

Glowing Skin Cleanse

Day of Week	No.	Juice Name	Juice Ingredients
Monday	1	SPICY LEMONADE	Pineapple, Lemon, Celery, Cucumber, Alkaline Water, Cayenne Pepper, Turmeric
	2	BLUSH	Green Apple, Chia Seed, Watermelon, Parsnip, Strawberry, Beet
	3	CINNA-GREEN	Green Apple, Cantaloupe, Coconut Water, Swiss Chard, Cinnamon
	4	HEART BEET	Green Apple, Green Grapes, Beets, Celery, Lime
	5	LEAN GREENS	Green Apple, Spinach, Fennel, Arugula, Cucumber, Celery, Lemon
	6	GREEN E.N.V.Y.	Green Apple, Spinach, Arugula, Kale, Parsley, Celery, Lemon
Tuesday	1	ZEN MASTER	Alkaline Water, Lemon, Ginger, Pure Maple Syrup, Cinnamon
	2	GREAT BALLS OF FIRE	Chia Seed, Tangerine, Cantaloupe, Pineapple, Strawberry, Ginger, Turmeric, Cayenne
	3	ENLITE-MINT	Watermelon, Mint
	4	SPICY LEMONADE	Pineapple, Lemon, Celery, Cucumber, Alkaline Water, Cayenne Pepper, Turmeric
	5	LEAN GREENS	Green Apple, Spinach, Fennel, Arugula, Cucumber, Celery, Lemon
	6	LEMON DROP	Lemon, Spinach, Pineapple, Pear, Papaya
Wednesday	1	ZENERGY	Pineapple, Ginger, Alkaline Water and Coconut Water
	2	SWEET PEPPER	Pear, Green Grapes, Celery, Bell Pepper, Papaya and Lime
	3	SEA BREEZE	Pineapple, Green Apple, Hawthorn Berry, Mint
	4	SPICY LEMONADE	Pineapple, Lemon, Celery, Cucumber, Alkaline Water, Cayenne Pepper, Turmeric
	5	HEART BEET	Green Apple, Green Grapes, Beets, Celery, Lime
	6	GREEN GODDESS	Spinach, Pear, Mint, Strawberry, Celery
Thursday	1	SPICY LEMONADE	Pineapple, Lemon, Celery, Cucumber, Alkaline Water, Cayenne Pepper, Turmeric
	2	BLUSH	Green Apple, Chia Seed, Watermelon, Parsnip, Strawberry, Beet
	3	CINNA-GREEN	Green Apple, Cantaloupe, Coconut Water, Swiss Chard, Cinnamon
	4	HEART BEET	Green Apple, Green Grapes, Beets, Celery, Lime
	5	LEAN GREENS	Green Apple, Spinach, Fennel, Arugula, Cucumber, Celery, Lemon
	6	GREEN E.N.V.Y.	Green Apple, Spinach, Arugula, Kale, Parsley, Celery, Lemon
Friday	1	ZEN MASTER	Alkaline Water, Lemon, Ginger, Pure Maple Syrup, Cinnamon
	2	GREAT BALLS OF FIRE	Chia Seed, Tangerine, Cantaloupe, Pineapple, Strawberry, Ginger, Turmeric, Cayenne
	3	ENLITE-MINT	Watermelon, Mint
	4	SPICY LEMONADE	Pineapple, Lemon, Celery, Cucumber, Alkaline Water, Cayenne Pepper, Turmeric
	5	LEAN GREENS	Green Apple, Spinach, Fennel, Arugula, Cucumber, Celery, Lemon
	6	LEMON DROP	Lemon, Spinach, Pineapple, Pear, Papaya
Saturday	1	ZENERGY	Pineapple, Ginger, Alkaline Water and Coconut Water
	2	SWEET PEPPER	Pear, Green Grapes, Celery, Bell Pepper, Papaya and Lime
	3	SEA BREEZE	Pineapple, Green Apple, Hawthorn Berry, Mint
	4	SPICY LEMONADE	Pineapple, Lemon, Celery, Cucumber, Alkaline Water, Cayenne Pepper, Turmeric
	5	HEART BEET	Green Apple, Green Grapes, Beets, Celery, Lime
	6	GREEN GODDESS	Spinach, Pear, Mint, Strawberry, Celery
Sunday	1	ZEN MASTER	Alkaline Water, Lemon, Ginger, Pure Maple Syrup, Cinnamon
	2	GREAT BALLS OF FIRE	Chia Seed, Tangerine, Cantaloupe, Pineapple, Strawberry, Ginger, Turmeric, Cayenne
	3	ENLITE-MINT	Watermelon, Mint
	4	SPICY LEMONADE	Pineapple, Lemon, Celery, Cucumber, Alkaline Water, Cayenne Pepper, Turmeric
	5	LEAN GREENS	Green Apple, Spinach, Fennel, Arugula, Cucumber, Celery, Lemon
	6	LEMON DROP	Lemon, Spinach, Pineapple, Pear, Papaya