

{ detox + glow }
hydrate

FREE RANGE

— ritual —

{ wildly simple }
wellness

WHY CLEANSE WITH FREE RANGE JUICE?

1. Reduce chronic illness & inflammation
2. Mental clarity & abundant energy
3. Jump start a weight loss routine
4. Detox, hydrate & glow

Cleansing gives your digestive system a chance to breathe, releases harmful toxins, replenishes your vitamins and minerals and help break from processed food habits.

Many experience mental clarity, skin glow, de-bloating and increased energy. Cleanses help kick off a long-term lifestyle shift – and help you stick to it!

1 PICK YOUR CLEANSE TYPE

EXPLORER CLEANSE

Beginner Friendly « All Levels

- | | |
|--------------|---------------|
| 1. EMPOWERED | 4. OUTRAGEOUS |
| 2. REAL | 5. GROUNDED |
| 3. BRIGHT | 6. NUTTY |

+ afternoon pick me up: STRONG SHOT

ADVENTURER CLEANSE

All Green « More Advanced

- | | |
|---------------|---------------|
| 1. REAL | 4. REAL |
| 2. OUTRAGEOUS | 5. REAL |
| 3. OUTRAGEOUS | 6. OUTRAGEOUS |

+ afternoon pick me up: STRONG SHOT

SEEKER CLEANSE

Intermediate « Veggie-Packed

- | | |
|---------------|--------------|
| 1. EMPOWERED | 4. EMPOWERED |
| 2. OUTRAGEOUS | 5. GREEN |
| 3. REAL | 6. NUTTY |

+ afternoon pick me up: WELL SHOT

BUILD YOUR OWN

Pick 6 Juices/Mylks + 1 Shot

CHOOSE ANY OF OUR COLD PRESSED JUICES
OR HOUSE MADE NUT MYLKS
+ 1 SHOT FOR YOUR PERFECT COMBO

2 HOW LONG?

1-DAY

Great for a quick reset.

3-DAY

Our most popular option, reboots your system, reduces bloat and inflammation

5-DAY

Not for the faint-hearted, you'll experience the ultimate cleanse benefits with a 5-day

Who Might Not Want to Cleanse?

Pregnant or nursing women and children. If you have a medical condition, are pre or post surgery or are taking medication, we recommend discussing a cleanse with a health professional first.

Disclaimer: Free Range Juice is not a medical professional and the Free Range Ritual is not a medicinal solution. We make no claims as to results and no information from Free Range Juice should be taken as medical advice. If you have any medical questions, consult your doctor.

BE PREPARED.

To achieve the best results, and feel your absolute best, there are a few tips and tricks to help you transition into a successful Ritual.

1. Two to three days before your cleanse, eliminate processed foods
2. Reduce or cut out meat, dairy, wheat, alcohol and sugar from your diet.
3. If you plan on going caffeine-free during your cleanse, we recommend tapering off a few days before

(NOTE: if you're a big coffee drinker, its okay to have a cup of black coffee during your cleanse to avoid the caffeine headache nightmare)

HOW TO ROCK YOUR CLEANSE.

1. Drink **LOTS of water**. Starting your day with 16-32 oz of water and continue drinking like a fish all day long.
2. Drink each juice at **2-3 hour intervals** (be sure to drink by expiration date, keep refrigerated, once opened drink within a couple hours).
3. **Use your shot strategically** – we recommend taking it around that mid-afternoon slump (2-3pm)
4. Use as an excuse for some **well deserved self care** – get a massage, pedicure, read a book... whatever soothes you. It is good to keep yourself busy, so maybe take the opportunity to organize your closet, sort through photos, etc.
5. Keep exercise to a minimum, focusing only on **low-impact activities**

WHAT TO EXPECT WHEN YOU'RE CLEANSING

« First and foremost, it is normal to feel a little hungry, your body is adjusting to an all liquid diet and reduced caloric consumption. However, if you ever feel faint, dizzy or like you could eat an entire grocery store aisle, its okay to eat some raw fruits, veggies or nuts! This is your cleanse, so you do you! These symptoms are generally temporary however, if you have any prolonged symptoms of dizziness, nausea or fatigue, consult your doctor.

« Many people feel more energetic with increased mental clarity and heightened senses. You might notice an improvement in skin, lessened inflammation and reduced bloating and weight loss.

« Other benefits can include: improved metabolic function and normalized digestion, reduction in cravings, better sleep, toxins released from body.

FOCUS DIET ON

- « *Fresh Veggies & Salads (bring on the green)*
- « *Starchy Veggies (healthy carbs)*
- « *Real Fruits (natural sugars)*
- « *Beans & Nuts (get that protein in)*

LIMIT OR AVOID

- « *Processed Foods (packaged snacks, frozen meals)*
- « *Fried Foods (fries, nuggets, fast food staples)*
- « *Sugary Foods (sweets, baked goods)*
- « *Bread & Pasta (refined carbs)*

YOU DID IT! NOW WHAT?

First of all - pat your self on the back! You're a rockstar cleanser!

To keep the amazing benefits going and feel great, its best to follow your cleanse how you prepped. Stick to whole, real foods (raw fruits and veggies, beans, starchy carbs like sweet potatoes and wild rice) and slowly reintegrate things like dairy and meat. We highly recommend continuing to keep juice in your daily diet as you readjust to solids.

**ENJOYED YOUR CLEANSE? ASK ABOUT
OUR MONTHLY MEMBERSHIP TO SAVE
BIG AND FEEL BETTER!**