



The Nourished Body - 3 Day Juice Reset Plan

support digestion - cut cravings - reset metabolism - boost energy - feel amazing

Morning Drink (optional)

8 oz filtered hot water

1 Tbsp of [organic coconut oil](#)

1 Tbsp [Dandy Blend](#)

Day 1: Green Juice

4 green apples
2 - 3 cucumbers
Handful of parsley
2 handfuls of mixed greens
4 stalks of kale
1 bunch of celery
1 lemon
1 nub ginger root

Day 2: Digestion Boost

2 green apple
1 head of broccoli
1 handful of cilantro
2 cucumber
10 romaine lettuce leaves
8 kale leaves
1 bunch of celery
2 limes
2 nubs of ginger

Day 3: Liver & Kidney Flush

6 green apples
10 small beets
1 bunch of celery
1 handful of spinach
1 cucumber
1 lemon
1 nub turmeric
15 carrots

Approved Boosters

Chlorella or Spirulina

Chia

Fermented vegetables

Mushrooms

Flax (ground fresh is best)

Maca

Oils: fish oil, flaxseed oil, evening primrose oil,
moringa seed oil and cod liver oil

Instructions:

1. Make one recipe each day, juice or blend. Split into 4/6 portions. If juicing keep pulp to add fiber to other meals when done. See [20 Ways to Use Leftover Juice Pulp](#).
2. Drink one portion in the morning, one mid morning, one at lunch and then one for a afternoon snack.
3. Your last meal of the day can be a full meal and should consist of unlimited steamed vegetables and baked lean protein. Keep protein serving 3 to 6 oz. Avoid starches, any processed foods and alcohol. Approved oils include coconut and olive oil (no heating) and spices. Fresh spices are best.
4. Drink half of your weight in ounces of water a day and as much tea as you want. Mint, ginger, chamomile, green tea. Avoid coffee if possible or restrict to one cup, black or with boosters like cinnamon or mushrooms.
5. If you feel hungry you can add in 1 avocado and up to 1/2 cup nuts and seeds daily. Listen to your body!
6. Consider more restorative exercising during reset like yoga and start each day with mindful meditation.
7. On day 4 slowly return to regular eating with a full day of dinner type meals.
8. Optional: Intensify the juicing effects by starting your day with warm lemon water!