

## Pre-Cleanse Checklist

### Lesson 2: Juicy Secrets

#### Lifestyle

- Listen to the evening visualization before bed
- Remember to always “nourish your body” during the cleanse

#### Food & Beverage

- Eat well, eat freely! Focus on vegetables, fruits, nuts, seeds, and fresh animal proteins
- Avoid wheat, milk, sugar, and processed foods
- Hydrate well! Avoid all beverages except water and herbal teas that naturally have no caffeine.

#### Breathing & Movement

- Set aside 20 minutes each day to practice along with Yoga for Weight Loss or GM Fitness—or just do something you love!
- Take a walk, meditate, dance!

#### Planning & Shopping

- Do you have a juicer or a blender? If not, refer to the “how to choose a juicer” resource in the members’ area
- Do you know your local juice bars? If not, do a Google search and you’ll be surprised how many there are!
- Do you have fresh spices to add to your juices next week? If not, consider buying some!