



# Intentions

Juice and Smoothie Bar

## 3-DAY JUICE CLEANSE INSTRUCTIONS

### SET YOUR INTENTIONS PRIOR TO BEGINNING



#### RECEIVE THREE 1 OZ HOT SHOTS

The Hot Shot is; lemon juice, cayenne pepper, and filtered water. Start each day with your Hot Shot first thing in the morning on an empty stomach.

#### RECEIVE TWELVE 8OZ JUICE BOTTLES

Drink one 8 ounce juice every 2-2.5 hours throughout the day. You will consume four juices each day of the cleanse.



#### ONE MEAL PER DAY

Eat one light meal for lunch or dinner per day. We recommend something healthy in nature.

#### WATER INTAKE

Drink a minimum of 8 ounces of water after consuming each juice bottle. This helps to keep you full longer, as well as, aids in detoxification.



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*We recommend Dry Brushing your Skin Daily.*

Record Baselines for start weight, energy levels, and any health baselines if needed. Document daily how you feel and in the end please share your results and observations at on our Facebook Page or Google Reviews.