

The Greenmouth Reset (*approx 1300 calories*)

We recommend beginning each day with a cup of warm water with *fresh* lemon juice squeezed in. Juices should also be consumed on an empty stomach. Wait at least 20 minutes to consume food after drinking a juice in order to allow for optimal nutrient absorption.

Your cleanse will include one of each of the following: Electrolyte Lemonade, Charcoal Detox Lemonade, and Metabolism Boost Tea. You can drink one per day according to your preference!

Please note that the given times are suggestions only - please eat and drink according what best fits your regular daily schedule!

This is our suggested sample menu; some items may vary based on availability. Please ask about add-ons or substitutions at the time of ordering.

Day 1

- 7am-8am: **Morning Tonic**
 - Stir into warm or cold water and sip mindfully.
- 8am-10am: **Alkalize Juice**
- 12pm-1pm: **Fat Blast Smoothie**
- 3pm-4pm: **Immunize Juice**
- 6pm-7pm: **Soup + spring mix salad**
 - Heat soup - we recommend slowly heating in a pan on the stove, rather than in the microwave - and gently toss the greens with citrus vinaigrette. Season with salt and pepper, if desired.
- 8pm: **Cinnamon Vanilla Almond Milk**

Day 2

- 7am-8am: **Morning Tonic**
 - Stir into warm or cold water and sip mindfully.
- 8am-10am: **Green Glow Juice**
- 12pm-1pm: **Chocolate Prana Smoothie**
- 3pm-4pm: **Sweet Green Juice**
- 6pm-7pm: **Detox Salad**
 - Chop half the apple into ½-inch chunks. Add to a bowl with kale mixture and toss with both included dressing containers. Top salad with ¼-½ sliced avocado and detox seed mix. Squeeze a lemon wedge over top and season with salt and pepper.
- 8pm: **Golden Turmeric Milk**

Day 3

- 7am-8am: **Morning Tonic**
 - Stir into warm or cold water and sip mindfully.
- 8am-10am: **Detoxify Juice**
- 12pm-1pm: **Lean & Green Smoothie**
- 3pm-4pm: **Energize Juice**
- 6pm-7pm: **Kimchi Bowl**
 - Warm rice in a pan with 1T water. Toss with chopped kale and contents of dressing container #1. Top with veggies (cabbage, cucumbers, carrots,) kimchi, and ¼-½ sliced avocado. Drizzle dressing #2 on top and sprinkle nori and sesame seeds. Squeeze a lime wedge over top and season with salt and pepper, if desired.
- 8pm: **Chia Pudding**

