines or 2 oranges

Sweet Potato Beet Juice

1 Large sweet potato
1 medium carrot
1 Red Bell Pepper
2 large Red Beets
2 Golden Delicious Apples

Susie's Success Tips

- **Drink water, sparkling water or herbal tea throughout the day**
- **Include Exercise Daily** for example:
 - o Stretch for 10 minutes
 - o 30 minute brisk walk or bike ride
 - o 50 crunches
 - o Cool down stretch for 3 minutes
- **Take 3 Deep Breaths at the top of every hour!**

Healthy Affirmations

Read every morning and evening

I choose to be happy, inspired and motivated everyday.

I always have plenty of energy to do what I love.

The more I live my best, the more I give my best.

I give myself a fresh start everyday.

I take impeccable care of my whole self.

I treat myself with gentle, respect thoughts, feelings & activities.

I appreciate the energy and ideas I have.

