

Veggie Vibes ENERGIZE CLEANSE

This meal package is designed for gentler cleansing, that will help you to avoid unpleasant detoxification symptoms. Each day includes 48oz of fresh organic juices/smoothies and a variety of gourmet raw food meals. This package is perfect for someone who would like to increase their energy and mental clarity without sacrificing flavor!



2 Day Cleanse:

Day 1	Day 2
32oz Green Smoothie 16oz Green Juice Gourmet Raw Food Entrée 1 Soup of the Week(16oz) Garden Salad	32oz Energy Booster Smoothie 16oz Green Juice Gourmet Raw Food Entrée 2 Raw Almond Milk (16oz) Garden Salad

3 Day Cleanse:

Day 1	Day 2	Day 3
32oz Green Smoothie 16oz Green Juice Gourmet Raw Food Entrée 1 Soup of the Week(16oz) Garden Salad	32oz Carrot-Beet-Celery Juice 16oz Green Juice Gourmet Raw Food Entrée 2 Raw Almond Milk (16oz) Gourmet Raw Food Entrée 3	32oz Energy Booster Smoothie 16oz Green Juice Gourmet Raw Food Entrée 4 Soup of the Week (16oz) Garden Salad

Meal Planning

Your daily meal plan should be individual to you, depending on your lifestyle, daily activities and your body's needs.

However, we recommend having 3 to 6 meals a day. We also advise you to have your smoothie in the morning, and save the savory veggie meals for afternoon and evening. Although smoothies come in 32oz mason jars we suggest to serve them by 16oz at a time (that will make 2 servings of smoothie a day).

Here is an example of how you could plan your meals during the day:

8am 16oz Smoothie; 10am 16oz Smoothie; 12pm 16oz Green Juice; 2pm Gourmet Raw Food Entree; 4pm Soup/Almond Milk; 6pm Garden Salad

If having 6 meals a day is too inconvenient for you, your meal plan could look more like this:

Breakfast: Smoothie

Lunch: Green Juice and Gourmet Raw Food Entrée

Dinner: Soup/Almond Milk and Garden Salad

Once your body is in tune you will intuitively know what is best to eat and when. However, you should not eat until you feel genuine hunger.

Other Tips

-Make sure to get plenty of filtered or spring water during the day (have at least 16-32oz of water before your first meal of the day).

-For best assimilation and digestion eat slowly (that also applies to juices and smoothies).

-To keep juices/smoothies as fresh as possible make sure to keep them refrigerated and open only the jars of juices/smoothies that you will be having that day.

- If you don't enjoy eating raw soups cold, you can warm them up. There's a few ways to do it. You can place your bowl of soup in a dehydrator or put it in a bigger bowl with warm water. You can also slightly warm it on a stove (up to F 115-118, you should be able to put your finger in the soup without burning it).

- Have your last meal of the day at least 3 hours before sleep, that way you will have a much more restful and rejuvenating sleep, and wake up energized in the morning!

-Avoid any distractions while you're eating. That's your time to nourish your body, so be fully present and enjoy your meal. Not only will you have perfect digestion and assimilation of food, but you will feel more satiated. Don't eat in a bad mood!

- Remember that choosing organic living foods is just one part of creating health and vitality. Make sure to get lots of fresh air, sunshine, exercise, rest, and laughter!

If you have any questions, need guidance or advice please don't hesitate to contact us at

info@veggievibes.net or 619-701-8138



IT'S ALL ABOUT THE VIBES...