



Spring Recharge Cleanse Menu

DAY 1

7AM DANDY T

cold-brewed dandelion tea made with filtered water, lemon peel, and a touch of agave

8AM BALANCE COLD PRESSED JUICE

celery, cucumber, kale, parsley, spinach, arugula, lemon, lime, turmeric, ginger + celtic salt

9AM VANILLA PROTEIN SHAKE

coconut water, hemp heart, cashew, coconut, dates, SproutLiving Epic Protein, spirulina, cinnamon, Brazil nuts,

11AM JADE COLD PRESSED JUICE

cucumber, celery, kale, parsley, lemon, spinach, arugula

1PM SUNKISS COLD PRESSED JUICE

cucumber, apple, spinach, orange, lime, ginger, cilantro

3PM CHOCOLATE ALMOND MYLK

almonds, dates, filtered water, cacao, maple sea salt

5PM MUSHROOM BROTH + CHAGA

an anti-inflammatory, nutrient dense magic broth made with a variety of mushrooms, veggies, roots and spices + chaga tincture

7PM GINGER IMMUNITY SHOT

spicy and zesty! just ginger, lemon and aloe

DAY 2

7AM HAPPY T

48hr cold-brewed hibiscus tea, naturally decaf, with a touch of agave

8AM ANNIE'S BLEND COLD PRESSED JUICE

celery, cucumber, ginger and lemon + a pinch of celtic salt

9AM MATCHA PROTEIN SHAKE

coconut water, hemp heart, cashew, almond butter, dates, SproutLiving Epic Protein, spirulina, cinnamon, Brazil nuts,

11AM GREENBACK BOOGIE COLD PRESSED JUICE

cucumber, celery, collard greens, parsley, mint, ginger, lime, watercress

1PM GIRL POWER COLD PRESSED JUICE

carrot, beet, apple, ginger, lime

3PM GOLDEN ALMOND MYLK

almonds, dates, filtered water, turmeric, ginger, cinnamon, black pepper

5PM MUSHROOM BROTH + SUPERMUSH

an anti-inflammatory, nutrient dense magic broth made with a variety of mushrooms, veggies, roots and spices + supermushroom tincture

7PM TURMERIC IMMUNITY SHOT

anti-inflammatory powerhouse! turmeric, ginger, coconut oil, black pepper, lemon

DAY 3

7AM VITALI T

cold-brewed roasted chicory root and green tea with reishi, cinnamon, ginger and a touch of agave

8AM GOLDEN GREENS COLD PRESSED JUICE

cucumber, celery, kale, arugula, mint, cilantro, parsley, turmeric, lime,

9AM CACAO PROTEIN SHAKE

coconut water, hemp heart, cashew, cacao nibs, cacao, powder, SproutLiving Epic Protein, cinnamon

11AM REVIVE COLD PRESSED JUICE

cucumber, bell pepper, kale, parsley, mint, lemon

1PM THRIVE COLD PRESSED JUICE

celery, apple, kale, spinach, ginger, parsley, mint, turmeric, lime

3PM VANILLA ALMOND MYLK

almonds, dates, filtered water, vanilla, cinnamon, sea salt

5PM MUSHROOM BROTH + LION'S MANE

an anti-inflammatory, nutrient dense magic broth made with a variety of mushrooms, veggies, roots and spices + lion's mane tincture

7PM HEART THROB IMMUNITY SHOT

beet, ginger, grapefruit, dragonfruit, coconut water

@BLISSREDHOOK



Additional notes, highly recommended to read before beginning or on your first day:

Start your day with herbal tea, green tea (if you need a bit of caffeine) or hot water with lemon. Coffee will not negate the benefits of your cleanse - though it can be a welcome reprieve from caffeine reliance - but if you do, be sure it is consumed early and after your first juice and water.

Consume your juices roughly 2 hrs apart.

Products in your cleanse:

Broth may be warmed on the stovetop until simmering or in the microwave for 2 minutes. Chili oil, coconut aminos or tamari, and/or a little salt and pepper for serving your broth may make it even better :)

Teas may also be consumed hot or cold depending on your mood, feel free to warm in the microwave or on the stovetop.

Taste your immunity shot first. If it is too intense, you may dilute in water.

Juices should be refrigerated at all times except when drinking. You may also take your juice out of the fridge one hour before consuming, to allow your juice to come to room temperature and make it more easy to digest.

**** Juice numbering system****

Your juices are numbered with denotations for the day, and number in the recommended consumption order. The first number on the cap denotes the day 1-3, and the second number denotes the juices in order 1-5. Your first juice on the first day is numbered "1)1" the second juice on the first day "1)2" and so forth. The first juice on the second day is numbered "2)1" the second juice on the first day "2)2" and so forth until your 5th juice each day. The same for day three: first juice, "3)1" second juice "3)2" and so on until "3)5"

MOST IMPORTANT

Follow AT LEAST 3 bottled products with 16 oz of filtered water. A 1 to 1 ratio of juice to water is extremely important to having a positive cleansing experience - if your cleanse includes tea or broth, this aids you in your water "count" so you do not need more than 3 bottles/glasses of water throughout the day beyond your products. Your hydration is key to helping you feel full, avoid headaches, feel amazing and solidify the effects of your cleanse! Your juice for "dinner" should be consumed by 6:30 PM to allow a full digestive process before bed.

Listen to your body over all else

If you find you would rather have products in a different order than we recommend, trust that. You know yourself best.

And don't feel afraid to move your body and/or work out! You may find that you feel slightly sluggish on your first day or two of cleansing, but you should expect a great burst of natural energy around day 3 and on. This process allows parts of your body to rest, and therefore allows your energy to come through.

*This process is meant to feel like an abundance, not a deprivation. If you feel like snacking, please feel welcome; best cleansing snacks to satisfy and sustain: nuts (may be salted), seeds, raw fruits, unsweetened dried fruit, seaweed snacks, whole vegetables (carrots, cucumbers, and avocado) - raw, steamed or roasted, unsalted popcorn with dill and nutritional yeast.

P.S. Changes in digestion are to be expected and are very normal. If you find yourself with loose bowel movements, or even constipated, this is just part of the process, and is temporary. Fiber provides regularity and structure to our digestion and, when we cleanse, we are removing 99% of the fiber from our diet, while leaving the nutrients. This will provide some digestive rest, as well as some strangeness. Do not be alarmed, but if you find yourself worried, please reach out to us at any time.

After your cleanse

Wean off your cleanse with light, easy-to-digest, mostly plant-focused meals.

Soups, grain salads, smoothies, broth, etc are great and much-welcomed options. Stick to whole foods, steer clear of processed or packaged foods. It's often very nice to have a juice a day for a day or two when you are done with your cleanse. The process is designed to help you reframe your concept of nourishment and reset your intuitive eating. Be gentle, and eat foods that are gentle.

