

Welcome to your Rainbow Juice Cleanse



With Aisling Plunkett



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Pre Cleanse Preparation

- We recommend you reduce your intake of caffeine, sugar, alcohol and all processed foods for 5 days before you start your Rainbow Juice Cleanse.
- Purchase some herbal tea's or fresh herbs and spices to make your own during your cleanse.
- Have an emergency ½ avocado or banana to snack on in the evening should you need it. Its better to have the healthy snack than break the cleanse completely.



Why should we Juice ?

- A juice cleanse is the perfect way to increase the removal of toxins from your body and boost overall health. Its suggested by numerous health experts that giving our digestive system a rest by having a juice only day once a week is hugely beneficial to our overall health.
- After just 3 days of Juicing you will notice an increase in energy and your ability to focus on tasks will be dramatically enhanced. Your skin will be clearer, your eyes will be brighter and on many levels you will feel lighter!
- Juicing boosts the immune system and increases metabolism to aid weight loss and improves organ function and digestive health. It is a fantastic way to kick start a healthy lifestyle for you and your family.

Some of the Benefits of Regular Juice Cleanses

- Boosts the immune system prevents illness
- Gives the digestive system a break
- Supports the body's natural detoxing and cleansing system
- Reduces sugar cravings
- Increases energy and motivation levels
- Improves concentration and sleep patterns



Shopping List 3-day Cleanse

Fruit

- ▶ 6 Pears
- ▶ 11 Apples (suggested gala)
- ▶ 3 Oranges
- ▶ 2 Ripe Pineapples
- ▶ 3 Limes
- ▶ 2 Lemons



Vegetables

- ▶ 10 Large Carrots
- ▶ 500 Grams Spinach
- ▶ 500 Grams Kale
- ▶ 9 Inches of Ginger
- ▶ 3 Cucumbers
- ▶ 2 Bunches of Celery (Leaves are not Juiced)
- ▶ 3 Bulbs of Beetroot
- ▶ 2 Courgettes
- ▶ 1 Fennel



4 Juices a Day & 1 Booster Shot

- ▶ 9am Booster with a glass of Lemon Water
- ▶ 10 am Morning Juice
- ▶ 1pm Lunch Juice
- ▶ 4 pm Between Lunch and Dinner
- ▶ 7PM Dinner Juice
- ▶ SOS emergency Snack (try your best not to have this)
- ▶ Plenty of Herbal teas and water throughout your day



Booster Shot

- ▶ Daily Ginger and Apple Shots
- ▶ 1 inch of Ginger to $\frac{1}{2}$ an Apple
- ▶ If too strong add more Apple



Breakfast Juice

- ▶ ¼ Pineapple or 1 Orange
- ▶ 1 Apple
- ▶ 2 Large carrots
- ▶ 1 handful of Spinach
- ▶ 1 Handful of Kale
- ▶ 1 inch of Ginger (optional)

Juice all ingredients and pour over Ice



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Lunch Juice

- ▶ 1 Apple
- ▶ ½ Cucumber
- ▶ 1 Stalk of Celery
- ▶ 1 handful of Spinach
- ▶ 1 Handful of Kale
- ▶ 1 Lime (peeled)

Juice all ingredients and pour over Ice



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Between Lunch & Dinner (4PM)

- ▶ ¼ Pineapple
- ▶ 2 Stalks of Celery
- ▶ 1 Large Carrot
- ▶ 1 Bulb Beetroot
- ▶ ½ Cucumber
- ▶ ½ Lemon (peeled)

Juice all ingredients and pour over Ice



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Dinner Juice

- ▶ 2 Pears
- ▶ ¼ to half a Fennel
- ▶ 1 Stalk of Celery
- ▶ 1 Handful of Spinach
- ▶ ½ Courgette
- ▶ 1 Lime (peeled)



Juice all ingredients and pour over Ice



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Bonus Recipe

Warmed & Spiced Apple Juice

- ▶ 2 Apples
- ▶ Slice of ginger
- ▶ Slice of lemon



Juice all ingredients and pour into a pot

Add a pinch of cinnamon, cayenne pepper or star anise to taste

Warm on the stove but do not bring it to boil

Post Cleanse Advice

- ▶ Day 1-2 Slowly introduce raw food salads and soups.
- ▶ Day 3-5 include some grains dairy and fish.
- ▶ Day 6 and beyond you can resume a normal healthy diet.



I hope you enjoy your Rainbow Cleanse



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