



HAPPY CLEANSING!

- VeggieMama

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CLEANSE SCHEDULE

8AM

1 oz of fruit juice--preferably grapefruit, orange, cranberry, or pomegranate

1 cup of hot/iced herbal tea

OPTIONAL: 8 oz of water mixed with 1 scoop of **Veggie Mama's Garden Protein**. This optional protein drink can be taken later in the day if preferred.

10AM

8 oz of water mixed with 1 scoop of Veggie Mama's Garden Power

12PM

8 oz of water mixed with 1 scoop of Veggie Mama's Garden Power

2PM

8 oz of water mixed with 1 scoop of Veggie Mama's Garden Power

4PM

8 oz of water mixed with 1 scoop of Veggie Mama's Garden Power

5-6PM

2 cups of homemade puree soup (Visit veggiemama.com for soup recipe ideas)

1 cup of hot/iced herbal tea

BEDTIME

1 packet of Veggie Mama's 7-Day Cleanse formula (Once per day for a 21-day cleanse, up to 3 times per day for shorter cleanses).

GOODNIGHT & CONGRATULATIONS ON COMPLETING ANOTHER DAY. ENJOY A HEALTHY NIGHT'S SLEEP!

TIPS FOR SUCCESS:

- **Drink lots of water.** Water not only curbs your appetite, but also helps flush the toxins your body is trying to get rid of. Warm herbal tea can also be consumed anytime throughout the day, and for me, this helps fight the mental challenge of not eating solid foods.
- Replace one or more Garden Power drinks per day with a **fresh green drink**. This not only gives you the benefits of fresh juice, but also turns out to be something different to look forward to!
- **Be prepared** and don't miss a drink. It can be easy to go 2.5 or 3 hours between drinks, but don't do it! Your body needs this fuel and when you're not prepared, you're more likely to get hungry and deviate from the plan.
- **Switch things up.** Try a few different soup recipes for dinner so you don't get burned out. It also helps to make bigger batches and freeze portions you can easily heat up later.
- **Listen to your body.** You shouldn't feel weak or starving. If you are, have a Garden Power drink or Garden Protein drink. Remember, the first couple days are the hardest as your body adjusts and is still fighting cravings. Don't worry, it gets easier!
- **Don't try to exert yourself** by working out during the cleanse. An easy daily walk is encouraged, but remember, you're not taking in enough calories to workout with weights or go on runs. This cleanse is about resting and repairing the system.
- **If you mess up, don't give up!** We all have weak moments, but realizing the weak moment and snapping yourself back to the mentally strong self who got you started down this path is necessary to complete the program! Don't beat yourself up, tomorrow is a new day!



VeggieMama
Vegetables for everyone!

For more information visit:
VEGGIEMAMA.COM



NEED SOME ENCOURAGEMENT OR HAVE QUESTIONS ABOUT YOUR CLEANSE? WE'D LOVE TO HEAR FROM YOU. CONTACT US ANYTIME AT SUPPORT@VEGGIEMAMA.COM