

ACTIVE BODY (SPRING/SUMMER)

	If you exercise in the morning we recommend	If you exercise in the afternoon/evening we recommend
Good morning [upon rising]	The Bronx: carrot, beetroot, lemon, ginger, flaxseed oil, burdock root herbal extract, rosemary essential oil	The Easy Being Greene: cucumber, apple, kale, celery, lemon, mint FRUCTOSE FRIENDLY OPTION <i>Pure Cucumber: Cucumber, straight up!</i>
When next hungry 9am – 10am	The New Yorker: alkaline water, activated cashews, banana, cashew butter, vanilla tea, vegan protein powder + immunity and energy boost [pine pollen - adaptogenic plant] [cordyceps - medicinal mushroom powder]	Choc Maca Protein: filtered water, activated almonds, vegan protein powder*, cacao, maca, mesquite, maple syrup.
11am – 12pm	Park Ave: celery, cucumber, spinach, lemon, parsley	
1pm – 2pm	Summer Glow Smoothie: filtered water, activated almonds, raspberries, avocado, dragonfruit, monk fruit, vegan protein powder*, hibiscus powder	
3pm – 4pm	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]	
5pm – 6pm	The Easy Being Greene: cucumber, apple, kale, celery, lemon, mint FRUCTOSE FRIENDLY OPTION <i>Pure Cucumber: Cucumber, straight up!</i>	The Bronx (pre-exercise)
6pm – 7pm	Choc Maca Protein: filtered water, activated almonds, vegan protein powder*, cacao, maca, mesquite, maple syrup.	The New Yorker: alkaline water, activated cashews, banana, cashew butter, vanilla tea, vegan protein powder + immunity and energy boost [pine pollen - adaptogenic plant] [cordyceps - medicinal mushroom powder]
7pm – 9pm	Chicken bone broth: filtered water, pasture fed organic chicken bones, carrot, celery, garlic, cardamom pods, peppercorns, mineral salts, mixed herbs VEGAN OPTION <i>Sea Vegetable + Mushroom broth: filtered water, kombu sea vegetable, shitake mushroom, leeks, ginger, cardamom pods, cloves, black peppercorns</i> OR FRUCTOSE FRIENDLY OPTION <i>Gotham City: filtered water, medicinal grade activated coconut charcoal*, lemon, peppermint essential oil</i>	

Daily dose

100% organic

Low sugar - just 2.7% naturally occurring (never added)

3.2 serves of fruit

15.2 serves of vegetables

909cal (3805kj)

Other fluids

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

Tip: Aim to drink 1L of water per 22kg of body weight each day.

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

We encourage you to let shit go. Let go of the view 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 or broth (see our range of organic soups and broths for clean fuel that works perfectly with your cleanse)
- / 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
- / avocado – add lemon and sea salt for extra minerals
- / young coconut [you can eat the flesh too]
- / medium banana [...mash it and add cinnamon which will help balance blood sugars]

Stay away from:

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