

# WEEKEND RECOVERY KIT

HOW DOES IT WORK?



## FOLLOW BELOW INSTRUCTIONS FOR EACH RECOVERY DAY

**UPON RISING:** Drink your **LIVER FLUSH** shot. This combination of beet, grapefruit and milk thistle are intended to help increase your blood oxygen level, get your metabolism going, and support your liver functions to begin the cleansing and restoration process. Immediately follow with a glass of water.

**PRE-BREAKFAST:** Drink your **GREEN LEMON** juice. Lemon has an alkalizing effect on the body to help restore balance, while the minerals in the juice will help you shake off that depleted feeling.

**BREAKFAST:** Eat a healthy breakfast that is high in nutrients and free of processed ingredients.

**MID-MORNING SNACK:** Drink your **BLACK MAGIC** juice. The activated coconut charcoal will extract toxins from your liver, kidney, and cells.

**LUNCH:** Choose a lunch with lots of veggies and a serving of healthy fats like avocado, nuts, and seeds.

**MID-AFTERNOON SNACK:** Drink your **D-TOX** juice. This hydrating juice assists in flushing out those remaining toxins that were pulled out by the Black Magic.

**DINNER:** Eat a healthy, nutritious, light dinner.

**POST DINNER:** Drink your **TUMMY TONIC** shot. This blend of probiotics, aloe, and apple cider vinegar are designed to soothe your digestive tract for the final step in the recovery process.



*Be sure to drink plenty of water throughout the day, ideally between each juice and meal, to help aid in the flushing of toxins. Aim to consume 64 oz of water daily.*