

Fruitful Juice Cleanse Plan

Refresh. Reset. Refuel.

Fruitful's Juice Cleanse is designed to give your body a break while flooding it with nutrient-dense, cold-pressed juices. Whether you are looking to reset your eating habits, reduce bloating, or simply nourish your body with fresh fruits and vegetables, our cleanse is simple, supportive, and effective.

Cleanse Options

1-Day Cleanse

Perfect for a quick reset or post-weekend refresh.

2-Day Cleanse

Great for reducing bloating and jumpstarting healthy habits.

3-Day Cleanse

Our most popular option for a deeper reset and full-body refresh.

Daily Plans

Option 1: 6 Juices Per Day

Enjoy 6 cold-pressed juices spaced evenly throughout the day.

Suggested Schedule:

- Juice 1 – Morning (8–9 AM)
- Juice 2 – Mid-Morning (10–11 AM)
- Juice 3 – Early Afternoon (12–1 PM)
- Juice 4 – Mid-Afternoon (2–3 PM)

- Juice 5 – Late Afternoon (4–5 PM)
- Juice 6 – Evening (6–7 PM)

Option 2: 6 Juices + 2 Wellness Shots Per Day

Includes everything in Option 1 plus two powerful wellness shots daily for an extra boost.

Wellness shots may support:

- Immunity
 - Digestion
 - Metabolism
 - Natural energy
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Benefits of a Juice Cleanse

- Gives your digestive system a break
 - Floods your body with vitamins, minerals, and antioxidants
 - May reduce bloating and water retention
 - Supports hydration
 - Encourages mindful eating habits
 - Can help reset sugar cravings
 - Promotes natural energy without heavy meals
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Tips & Tricks for Success

Before Your Cleanse:

- Begin reducing caffeine, processed foods, and heavy meals 1–2 days prior
- Increase water intake
- Eat lighter meals such as fruits, vegetables, and lean proteins

During Your Cleanse:

- Drink plenty of water between juices
- Listen to your body — rest when needed
- Light movement like walking or stretching is encouraged
- If needed, add a small handful of raw nuts or steamed vegetables

After Your Cleanse:

- Ease back into solid foods slowly

- Start with fruits, smoothies, soups, or lightly steamed vegetables
 - Avoid immediately jumping into fried or processed foods
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A Word of Encouragement

You are doing something intentional and healthy for your body. A cleanse is not about restriction — it is about nourishment, discipline, and reset. Some moments may feel challenging, but remember why you started. Your body is incredibly capable of restoring and renewing itself when given the right support. Stay hydrated, stay encouraged, and trust the process. Fruitful is cheering you on every step of the way.

For questions or guidance, our team is always here to help you choose the best cleanse for your goals.