

5 Day Juice Cleanse Reboot PLAN
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MON. JAN. 5TH

Breakfast 8 a.m. – Mean Green
Snack 10 a.m. – Pear Perfect
Lunch 12 p.m. – Collard Apple
Snack 3 p.m. – Sunburst
Dinner 5 p.m. – Spicy Veg
Snack 8 p.m. – Sleepy Time

TUES. JAN. 6TH

Breakfast 8 a.m. – Green Goddess
Snack 10 a.m. – Red Devil
Lunch 12 p.m. – Green Lemonade
Snack 3 p.m. – Pineapple Pepper
Dinner 5 p.m. – Mean Green
Snack 8 p.m. – Sunshine Special

WED. JAN. 7TH

Breakfast 8 a.m. – Collard Apple
Snack 10 a.m. – Beet, Apple, Blackberry
Lunch 12 p.m. – Mean Green
Snack 3 p.m. – Pear Perfect
Dinner 5 p.m. – Spicy Veg
Snack 8 p.m. – Sleepy Time

THUR. JAN. 8TH

Breakfast 8 a.m. – Mean Green
Snack 10 a.m. – Pear Perfect
Lunch 12 p.m. – Collard Apple
Snack 3 p.m. – Sunburst
Dinner 5 p.m. – Spicy Veg
Snack 8 p.m. – Sleepy Time

FRI. JAN. 9TH

Breakfast 8 a.m. – Green Goddess
Snack 10 a.m. – Red Devil
Lunch 12 p.m. – Green Lemonade
Snack 3 p.m. – Pineapple Pepper
Dinner 5 p.m. – Mean Green
Snack 8 p.m. – Sunshine Special