

Flex Different 3-Day Juice Cleanse Guide

Cleanse Overview

Welcome to the Flex Different 3-Day Juice Cleanse! This guide is designed to support active individuals through a refreshing cleanse while enhancing workout performance and recovery. Each day includes six juices crafted for pre-workout energy, post-workout recovery, detox support, and hydration. Stay consistent, hydrate well, and enjoy the reset!

Day 1

1. Pre-Workout: Flex Fuel

Apple, Carrot, Ginger, Lemon, Beet

- Natural energy, improves circulation, endurance support

2. Post-Workout: Muscle Mend

Pineapple, Cucumber, Spinach, Celery, Mint, Chia seeds

- Hydration, anti-inflammatory, muscle recovery

3. Mid-Morning: Green Reset

Kale, Cucumber, Celery, Green Apple, Lemon, Spirulina

- Alkalizing, liver support, nutrient-rich

4. Mid-Day: Citrus Charge

Grapefruit, Orange, Lime, Turmeric, Cayenne

- Boosts metabolism, supports immunity

5. Afternoon: Golden Roots

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Carrot, Ginger, Turmeric, Lemon, Fennel

- Gut health, anti-inflammatory, digestive support

6. Evening: Calm Cleanse

Pear, Cucumber, Mint, Chamomile tea base

- Soothing, calming, gentle hydration

Day 2

1. Pre-Workout: Flex Fuel

Apple, Carrot, Ginger, Lemon, Beet

- Natural energy, improves circulation, endurance support

2. Post-Workout: Muscle Mend

Pineapple, Cucumber, Spinach, Celery, Mint, Chia seeds

- Hydration, anti-inflammatory, muscle recovery

3. Mid-Morning: Green Reset

Kale, Cucumber, Celery, Green Apple, Lemon, Spirulina

- Alkalizing, liver support, nutrient-rich

4. Mid-Day: Citrus Charge

Grapefruit, Orange, Lime, Turmeric, Cayenne

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5. Afternoon: Golden Roots

Carrot, Ginger, Turmeric, Lemon, Fennel

- Gut health, anti-inflammatory, digestive support

6. Evening: Calm Cleanse

Pear, Cucumber, Mint, Chamomile tea base

- Soothing, calming, gentle hydration

Day 3

1. Pre-Workout: Flex Fuel

Apple, Carrot, Ginger, Lemon, Beet

- Natural energy, improves circulation, endurance support

2. Post-Workout: Muscle Mend

Pineapple, Cucumber, Spinach, Celery, Mint, Chia seeds

- Hydration, anti-inflammatory, muscle recovery

3. Mid-Morning: Green Reset

Kale, Cucumber, Celery, Green Apple, Lemon, Spirulina

- Alkalizing, liver support, nutrient-rich

4. Mid-Day: Citrus Charge

Grapefruit, Orange, Lime, Turmeric, Cayenne

- Boosts metabolism, supports immunity

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5. Afternoon: Golden Roots

Carrot, Ginger, Turmeric, Lemon, Fennel

- Gut health, anti-inflammatory, digestive support

6. Evening: Calm Cleanse

Pear, Cucumber, Mint, Chamomile tea base

- Soothing, calming, gentle hydration

Tips for Success

- Drink at least 64oz of water daily alongside your juices.
- Herbal teas are encouraged (peppermint, chamomile, dandelion).
- Add a small serving of raw nuts or avocado if needed.
- Avoid caffeine, alcohol, and processed foods during the cleanse.
- Listen to your body and rest when needed.