



# **3-DAY GREEN JUICE CLEANSE**

DR. LIVINGOOD



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The 5th guideline of Livingood Daily nutrition is to Curb Consumption. This is important to initiate the detoxification process and to prevent rebounding during your journey towards health! There are tremendous benefits to detoxing through the form of fasting including, metabolic reset, increased energy, cellular autophagy, and weight loss.

We encourage you to go for **one, two, or three days of not eating**, and instead just focus on allowing the body to heal and detox while also loading up on liquid nutrients.

## APPROVED DRINKS DURING THE 1-3 DAY CLEANSE



WATER



LIVINGOOD  
DAILY  
GREENS



GREEN  
JUICE  
*(see page 4 for  
the recipe)*



LIVINGOOD  
DAILY  
COLLAGEN or  
BONE BROTH



COFFEE  
+ HERBAL  
TEA



## NEED A QUICK DETOX?

Need a cheat day, fix, or a response to a bad stretch of eating? Need to give your immune system a much-needed boost instead of flu shots and drugs? Try this easy protocol at any time of the year!

### WHAT YOU'LL NEED PER DAY

- 64-128 oz of Water and/or Green Juice
- 3-6 scoops of [Livingood Daily Greens + Superfoods](#)

### DAILY PROTOCOL

#### AM

As much of the following as you want: Water, [Livingood Daily Greens](#), low carb green juice, and [Livingood Daily Collagen](#) (mixed in water or coffee).  
*Optional:* Herbal tea and/or coffee in moderation.



#### AFTERNOON

As much of the following as you want: Water, [Livingood Daily Greens](#), low carb green juice.  
*Optional:* [Livingood Daily Collagen](#) (mixed in water), and/or bone broth.



#### PM

As much of the following as you want: Water, [Livingood Daily Greens](#), low carb green juice.  
*Optional:* [Livingood Daily Collagen](#) (mixed in water), and/or bone broth. Herbal tea at night in moderation.



### KEYS TO REMEMBER:

- Drink slowly but start early. This will curb cravings and hunger urges.
- Still aim to hit half your body weight in ounces of water/juice per day.
- Limit Bone Broth and [Collagen + Multi](#) to 1 or 2 servings per day.
- If you feel like you need to eat something, eat matching whole foods in the juice (green apple, cucumber, celery, lemon)

# DR. LIVINGOOD'S GREEN JUICE

- 3 Green Apples
- 2 Cucumbers
- 1 Lemon
- 1 Bunch of Celery
- Handful of Spinach
- Handful of Kale
- 1/4 - 1/2 Crown of Broccoli
- 1 Scoop [Livingood Daily Greens](#) for extra nutrients and improved taste
- 1/2 Bunch of Dandelion (optional)



This recipe will make about 32 ounces of juice depending on the size of the fruits and veggies used. You can make 1-2 batches for the day. If you need more juice from there, you can just mix water and [Livingood Daily Greens](#).

## FAQ:

### **Can I do my 10-min workout during the cleanse?**

Yes! Your energy levels may be lower during the cleanse. If needed, take a break or do low intensity exercises.

### **Do I continue to take supplements and medications?**

Yes! Never discontinue medications without discussing it with your physician. All supplements can be taken, including [Electrolytes + Energyze!](#)

### **Can I use a different type of juice?**

We would recommend sticking to a low carb juice. If you have a preferred recipe, you certainly can use it! Just stick to one type the entire duration.

### **How do we reintroduce food after a fast?**

Start light! I would aim for steamed veggies, a smoothie, soup, or whole fruits. See how you feel, then add back meats, dairy, etc.

*Disclaimer: If dealing with health concerns, please contact your overseeing physician before doing a fast or any diet plan.*

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