

PRESCRIPTION: **READY TO PARTY**

Good morning [upon rising]	Gotham City: alkaline water; activated charcoal; lemon; peppermint essential oil *allow at least 1/2 hour before your next elixir
When next hungry 9am - 10am	Central Park Smoothie: cold pressed juice base: celery, cucumber, spinach, lemon, parsley + banana; avocado; chia; kale leaf powder; collard greens powder; sprouted bio-fermented pea fibre; broccoli sprout powder; natural sea mineral complex [from wild harvested seaweed]
11am - 12pm	The Hamptons: Watermelon, Orange, Pink Grapefruit, Passionfruit [FF substitute: Greene Street Classic *AppleFree]
1pm - 2pm	Super Greene Soup [nourish + alkalis]: can be enjoyed hot or cold. filtered water, zucchini, avocado, spinach, lemon, miso paste, spring onion, parsley, dill, garlic, himalayan salt, native mountain pepper [FF substitute: Spicy Carrot + Ginger Soup]
3pm - 4pm	Greene Spice: celery; cucumber; lemon; aloe vera; mint; ginger; turmeric; matcha green tea powder
5pm - 6pm	The Bronx: carrot; beetroot; lemon; ginger; flaxseed oil; burdock root herbal extract; rosemary herbal extract
6pm - 7pm	Park Ave: celery; cucumber; spinach; lemon; parsley
7pm - 9pm	ProPlenish [beauty from within]: ProPlenish marine collagen (beauty boost), coconut water, wild mixed berries (strawberries, blueberries, blackberries, raspberries), acai, coconut flesh, pure madagascar vanilla extract Note: *** Depending on delivery date and zone this option may be substituted with: Heal + Repair: Chicken bone broth on day 3 [Vegan option: Sea Vegetable + Mushroom broth] [FF substitute: 5 th Ave]

4.5 serves of fruit / 14 serves of veggies per cleanse day
616 Cal / 2577.34 KJ



Other fluids

Drink as much [filtered] water and [organic] herbal tea as you like.

Try to drink 300 – 500ml of water between each elixir and drink herbal tea as you like.

Can I incorporate other food [solids] into my program?

This program is designed to suit your life; your style.

We don't believe that a cleanse should be approached as a temporary period of starvation. The real magic happens when you start listening intuitively to what your body needs, stop punishing yourself and release the view that success can only be achieved through suffering. [This is the perfect time to start practising!]

If you feel like you need solids – first ask “will this serve me by enhancing my experience?” If yes, enjoy!

Some guidance with food options if you need [always choose organic if possible]:

- a fresh salad of raw vegetables drizzled with flaxseed oil and lemon juice as a dressing
- roast potato topped with a salad of raw vegetables [great as lunch or dinner options if you need]
- vegetable soup / broth
- all raw and steamed vegetables and fresh fruits [pear is a good low GI option and pineapple and papaya are great for digestion]
- a small handful of activated nuts or seeds
- ½ avocado – mashed [add lemon and sea salt for extra minerals]
- 1 young coconut [you can eat the flesh too]
- Medium banana [mash it if you like and add cinnamon which will help balance blood sugars]

Stay away from:

refined white sugar and salt / meat / eggs / dairy / animal fats / refined white flour products [bread, pasta] / grains / all refined foods [ie, if it comes in a packet] / caffeinated drinks / alcohol / soft drinks

