



3-DAY JUICE CLEANSE

COMPLETE DETOX JUICE GUIDE

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Holistic Wellness
Nourish Your Mind, Body and Spirit



THE 3-DAY JUICE CLEANSE

Welcome!

It's time to get juicing! This is your simple guide for losing weight, cleansing your body, and boosting your immune system. Juicing provides nutrients, vitamins, and raw enzymes that enter the blood stream immediately and are easy to digest.

It is the most efficient way to consume a rainbow of vegetables in one shot. The body can easily consume up to ten pounds of vegetables in juices, which would be very difficult to accomplish while eating raw vegetables. How amazing to be able to give your body this gift!

I am SO glad you are here!

JUICING OFFERS MANY BENEFITS:

- Better digestion and assimilation
- Weight loss and decreased belly bloat
- Supports detoxification
- Boosts immunity
- Improved sleep
- More energy
- Less cravings
- Clearer skin and brighter eyes
- Feeling happier and having more balanced moods

A juice detox can be done for any length of time, from half a day up to 10 days. When done properly, it ensures you are getting adequate nutrients to support the regeneration of cells and organs, while giving digestion a break and purging your body of toxic waste that can lead to health issues.



By increasing the alkalinity of the blood, even just one juice a day is beneficial. Juicing is also a powerful way to replenish and hydrate the body – after exercising, to address health issues like exhaustion, or even during treatments such as chemotherapy.

Juicing has personally benefited me in a number of ways! It improved my skin, eliminated mental fog, increased my energy and allowed me to consume nutrient dense fruits and veggies during a time when my digestive system needed a break and repair.

HOW TO MAKE THE MOST OF YOUR JUICE CLEANSE:

You will find a list of juices here that contain mostly vegetables, as fruit can lead to spikes in your blood sugar that leave you feeling like you're on a sugar high. These recipes include some vegetables that are higher in sugar, like beets. If you are sensitive to sugar, then I suggest adding fiber to these recipes (such as chia seeds or flax meal) or simply exchanging the beets for carrots or a lower-glycemic vegetable such as celery. I want to make sure you have enough energy throughout your juice cleanse. You can stir in some fiber after you've juiced your veggies.

You will also see a list of smoothies in case you find you need an extra boost of energy in between your juices. Some find it really easy to do a juice cleanse drinking only the juices, potassium broth and nut milks, while others may need to add smoothies, raw vegetables or steamed vegetables to avoid hunger.

Please note that if you have hampered digestion, such as IBS, leaky gut, candida, or crohn's disease, you may want to avoid including smoothies, as they are more difficult to digest than the juices.

Please listen to your body. The beauty of any cleanse is self-discovery, and this is your opportunity to find out what works for your unique body.

A NOTE ON COSTS:

Depending on where you live, buying freshly squeezed juices can run up to \$12 per juice.

If you are going to make the life-changing commitment to juicing regularly, I would recommend empowering yourself by saving up to invest in a juicer. For a comparison of the various models available, refer to <http://www.top10juicers.net>. I have an Omega Vert Juicer and love it!



I encourage you to find a local farm, CSA or join a co-op to reduce the costs of buying organic fruits and vegetables. Also check the frozen section for good value on organic produce. As much as I encourage organic, I understand it is not always accessible.

SIMPLE STEPS TO PREP FOR SUCCESS:

1. Get into the mindset of cleansing and supporting your body to detox in a natural way. If possible, scale back your obligations for the three days of this cleanse so you can focus on you. Take this time to set your health goals, both emotionally and physically.
2. Get the support you need to stay committed to your juice cleanse. Reach out to friends and family and tell them you are embarking on this beautiful journey.
3. Clean off the kitchen countertop, and prepare your kitchen to be a playground for your juicing experience.
4. I suggest cleaning out the junk by ridding your cabinets of foods that might tempt you. It's important to keep only high quality food on hand.
5. Before you embark on this juice cleanse, begin to reduce processed foods, caffeine, sugary foods, and breads loaded with yeast. This is to help reduce withdrawal symptoms. Take 1 week before your juice cleanse to prep your body.
6. Begin to add at least one juice per day. Start with a simple juice recipe to get used to the taste of juicing, such as celery, cucumber, lettuce, apple and lemon.
7. Journal your experience, noting daily how you feel emotionally and physically plus any changes you see in your body.
8. Make sure you buy a BPA-free container for your juice, or use glass Mason jars (plastic contains toxins we do not want our body to absorb).
9. Schedule time in your day for juicing, and make enough juices for the day so you do not have to stress about juicing. (I suggest making your morning juice the night before to make your life easy).



10. Practice relaxation, and enjoy letting go. Give yourself space to be quiet, take a relaxing bath, or give yourself a massage. Schedule time for you for the next three days. Be selfish! Make your health a priority.

SIMPLE STEPS FOR THE BEGINNER:

1. If you are new to juicing, go slow and see what feels right for you. Start with adding 1 juice per day to begin, and note how you feel in your juice diary.
2. If you feel like you can increase to two juices per day, then add one more juice until you reach 6 juices.
3. Feel free to modify the recipes to taste.
4. Use your juice diary to track how you feel throughout this cleanse.
5. If you feel light-headed, please feel free to have some non-dairy nut milk, a tablespoon of coconut oil, raw fruits, vegetables, smoothies, nuts or seeds.
6. If you feel hungry, do not deprive yourself; see tips for hunger below.
7. If you are sensitive to blood sugar imbalances, stay with low-glycemic fruits, like green apples, and low glycemic vegetables.
8. If you feel that you need more fiber, please add flax meal, or add 2 tablespoons of chia seeds to your juice and let sit for 5 minutes before consuming. This will give you added protein, fiber, and energy.
9. Please remember juices should be more vegetables, and less fruit. Choose low-glycemic fruit so your blood sugar levels do not spike. Even beets, which are replenishing and great for combatting fatigue, are higher on the glycemic index. If you feel light-headed after consuming beets, note this feeling in your juice diary.
10. If you have thyroid issues, consider blanching kale, Swiss chard or spinach before juicing or simply exchange for romaine lettuce, celery or mixed greens in any green drink.



THE DIRTY DOZEN

The following "Dirty Dozen **Plus**" list has the highest pesticide load, making them the most important to buy organic, or to grow them organically yourself¹. If you are confused about organics and where to start, this is a great list to have on hand and use as a reference.

- Apples
- Strawberries
- Grapes
- Celery
- Peaches
- Spinach
- Sweet bell peppers
- Nectarines (imported)
- Cucumbers
- Cherry tomatoes
- Snap peas (imported)
- Potatoes

Plus these, which may contain organophosphate insecticides, which EWG (Environmental Working Group) characterizes as "highly toxic" and of special concern:

- Hot peppers
- Blueberries (domestic)

¹ List from ewg.org



DURING THE CLEANSE:

Drink six juices daily, 12 -16 oz. each. (See the suggested order for each day below.)

The first day may seem difficult, which is why I have laid out a step-by-step plan for you. In addition to juice recipes for the next three days, I have included a recipe for potassium broth in case you feel dehydrated and need a boost.

You also have recipes for non-dairy nut milks. I encourage you to drink a portion of nut milk every evening during the detox to replenish your proteins and amino acids. If you do not have time to make your own nut milk, look for unsweetened store-bought brands with the least amount of additives.

This journey is different for everyone. Remember, there is no absolute right or wrong when it comes to honoring your body. If you feel hungry or low on energy, please feel free to:

- Add an additional juice or more nut milk
- Have some potassium broth. Add extra steamed vegetables as needed
- Make a smoothie (see recipes below)
- Take 1 tablespoon of unrefined, cold-pressed coconut oil



SIMPLE 1 TO 3-DAY JUICE CLEANSE

DRINK THESE JUICES IN ORDER (REFER TO RECIPE SECTION)

8am: Nourish the Liver

10am: Balanced Body

12pm: Citrus Lymph Flush

2pm: Recharge Rainbow

4pm: Energizing Boost

6pm: Sweet Hydration

8pm: Nut Milk (2-3 cups)

NOTE: If you cannot make the almond or hemp milk, look for unsweetened, store-bought brands with the least amount of additives. Please also space out the juices according to your schedule and time preferences.

MANAGING DETOX SYMPTOMS

While some people enjoy a burst of energy during a detox, you may experience some of the following withdrawal symptoms as your body rids itself of unwanted toxins:

- Headaches
- Body aches
- Fatigue
- Loose stools
- Mood changes
- Itchy skin



This is a good sign that the cleanse is working. Most symptoms do not last long. To minimize any unpleasant symptoms, I encourage you to use the daily detox tools (below). Make sure you are using at least one of the detox support tools each day, especially if you start to feel light-headed. Do not feel scared if you are feeling light-headed, as this is a sign of the toxins releasing.

Also be sure to start drinking at least 100 ounces of water 2-3 days prior to cleansing to begin flushing the toxins from the body. Increase your water intake to at least 3-4 litres per day during your detox. For extra hydration, particularly if you feel lightheaded, you can drink coconut water (4-6 ounces) in between juices or make a natural Gatorade by adding 1/4 teaspoon of sea salt to 30 ounces of water, 1 tablespoon of honey, and the juice of one lemon.

Note: If you have candida overgrowth, diabetes, or sugar imbalances, then I encourage you to stick with green juices. Green juice is very powerful for alkalizing the body, and by only juicing greens you are consuming low glycemic juices.

COMING OFF OF YOUR JUICE CLEANSE

Suggested meals for the 1-2 days following your 3-Day Juice Cleanse.

UPON WAKING: Drink 6 ounces of warm lemon water with 1 tablespoon of Bragg's raw apple cider vinegar and a dash of sea salt. Feel free to add a teaspoon of raw honey and/or a dash of cayenne or cinnamon.

BREAKFAST: Enjoy a wonderful smoothie or a beautiful bowl of fruit (apples, grapefruit, pineapple, or berries). You can add bee pollen or a dash of spirulina to your smoothie or bowl of fruit. Another option is a steamed bowl of broccoli with sea salt and a tablespoon of flax oil or ghee.

LUNCH: Have a simple salad (ex. spinach, sprouts, 1/2 an avocado, fresh parsley) and add lemon juice, Bragg's raw apple cider vinegar, and cultured vegetables. The cultured vegetables will enhance digestion and remove toxins and waste from the body while adding vital healthy bacteria.



DINNER: Make a warm bowl of vegetables with hemp seeds and kelp sprinkles. This meal will bring back vital minerals to your body after your cleanse.

Continue to stay hydrated, and drink nut milk at night if you wish. If you feel you need to snack during your post cleanse, have a piece of fruit, a handful of seeds, soaked nuts, a smoothie, or some potassium broth with vegetables.

Now that you have felt the benefits of juicing, you can continue to incorporate juicing into your life for hydration, cellular detoxification, and pure liquid energy.

LIQUID ASSETS - THE JUICES

The juices should be made in a juicer or bought/delivered fresh.

If you don't have access to a juicer, you can use a Vitamix or other high-speed blender to blend and then strain the juice through cheesecloth:

1. Throw in your celery or cucumber, and a little water. Blend until it becomes liquid.
2. Add in the rest of your chopped fruits and veggies a little at a time, adding water as needed.
3. Blend.
4. Pour mixture into a cheesecloth, and squeeze out the liquid into a large bowl, leaving the pulp behind.
5. Pour juice into a glass and enjoy!

If you're in a pinch during your cleanse (on the road, for example), you can also alkalize by adding chlorophyll or wheatgrass powder to water or coconut water.

If you have thyroid issues or are sensitive to foods that contain goitrogens, any of these greens can be substituted with parsley or lettuce, or you can lightly steam the dark leafy greens before using.



ADD WARMING SPICES IF YOU FEEL CHILLY:

1. In order to keep your digestion warm, you can add 1/2 to 1 teaspoon of ginger, cayenne, nutmeg, turmeric or cinnamon to any juice. This is especially important if you are juicing during colder months.
2. If you feel cold during your juice cleanse, drink warm water or the potassium broth throughout the day.
3. Many find consuming a digestive enzyme is helpful during a juice cleanse, to enhance digestion.

RECIPES

NOURISH THE LIVER

10 asparagus stalks
2 cucumbers
4 celery stalks

1 green apple
Juice of 1 lemon

BALANCED BODY

2 carrots
2 cucumbers
5 celery stalks

½-inch piece of ginger
Juice of one lemon

CITRUS LYMPH FLUSH

2 lemons, juiced with the rind
1 handful of kale
1 handful of romaine lettuce
1 handful of parsley

¼-inch piece of ginger
1 green apple
4 celery stalks
Dash cayenne pepper (optional)



RECHARGE RAINBOW

4 celery stalks
2 cucumbers
½ beet

1 red or yellow pepper
Juice of 1 lemon
¼ inch of ginger

ENERGIZING BOOST

2 cucumbers
5 stalks of celery
Handful of romaine
Handful of mint

1 inch of ginger
2 lemons with the rind
Dash of cayenne pepper
(optional)

SWEET HYDRATION

5 celery stalks
Handful of romaine
2 carrots
1 green apple

Juice of 1 lemon
½ cup of coconut water
Dash of cinnamon {balance the
blood sugar before the night}

POTASSIUM VEGETABLE BROTH

(Makes 8 to 10 servings)

16 cups of water
2 tablespoons olive oil
1 onion, chopped
8 celery sticks, chopped
8 carrots, washed and unpeeled

1 bunch dark leafy greens (kale
or collards)
½ bunch of parsley
1 teaspoon sea salt
3 1-inch slices of ginger root

START YOUR BROTH. Measure 16 cups of water into a large pot, then cover. Bring your water to a boil.

PREPARE YOUR VEGETABLES. While the water is coming to a boil, wash your vegetables, and cut them in half so they will fit into the pot. When water is boiling, put all the ingredients into the water EXCEPT the ginger. Bring the broth to a boil with the lid on. Then turn down to simmer for 1 hour. Finally, add the ginger slices. Continue simmering with the lid on for 30 minutes.



FINISH YOUR SOUP. You have two choices: strain the vegetables into a large pot and serve the vegetables in a warm dish OR blend the liquid and vegetables with an immersion blender to make a thicker broth.

MISO SOUP WITH SEA VEGETABLES

5 cups water
1 strip kombu, hijiki or other sea vegetable (available at natural food stores and Japanese groceries)

1 cup Swiss chard, kale, or other greens, chopped
½ cup sliced carrots
5 teaspoons miso of your choice

RINSE THE SEA VEGETABLES. Rinse the sea vegetables in cold water for 10 minutes (if using arame, do not soak). Wipe with a towel to remove excess sodium. Fill a pot with water. Cut the sea vegetable into small strips and add to the pot. Bring the water to a boil. Add the carrots, cover and turn the heat to medium-low. Simmer for about 10 minutes.

MIX IN THE MISO. Remove a few tablespoons of broth from the pot to mix with the miso in a separate container to form a puree. Place the miso puree in the soup pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria!). Add the greens and simmer for 2 more minutes.

DAIRY-FREE MILKS

NOTE: Use a cheesecloth or a nut milk bag to strain milk.

You can blend any of the below the protein milks with any of the following for extra fiber:

- 3 tablespoons hemp seeds, flax seeds or pumpkin seeds
- 2 tablespoons chia seeds
- 1-2 figs or dates, soaked, with the pits removed
- ¼ cup berries
- Feel free to add one or more superfoods such as maca, lucuma, cacao, or shredded coconut, or delicious spices, such as cinnamon, nutmeg or ground vanilla bean.

The milks should last 2 to 3 days in the refrigerator before spoiling.

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ALMOND MILK

(Makes 4 cups)

1 cup raw almonds, soaked
for 8 hours
4 cups water

Liquid sweetener to taste
(optional)

BLEND THE ALMONDS. Take your soaked almonds (throw away the soaking water), and place them in a blender. Add the 4 cups of fresh water. Blend for 1 to 2 minutes until the almonds are finely ground.

SEPARATE THE ALMONDS FROM THE MILK. Pour your almond milk into a nut milk bag over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The almond pulp should be left inside the bag.

REFRIGERATE YOUR MILK. Sweeten your milk if desired. Place your milk into a container, and store it in the coldest part of the refrigerator.

SUNFLOWER SEED MILK

(Makes 4 cups)

1 cup raw sunflower seeds,
soaked for 8 hours
4 cups water

Liquid sweetener to taste
(optional)

BLEND THE SUNFLOWER SEEDS. Take your soaked sunflower seeds (throw away the soaking water), and place them in a blender. Add the 4 cups of fresh water. Blend for 1 to 2 minutes until the sunflower seeds are well ground.

SEPARATE THE SUNFLOWER SEEDS FROM THE MILK. Pour your sunflower seed milk into a nut milk bag over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The sunflower seed pulp should be left inside the bag and discarded.

REFRIGERATE YOUR MILK. Sweeten your milk if desired. Place your milk into a container, and store it in the coldest part of the refrigerator.

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HEMP SEED MILK

(Makes 2 cups)

1 cup hemp seeds
2 cups water

1 teaspoon cinnamon
¼ teaspoon pure vanilla

BLEND THE HEMP SEEDS. Take your hemp seeds, and place them in a blender. Add the 2 cups of water. Blend for 1 to 2 minutes.

SEPARATE THE HEMP SEEDS FROM THE MILK (OPTIONAL). Pour your hemp milk into a nut milk bag over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The hemp seed pulp should be left inside the bag and discarded.

REFRIGERATE YOUR MILK. Sweeten your milk, if desired. Place your milk into a container, and store it in the coldest part of the refrigerator.

SMOOTHIE SUPPORT

If you feel that you would like to have smoothies during this cleanse, here are some delicious and nourishing smoothie recipes for you to enjoy.

For each smoothie, simply blend all the ingredients in a Vitamix or high-speed blender. If needed, add dairy-free milk or water to reach your desired thickness. Each smoothie recipe serves two people. **Feel free to swap any banana for avocado, or any high glycemic fruit or veggie for a lower one to help you balance your blood sugar levels if this is a concern for you.**

GREEN SMOOTHIE MADNESS

1 ½ cups dairy-free milk or water
½ banana, frozen
½ avocado
Handful of parsley
1 cup kale or baby spinach
1 tablespoon ground flax seeds
Stevia to taste

1 tablespoon chia seeds
1 teaspoon cinnamon
½ teaspoon vanilla (optional)
3 to 4 ice cubes

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SPINACH POWER SMOOTHIE

1 ½ cups dairy free milk or water
½ a frozen banana, sliced
½ cup frozen blueberries
1 cup spinach
1 tablespoon ground flax seeds

1 tablespoon chia seeds
1 teaspoon cinnamon
Stevia to taste
3 to 4 ice cubes

BERRY BLISS SMOOTHIE

1 ½ cups dairy-free milk or water
¾ cup of mixed berries (frozen)
1 cup spinach or kale
½ avocado

1 tablespoon chia seeds
1 teaspoon ginger (optional)
1 teaspoon cinnamon
3 to 4 ice cubes (optional)

CHOCOLATE AND KALE SMOOTHIE

1 cup dairy-free milk or water
1 date, pitted
½ banana, frozen
1 cup of kale
2 tablespoons of cacao nibs

1 tablespoon raw cacao powder
3 to 4 ice cubes (optional)
1 drop peppermint essential oil or
4-5 mint leaves (optional)

RASPBERRY CHIA SMOOTHIE

1 ½ cup dairy-free milk or water
½ cup frozen raspberries
½ avocado
2 tablespoons chia seeds
1 handful of greens (spinach

or kale)
2 tablespoons shredded coconut
¼ teaspoon cinnamon
3 to 4 ice cubes (optional)



DAILY DETOX TOOLS

Using one or more of the following detox support tools daily will help reduce any unwanted detox symptoms. Symptoms will pass within a few days, but you may be able to avoid them altogether by supporting your liver and your lymphatic system with these simple techniques.

DRY SKIN BRUSHING

This can be done before a shower or bath or before bed to release toxicity. Skin brushing improves the circulation and supports the liver.

Use a loofah, hot towel, or dry skin brush on dry skin. Work on one section of the body at a time, making very light circular strokes, working your way up towards the heart.

Start at your feet, and work your way up your legs, always brushing towards your heart. Then do counterclockwise circles on your stomach (respecting the direction of digestion). Start at your fingertips, and work in circular motions on your arms towards your heart. You can brush from your neck down your chest towards your heart.

EXERCISE AND SWEATING

Commit at least 30 minutes a day to exercising to the point of breaking a sweat. Sweating releases toxins from the body, and regular exercise gets the blood moving and boosts metabolism. You can try brisk walking, jogging, rebounding, cycling or the elliptical machine or weight training. Do what feels right to you.

You can also work up a sweat in a sauna, a steam room, or a hot bath.

Make sure to rehydrate after sweating.



EPSOM SALT BATHS

An Epsom salt bath can be a soothing reward during your detox, as it relaxes the body while detoxifying the liver. Add 1/2 cup of Epsom salt, 1/2 cup of baking soda, and a few drops of lavender oil to a warm bath, and soak for 30 minutes. Often during a cleanse, we lose vital minerals. Epsom salt provides you with magnesium, an essential mineral, which promotes digestion, detoxification, and relaxation.

OIL PULLING

This is a detox method that's been around for centuries.

HOW TO DO OIL PULLING:

- Put 1-2 teaspoons of organic coconut oil into the mouth
- Swish for 5-20 minutes
- Spit oil into the trashcan (to avoid it hardening and clogging your sink)
- Rinse well with warm sea salt water to release all the bacteria and toxicity in your mouth
- Brush your teeth

DE-STRESS DURING YOUR CLEANSE

Taking time to honor and go within your body during this time is essential. In life, we are bombarded daily by noise. During a cleanse, this is your opportunity to quiet the noise and go deep into your body, your breath and your soul.

Take some time every day to work on finding simple ways to de-stress your life. I encourage you to find what works for you. During the cleanse, incorporate at least one of the following into your routine each day:

- Take time in your day – ideally five minutes in the morning and five minutes at night -- to visualize how you want your life to look and feel.
- Take time to journal or meditate



- Laugh, smile and let go. It sounds very easy, but practicing being happy is a daily reprieve.
- Breathe deeply, saying to yourself, “in with the good” on the inhalations and “out with the bad” on the exhalations.
- Honor your body with self-massage.
- Find quiet time for just you – this can even be done at work by excusing yourself and taking a quick walk outside.
- Do what you love in life, even if only as a hobby. It's amazing how nourishing doing something gratifying for even a small amount of time can be.

JUICE DIARY

The juice diary is a powerful tool to bring awareness to your eating patterns. Feel free to use this form or to re-create it in a more convenient way that works for you, i.e., notepad, agenda book or computer.

Note how you feel physically and emotionally before, during, and after each meal, snack, or beverage.

At first, it may feel odd or you may not feel any particular way. That is okay—you may just write “fine” or “good.”



HERE ARE TIPS TO GET YOU STARTED:

PHYSICAL symptoms are bodily sensations.

1. Clues for imbalance: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor

2. Clues for balance: bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color

EMOTIONAL symptoms may be a little harder to notice.

1. Clues for imbalance: anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper

2. Clues for balance: confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient

This juice diary process is designed to be fun and informative. Stay free of negative judgments.

If negative feelings arise, or if you feel guilty for eating something “bad,” remember that recording this information will help you to see the connection between what you eat and how you feel emotionally and physically.

If you forget to write down a meal, don't get caught up in it, just write down what you remember and keep noting with the next meal.



HAPPY JUICING!

Committing to a juice cleanse is not easy. Go at a pace that feels good for you. Just starting to incorporate a daily juice or a juice a few times a week will have a positive benefit on your health.

Visit me at www.HolisticWellness.ca and let's connect! Through one-on-one personal coaching and wellness programs, we can work together to get you living your quality life! I offer a comprehensive 3-month weight loss program that guarantees to get you results. We can also work together to custom design the right plan for you and your health goals. Feel free to email me with any questions or set up a free 20 minute consult call ☺

Connect with me here:

Email: samanthagladish@gmail.com

Facebook: <https://www.facebook.com/holisticwellnessfoodie>

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JUICE DIARY

WHEN
(date, time)

FOOD
(preparation, how
much)

HUNGER LEVEL
(0-5)

SITUATION
(place, activity)

COMMENTS
(emotional, physical,
mood)

PRE-BREAKFAST

BREAKFAST

A.M. SNACK(S)

LUNCH

P.M. SNACK(S)

DINNER

EVENING SNACK(S)

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