

3-Day Juice fast

A juice fast also known as juice cleansing, is a controversial fasting method and a detox diet in which a person consumes only fruit and vegetable juices to obtain nutrition while otherwise abstaining from food consumption. You should avoid all other beverages (e.g. sodas, coffee or tea) and obviously eat no solid foods whatsoever!

Once you clean your system of caffeine, refined sugar, refined fats ect. for 72 hours and flush out and nurture your body with the finest freshly extracted 'live' fruit and vegetable juices, your nervous system becomes calmer, you start to think clearer and you begin to notice a heightened mental sharpness and awareness.

<u>Day one</u>	<u>Day two</u>	<u>Day three</u>
<p>On waking: Hot water with lemon</p> <p>Breakfast: Detox Special</p> <p>Lunch: Detox Special</p> <p>Dinner: H₂O Detox</p> <p>Evening: Beyond Detox</p>	<p>On waking: Hot water with lemon</p> <p>Breakfast: Super Detox Smoothie</p> <p>Lunch: Dreamy Detox</p> <p>Dinner: H₂O Detox</p> <p>Evening: Beyond Detox</p>	<p>On waking: Hot water with lemon</p> <p>Breakfast: Detox Special</p> <p>Mid-Morning: H₂O Detox</p> <p>Lunch: Beyond Detox</p> <p>Dinner: H₂O Detox</p> <p>Evening: Dreamy Detox</p>

<u>Detox Special</u>	<u>Dreamy Detox</u>	<u>H₂O Detox</u>	<u>Super Detox Smoothie</u>	<u>Beyond Detox</u>
<p>3 apples (royal gala/golden delicious)</p> <p>1 carrot</p> <p>1 slice of lemon</p> <p>1 slice of cucumber</p> <p>1 inch of broccoli stem</p> <p>1 medium avocado</p> <p>¼ yellow pepper</p> <p>¼ piece of celery</p> <p>½ beetroot</p> <p>Ice</p> <p>Place one whole apple through your juicer, then the other ingredients except the avocado. Place some ice in a blender with the avocado, add the juice and blend until smooth.</p>	<p>2 apples (royal gala or golden delicious)</p> <p>1 slice of lemon</p> <p>1 slice of cucumber</p> <p>1 stick of celery</p> <p>1 knob of ginger</p> <p>Ice</p>	<p>1 beetroot</p> <p>1 slice of pineapple</p> <p>1 slice of lemon</p> <p>½ apple (royal gala or golden)</p> <p>¾ liter mineral water</p> <p>Juice the beetroot, apple, pineapple and lemon. Mix with the water into a large bottle. Shake and drink.</p>	<p>1 handful of blueberries</p> <p>1 handful blackberries</p> <p>½ small pineapple</p> <p>200g full cream yoghurt</p> <p>4 ice cubes</p> <p>Juice the pineapples and pour into a blender along with blueberries, blackberries, yoghurt and ice. Blend until smooth.</p>	<p>3 apples</p> <p>1 large handful of spinach</p> <p>1 beetroot</p> <p>1 slice of cucumber</p> <p>Small amount of parsley</p> <p>½ ripe avocado</p> <p>Ice</p> <p>Juice the apples with the spinach tightly packed between them, then the cucumber and beetroot. Place avocado in the blender along with the juice and ice. Blend until smooth.</p>

