

# CLEANSE



## Let's not make this complicated.

Your **I LOVE JUICE BAR** cleanse should be refreshing and revitalizing, not more difficult than completing a marathon. Here are the basics to make the best of it:

### ♥ BEFORE

It's a good idea to limit sugar, dairy, and refined grains leading up to your cleanse. This keeps cravings at bay once you start your juice routine.

### ♥ DURING

**Consume one juice every 2-3 hours.** We recommend drinking your higher calorie juices (root vegetables, ginger, apples) earlier in the day. This gives those naturally occurring sugars a chance to provide energy as you need it throughout the day. Remember though, this is just a guide - you should drink the juices that sound the best to YOU, and make your cleanse enjoyable!

**Always drink a big glass of water with each juice (8 to 16 ounces),** and feel free to zest it up with fresh lemon. You can also enjoy coffee and tea, just be sure to skip creamers, sweeteners, or syrups.

**Avoid vigorous exercise while on your cleanse.** Your body is resting!

There's no harm in having a handful of nuts at night, or half an apple thinly sliced. You can even try an avocado as "dessert" with a sprinkle of sea salt. Just be reasonable and balanced.

### ♥ AFTER

Add raw fruits and vegetables back into your diet first, then reintroduce fresh, whole foods at a moderate pace. The **I LOVE JUICE BAR** menu has awesome, freshly made post-cleanse options, like our kale & quinoa salad, spring rolls, and soup (seasonal).

Every body is different - please consult your physician before participating in any cleanse. Want more info? Visit an **I LOVE JUICE BAR** store, or find us online:

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