

# Veggie Vibes RESET CLEANSE

*This package consists mostly of liquid meals. Each day you will have 64 oz of fresh organic juices/smoothies and a low fat living veggie meal for dinner. This cleansing package is designed to let your body rest from heavy digestion, allowing it to naturally cleanse and rejuvenate! This cleanse is perfect for anybody who wants to take a few days to reset their bodies by minimizing digestive efforts and maximizing hydration and nourishment. This plan is also perfect for weight loss.*



2 Day Cleanse:

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

3 Day Cleanse:

Day 1	Day 2	Day 3
32oz Green Smoothie 32oz Green Juice Soup of the Week(16oz) Garden Salad	32oz Carrot-Beet-Celery Juice 32oz Green Juice Raw Almond Milk (16oz) Gourmet Raw Food Entrée	32oz Energy Booster Smoothie 32oz Green Juice 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 juices and smoothies in the morning and early afternoon, and save the savory veggie meals for late afternoon or evening. Although smoothies and juices come in 32oz mason jars we suggest to serve them by 16oz at a time (that will make 4 servings of juice/smoothie a day). You can serve the soup/almond milk either as a separate meal or serve it for dinner together with the Garden Salad/Entrée.

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

8am 16oz Smoothie; 10am 16oz Juice; 12pm 16oz Smoothie; 2pm 16oz Juice; 4pm Soup/Almond Milk; 6pm Garden Salad/Entrée

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

Breakfast: Smoothie

Lunch: Juice

Dinner: Soup/Almond Milk and Garden Salad/Entrée

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](mailto:info@veggievibes.net) or 619-701-8138



IT'S ALL ABOUT THE VIBES...