



SUJA 3-DAY CLEANSE

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USER GUIDE



ABOUT

SUJA 3-DAY CLEANSE

At Suja, we live our best life when we make healthy choices, but sometimes the realities of life can make it tough to keep it up. We developed the Suja 3-Day Cleanse with 7 cold-pressed juices and a recipe for a hearty breakfast to make at home each day. It's our road map to feeling refreshed, restored, and getting back on the path to healthy habits.



STAY HYDRATED!

During the day, stay hydrated with water, herbal tea and even additional juices if you'd like.



TIPS

- ▶ Be thoughtful about your start date, selecting one away from things like celebratory meals or travel, in order to have the best chance at a successful outcome.
- ▶ Prep everything before you begin! Set out your water bottle and make sure you have all the ingredients for the overnight oats (see recipe).
- ▶ To make the most of the program, stay hydrated during the day and avoid alcohol or excessive caffeine intake. Enjoy herbal tea or even additional juices, if you'd like.
- ▶ Gentle to moderate exercise during the program is great, just check in with yourself on the right level and if you get hungry, that's okay! The best foods to consume are raw fruits and veggies, half an avocado, a baked sweet potato or broth-based soups.
- ▶ This is a program to promote optimal health. If you have a health condition of any sort, are pregnant, nursing, or elderly, consult your doctor first to make sure the Suja 3-Day Cleanse is right for you.
- ▶ We're here for you! Lean on your Suja community for support throughout the program. Email us at info@sujajuce.com, call us at (855) 879-7852 or join the social media conversation using #sujacleanse.



A DRINK FOR EVERY LIFESTYLE

We're passionate about crafting a range of unique beverages that deliver delicious taste and functional benefits. We thoughtfully harness the power of plants, keeping them organic, never (ever) GMO and free of preservatives, fillers and chemicals. Explore our cold-pressed juices, kombucha, probiotic vinegar juices and functional shots – all created with transparency, safety, quality and functionality in mind.



SujaJuice.com



[@LoveSuja](https://www.instagram.com/LoveSuja)



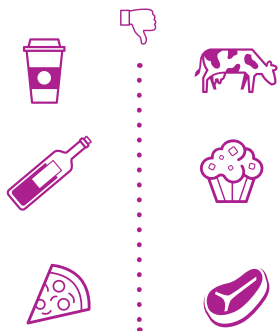
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LET'S GET STARTED

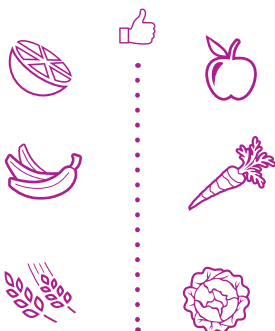
BEFORE THE PROGRAM

Leading up to your cleanse, start eliminating coffee, alcohol, dairy, red meat, sugar, white flour and bread products. Maximizing fruits, vegetables and whole grains will make your transition into the program much easier! Mix the dry ingredients for your overnight oats the night before your cleanse starts. Each night before bed, you'll prepare a single serving for the next day's breakfast.

BEGIN ELIMINATING



BEGIN INCORPORATING



DAILY SCHEDULE

DURING THE PROGRAM

Each day, you'll enjoy one Suja Apple Cider Vinegar Juice and six cold-pressed juices with an optional breakfast meal for those that would like additional calories or are just plain hungry on the cleanse. Allow for some time before consuming the next juice or meal, but the exact timing of each step can be customized to your preference. We do, however, recommend drinking your last juice a minimum of 2-3 hours before bed to ensure full digestion.

1

Suja Lemon Cayenne
Vinegar Juice



2

Suja Mighty Dozen
+ Optional Overnight Oats



3

Suja Trim
Greens



4

Suja Fuel



5

Suja Uber
Greens



6

Suja Berry
Protein



7

Suja Brilliant
Beets



BREAKFAST: OVERNIGHT OATS

HEALTH PURPOSE: This substantial meal helps stimulate digestion with fiber and provides long-lasting energy and satiety with protein & fat.

ingredients: makes 3 servings

- 1 ½ cups rolled oats
- 3 tablespoons chia seeds
- 1 ½ teaspoons ground cinnamon
- 1 ½ cups nut milk or water
- Fresh blueberries

Calories Per Serving: 300

directions

Gently mix oats, seeds and cinnamon together in a bowl. Divide dry mixture evenly into 3 containers (we like to use mason jars with lids or small Pyrex containers.) Add ½ cup of nut milk or water to each container and mix together until there are no clumps. Place in fridge so ingredients can absorb liquid. When ready to eat, add a handful of fresh blueberries and enjoy!



JOIN THE CONVERSATION

Share a photo from your Suja 3-Day
Cleanse program using **#sujacleanse**

 @LoveSuja

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