

**NATIVE**  
cold pressed

**CLEANSING**





# WHY WE BELIEVE IN CLEANSING

Juice cleansing has been researched extensively and has shown to have many benefits. It encourages healthy digestion by rebalancing the gut microflora, also by decreasing whole body inflammation and, consequently, intestinal and colon inflammation. Raw organic juice is extremely rich in vitamins, minerals, and antioxidants which can be easily absorbed because digestion is not taking place. These compounds in combination help fight disease, support immunity, and may reduce the risk of cancer.

Of course, one of the most obvious and most desirable benefits of cleansing is decreasing body weight and BMI: juice cleansing does this by not only reducing your cravings for calorie-dense foods, but it also reduces the amount of bad bacteria in the gut that have been linked to obesity. Additionally, cleansing has been shown to boost mood and energy, clear break outs, reduce bloat, alleviate constipation, and kick cravings once and for all. Need we say more?



# CLEANSE

## NO. 1

Cleanse No.1 offers some of our most delicious juices in a combination that maximize their benefits. There is a wonderful variety between fruits and vegetables with a yummy Magic Mylk to finish off the day. This cleanse is a great option for you if you are newer to cleansing and want to experience delicious juices with amazing benefits







# CLEANSE

## NO. 2

The strong cleanse is amazing for a full body reset and maximum detoxification. It contains our most potent juices and is heavier on the greens and vegetables than on the sugary fruits. This cleanse is a great option for you if you: have experience with green juice and/or cleansing, prefer salty over sweet, want all the veggies all the time, plan to be relatively stationary during the cleanse.





native  
cold pressed  
raw • organic • juice  
fresh pressed daily in southern CA  
16 oz (473 mL)

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## MINI CLEANSE

This is the perfect option for anyone in need of a detox but can't seem to fit a full blown cleanse into their life. This is a modified cleanse that includes half the amount of juices so that you can supplement with small meals in addition to the juice. Having the juice intermittently throughout the day will keep you in continual detox mode but the small meals will allow you to continue a more active lifestyle (for athletes, runners, etc.) as well as get that oh-so-desired chewing sensation.

Some great options for your small in-between meals offered right from Native include our raw protein bites, our smoothies, and our bowls. Here is an option for a way to stay clean, green, and on track with our modified cleanse:

1. Juice #1
2. Blueberry moon protein bite
3. Juice #2
4. Tropic green smoothie
5. Juice #3
6. Mango Matcha smoothie bowl or a Golden Salad







## PRE - CLEANSE

Good preparation for your cleanse will set you up for success during and after it. By eliminating inflammatory, processed foods from your diet 2-3 days prior to your cleanse allows the juice to work its wonders to the full potential. Additionally, filling your body with only wholesome, healthy foods the days leading up to your cleanse can decrease the shock-effect your body may go through during the cleanse from the drastic changes in diet and caloric intake.

We recommend first cutting out alcohol, refined starches and sweets, meat, and dairy. Then, the day before the cleanse begins, also try cutting out most soy, legumes, and grains. Confused about what else there is to eat then? Here are some sample menu options to explore to gear up for your cleanse!







# PRE - CLEANSE

## MENU OPTIONS

### *Breakfast*

- o Oats - cup gluten free oats, 1 tablespoon chia seeds, banana (mashed), teaspoon cinnamon, Top with 1 tablespoon nut butter of choice and cup fresh or frozen berries
- o Avocado toast - 1 piece whole grain toast, avocado (mashed), 1 tablespoon pumpkin seeds (pepitas), tablespoon hempseeds, sliced tomato, garlic salt, cracked pepper, a squeeze of lemon
- o Smoothie - 1 frozen banana, frozen berries, 1 cup fresh spinach or kale, 1 tablespoon almond butter, 1 cup nut milk of choice, 1 tablespoon flax seed, 1teaspoon cinnamon, juice of lemon

### *Lunch*

- o Salad (super customizable) Greens - kale, spinach, chard, arugula, added veggies - cucumber, carrots, beets, tomatoes, red onion, Other add-ons - nuts, seeds, lentils, hummus, berries. Dress with - olive oil, lemon juice or apple cider vinegar, sea salt, and fresh herbs.

### o *Snack*

Carrots and 1 cup of hummus  
1 apple with 1 tablespoon nut butter or 2 tablespoons raw almonds

### o *Dinner*

Soup - detox soup recipe from Oh She Glows







# POST CLEANSE

You made it! Go you! We know that you are probably a little hungry, but it is important to gently re-introduce foods into your diet. Slowly easing your way back into foods will help you continue to feel the benefits of your cleanse and maximize its effectiveness.

The best way to do this is to start by following up your juice cleanse with a lot of raw and blended foods (smoothies, soups, salads, etc.) for the first 2-3 days and then adding in more cooked and whole foods thereafter. Luckily, we offer many products in addition to juice that work wonderfully for the “phasing back into food” phase such as smoothies, bowls, raw protein bites, and salads. Hopefully by now you are feeling detoxified enough that your cravings have been left behind you and you can get back on track with a healthy diet.







# POST CLEANSE

## MENU OPTIONS

### *Native-made options:*

Breakfast - Clean Green, Tropic Green, or Mighty Beet smoothie

Lunch - Mango Matcha smoothie bowl topped with strawberry chia jam, goji-seed mix, and chia seeds

Snack - Blueberry Moon or Buckeye protein bite and/or any cold pressed juice

Dinner - The Golden or The Pesto salad with a hot cup of Sekoia tea (available for retail sale at Native!)

Dessert - Magic Mylk or the Vanilla Coconut Shake make a lovely night cap

### *Home-made options:*

- o Breakfast

Raw chia pudding (prepare to soak overnight) - 3 tablespoons chia seeds, banana (mashed), 1 cup unsweetened nut milk of choice, 1 cup fresh or frozen mango, 1 teaspoon of ground turmeric, 1 tsp ground cinnamon

- o Lunch

Salad (super customizable) Greens - kale, spinach, chard, arugula, added veggies - cucumber, carrots, beets, tomatoes, red onion, Other add-ons - nuts, seeds, lentils, hummus, berries. Dress with - olive oil, lemon juice or apple cider vinegar, sea salt, and fresh herbs.

- o Snack

1 apple sliced with 1 tablespoon of nut butter or 2 tablespoons of raw nuts

- o Dinner

Zucchini noodles

1 zucchini (spiralized), 1 cup cooked chickpeas - Dressing/sauce (blend all this up!) - 1 avocado, 2 tablespoon chopped basil, 1 clove of garlic, 1 tablespoon lemon juice, sea salt and pepper





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cold pressed  
100% organic juice  
fresh pressed daily in Columbus, OH  
16 oz. (474mL)



# UNTIL NEXT TIME!

We loved sharing this journey with you and we are so proud of your devotion to your health! We recommend cleansing 4 times a year to boost metabolism, and reset your digestive system. Our team is on stand by ready to answer any questions you may have and here to assist you along the way until your next cleanse. Don't forget to share some photos of your cleanse with us and tag @nativecoldpressed on instagram!

xo,  
your native fam









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