



THE SKINNY JUICERY

THE ULTIMATE CLEANSE GUIDE

ARE YOU READY TO TAKE
YOUR FIRST SIP?

TAP TO CONTINUE



THE SKINNY JUICERY

MADE FOR YOU

PRE CLEANSE

PREPARING FOR YOUR CLEANSE IS
JUST AS IMPORTANT AS THE
CLEANSE ITSELF.

FOR THE NEXT 1-2 DAYS PRIOR OF
YOUR CLEANSE,

WE ADVISE YOU TO GET STARTED
ON THE FOLLOWING:

REDUCE INTAKE OF

- ANIMAL PROTEIN AND PROCESSED FOODS
- SALT, REFINED SUGAR, AND CARBS
- CARBONATED SODAS AND CAFFEINATED DRINKS
- ALCOHOL AND NICOTINE

INCREASE INTAKE OF

- WATER
- PROPER SLEEP
- DAILY EXERCISE
- FRUITS, AND VEGETABLES




CLEANSE GUIDE



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DURING CLEANSE

-  YOUR SKINNIES HAVE ARRIVED!
-  DON'T FORGET TO QUICKLY REFRIGERATE THE JUICES AND FREEZE THE ICE PACKS.
-  THE COLDER YOU KEEP YOUR JUICES, THE FRESHER THEY STAY.

STARTING YOUR CLEANSE DAY

DRINKS	WHEN
ONE YOGI TEA ONE BOTTLE OF GREENS	BREAKFAST
ONE BOTTLE OF HELLO, SKINNIES	MID-MORNING SNACK
ONE BOTTLE OF CITRUS OR ROOTS ONE BOTTLE OF GREENS, ROOTS OR CITRUS	LUNCH
ONE BOTTLE OF HELLO, SKINNIES	AFTERNOON SNACK
ONE YOGI TEA ONE BOTTLE OF GREENS	DINNER

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THE SKINNY JUICERY

MADE FOR YOU

DURING CLEANSE

YOUR CLEANSING SCHEDULE

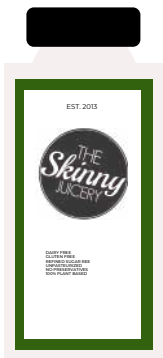
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MORNING

MID MORNING & AFTERNOON SNACK



YOGI TEA



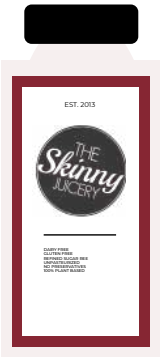
SKINNY GREENS



HELLO, SKINNIES

LUNCH

DINNER



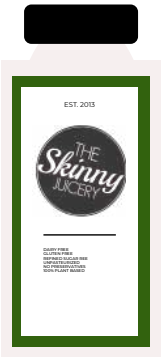
ROOTS

OR



CITRUS

OR



GREENS



YOGI TEA



SKINNY GREENS

CLEANSING GUIDE



THE SKINNY JUICERY

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POST CLEANSE

CONGRATULATIONS!

BREAK YOUR CLEANSE GENTLY BY EATING LIGHT MEALS THAT ARE EASY ON YOUR DIGESTIVE SYSTEM.

TIPS FOR A HEALTHIER YOU



REPLACE WHITE SUGAR WITH BROWN SUGAR, HONEY, OR STEVIA.



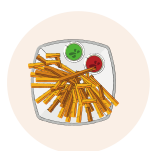
REPLACE WHITE BREAD AND WHITE RICE WITH WHOLE WHEAT AND GRAIN VARIETIES.



AVOID PROCESSED FOODS SUCH AS CANNED MEAT, ETC.



CHOOSE ORGANIC FOR BOTH YOUR FRESH PRODUCE AND MEAT.



STAY AWAY FROM ANYTHING FRIED FOOD.

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