

Flex Different 7-Day Juice Cleanse (Fitness-Focused)

Cleanse Overview

Welcome to the Flex Different 7-Day Juice Cleanse designed for active bodies! Each day includes six juices, with special recipes for pre- and post-workout performance. You'll fuel your workouts, speed up recovery, and detox naturally while staying energized. Hydrate well and get ready to feel amazing!

Day 1

Pre-Workout - Flex Fuel

Apple, Carrot, Beet, Ginger, Lemon

- Boosts stamina, circulation, mental clarity

Post-Workout - Muscle Mend

Pineapple, Spinach, Cucumber, Celery, Chia Seeds

- Electrolyte-rich, muscle recovery

Day 2

Pre-Workout - Green Power

Green Apple, Kale, Mint, Cucumber, Lime

- Cleansing, hydration, light energy

Post-Workout - Tropical Restore

Mango, Orange, Coconut Water, Turmeric

- Replenishes glycogen, anti-inflammatory

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Day 3

Pre-Workout - Root Rise

Carrot, Sweet Potato, Ginger, Cinnamon, Apple

- Complex carbs for lasting energy

Post-Workout - Lean Greens

Cucumber, Parsley, Celery, Pineapple, Aloe

- Anti-bloating, calming

Day 4

Pre-Workout - Spicy Citrus

Grapefruit, Orange, Cayenne, Lemon, Honey

- Metabolism and energy booster

Post-Workout - Golden Muscle Milk

Cashew, Banana, Dates, Turmeric, Cinnamon, Sea Salt

- Protein, potassium

Day 5

Pre-Workout - Nitro Beet

Beet, Strawberry, Apple, Lemon

- Endurance & blood flow support

Post-Workout - Green Reboot

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Romaine, Spinach, Apple, Lemon, Spirulina

- Alkaline and iron-rich

Day 6

Pre-Workout - Citrus Spark

Pineapple, Lime, Ginger, Mint, Himalayan Salt

- Natural electrolytes

Post-Workout - Creamy Recovery

Almond, Dates, Cacao, Vanilla, Sea Salt

- Muscle relief + mood boost

Day 7

Pre-Workout - Clean Kick

Green Apple, Cucumber, Lemon, Ginger, Cayenne

- Boosts metabolism

Post-Workout - Tropical Muscle

Papaya, Coconut Water, Spinach, Turmeric

- Gut-soothing, recovery support

Daily Detox Juices (Any Time)

Rotate the following for your 3rd to 6th juices each day:

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- Green Reset: Kale, Cucumber, Celery, Green Apple, Lemon
- Citrus Charge: Orange, Grapefruit, Turmeric, Lime
- Golden Roots: Carrot, Fennel, Ginger, Lemon
- Calm Cleanse: Pear, Chamomile Tea, Mint, Cucumber

Pro Tips

- Drink at least 64oz water per day.
- Light exercise or stretching is encouraged.
- Add nuts or avocado if needed post-workout.
- Avoid caffeine, alcohol, and processed foods.
- Herbal teas are a great supplement (peppermint, chamomile, dandelion).
- Track your mood, digestion, and energy daily.