New Year New You Daily Cleanse Menu

Warm water with Lemon	Fruity Green Juice	Filtered Or Infused Water	Power Green Juice	Filtered Or Infused Water	Herb Mock-tail	Filtered Or Infused Water	Root Veggie Juice	Filtered Or Infused Water	Low Sugar Green Juice	Filtered Or Infused Water	Sweet Treat
First wake up Ex. 8am	1 hour later Ex. 9am	In between	2 hours later Ex. 11am	In between	2 hours later Ex. 1pm	In between	2 hours later Ex. 3pm	In between	2 hours later Ex. 5am	In between	2 hours later Ex. 7pm
	2 Green Apples	Cucumber & Lime	2 Cucumbers	Pear & Ginger	Lemon	Cucumber & Lime	1 Large Beet	Pear & Ginger	3 Cucumbers	Cucumber & Lime	6-8 Carrots
	1 Orange ¼ Pineapple		Fistful of Kale Leaves		Filtered Water		1/3 Pineapple		6 Celery Stalks		Pumpkin Pie Spice to taste
	3 Cucumbers		4-5 Stalks of Celery		Thumb Size of Ginger		2-4 Carrots		Handful of watercress		
	5 Kale Leaves		1-2 Broccoli Stems		Dash of raw honey		Thumb Size of Ginger		½ Lemon		
	8 Romaine Leaves		1-2 Pears OR Green Apple						Thumb size of Ginger		
	1 ½ Cups of Spinach										