

organic vitality

Benefits of Our Cleanse

- increase energy •
- improve digestion/colon health •
 - reduce inflammation •
 - balance skin conditions •
- strengthen immune system •
- help balance mental & emotional health •
 - flush out toxins •
 - better sleep •
- break bad eating habits •
- loose weight •

1 day - \$73 • 2 day - \$146 • 3 day - \$219

2744 East Coast Hwy . Corona Del Mar . CA

(949) 759. 3500

Open 7 Days

MON - SAT 6:30am - 6pm

SUN 7am - 6pm

sejuicedbar.com

alkalize detoxify nourish



THE SUPERFOOD CLEANSE

increase energy + improve digestion

organic . non gmo . gluten-free . dairy-free . vegan



| | Day 1 | Day 2 | Day 3 |
|---------------------------|--|--|--|
| MORNING 8-10 am | Your Choice of Juice + E3Live BrainON® | Cacao Energy Almond Milk | Your Choice of Juice + Spirulina Energy Balls (raw walnuts . dates . lemon . coconut hemp seeds . apricots . spirulina) |
| LUNCH 12-2 pm | Coco Therapy Smoothie (coconut water . coconut meat almond butter . cinnamon . maca) | Calm Your Mind Supertonic + Almond Butter Overnight Oats (coconut milk . chia seeds gluten-free oats . cinnamon . banana almond butter . flax seeds . hemp seeds Topped with coconut . cacao nibs) | Your Choice of Juice + Natures Flu Shot (lemon . garlic . ginger . turmeric agave . cayenne . orange apple cider vinegar) |
| AFTERNOON 3-5pm | Vanilla Energy Almond Milk + Raw Cacao Balls (raw walnuts . raw cacao . agave) | Your Choice of Juice + Aloe Vera Shot | Master Cleanse Supertonic (alkaline 9.5 water . lemon cayenne . agave) |
| DINNER 6-7pm | Kale Detox Salad (raw kale salad with cheesy vegan sauce topped with cranberries & hemp seeds) + Your Choice of Juice | Wellness Salad (greens . tomato . cucumber jicama . cilantro . pepita seeds . dressing / ginger - mango) + Your Choice of Juice | Pesto Zoodles Salad (raw zucchini noodles baby spinach . carrots . tomatoes nut-free kale pesto sauce) + Your Choice of Juice |
| EVENING 8pm | CALM Magnesium Drink + Lemon Bar (lemon zest . lemon juice . cashews raw local honey . coconut) | CALM Magnesium Drink + Raw Vegan Cinnamon roll (gluten-free oats . coconut oil . dates . cinnamon . vanilla . coconut butter) | CALM Magnesium Drink + Raw Vegan Almond Joy Bar (raw almonds . coconut . raw cashews vanilla . flax seeds . agave . raw cacao powder . coconut oil . pink sea salt) |

***repeat days 1-3 for an extended cleanse.**

Cleanse created by founder & certified holistic health coach of sejuiced.

Our Cleanse Tips

- Super-Hydrate with plenty of water
- Consume lemon water first thing each day. It balances your PH levels & breaks your overnight fast.
- Listen to your body - have your salad earlier or later if you prefer. Recommended snacks are things like: ½ avocado, apple, banana, small handful of raw almonds, carrot or celery sticks.
- Take a daily probiotic - We recommend Dr. Ohhira's original formula. www.drohhiraprobiotics.com
- Soak in an epsom salt bath to reduce inflammation & increases absorption of nutrients.
- It's okay to do light workouts on this cleanse – we recommend yoga, jogging and walking.
- Chew your food more than usual– this aids in digestion & helps to absorb more nutrients
- Get plenty of healthy zzzz's – 7-8 hours a night
- Calories? Weight loss? This cleanse is approx. 1200-1300 calories a day. Weight loss varies on your physical activity & normal calorie intake. This cleanse is designed to heal & alkalize, while maintaining a healthy metabolism.
- Craving something warm? - Try having a decaffeinated herbal tea or hot lemon water

