



FRUTERS STATION JUICE CLEANSE

C O M P A N I O N

ABOUT

FRUTERS STATION JUICE CLEANSE

At FRUTERS STATION, 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 FRUTERS STATION JUICE CLEANSE 6 cold-pressed juices each day. It's our roadmap 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 juice 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! Gather your juices, water bottle and prepare your overnight oats the night before.
- To make the most of the program, stay hydrated during the day and avoid alcohol or excessive caffeine intake. Enjoy herbal tea or even coconut water/kelapa hijau, 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! If you're craving, try herbal or green tea.
- 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 FRUTERS STATION JUICE CLEANSE is right for you.
- We're here for you! Lean on your FRUTERS STATION community for support throughout the program. Email us at info@fruters.com, call us at (+628) 118080811 and follow our Instagram [fruters_station](https://www.instagram.com/fruters_station).



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 and NEW wellness shot, all created with transparency, quality, and functionality in mind.

LET'S GET STARTED

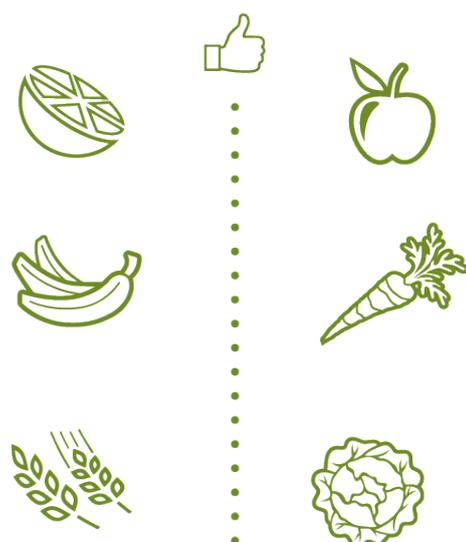
BEFORE THE JUICE CLEANSE

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 JUICE CLEANSE

Start your day with warm lemon water. Warm water with lemon first thing in the morning is an incredible liver stimulant that begins the cleansing process before you even have your first sip of juice. Warm lemon water is a ritual that we encourage you to keep pre, during and post cleanse for awesome health.

You will enjoy 6 FRUTERS STATION cold-pressed. 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



CJ-1
(Celery)

2



DECE-5
(Banana, Celery, Cucumber, Kale, Lemon, Pineapple, Coconut water, Spirulina, Chia seed)

3



IMBOOST-1
(Apple, Pineapple, Carrot, Mint)

4



DECE-3
(Apple, Cucumber, Beet, Lemon, Ginger)

5



GLOSKI-1
(Apple, Beet, Carrot, Celery, Cucumber, Orange)

6



DECE-4
(Strawberry, Pineapple, Lime, Charcoal)

AFTER THE JUICE CLEANSE

You DO NOT want to break your cleanse with a celebratory dinner or steak and chocolate cake! It is very important that you do not overwhelm your body. The purpose of the cleanse is to give your body and digestive system get a well-deserved break. Treat your body with respect. For the first day after the cleanse stick to fruit and vegetables only. On day two and three of our post-cleanse slowly begin adding in grains, dairy, fish and meat.

DON'TS



Eat too much



Dinner above 7 pm



Drink sweet drinks



Eat snack contain preservatives



No detox routine and no advanced for next week.

DOS



Recommended 1/2 plat of vegetable or fruit; 1/4 rice; other carbohydrate; 1/4 animal protein



Dinner under 7 pm



Drink 8 glasses of mineral water everyday



Control hunger and eat regularly



Eat snack with high fiber

JOIN THE CONVERSATION

Share a photo from your FRUTERS STATION JUICE CLEANSE program using **#fruterscleanse**

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