NOCHINI CLEANSE

DAY 1

Morning
8am-9am - Green Machine
10:30am-11:30am - CocoH2O

Afternoon
12pm-1pm - Beet It
2:30pm-3:30pm - Lemonade

Evening
4:30pm-5:30pm - Hydrator
7pm-8pm - Refresher

DAY 2

Morning
8am-9am - Green Machine
10:30am-11:30am - Glow Up

Afternoon
12pm-1pm - Starburst
2:30pm-3:30pm - Beet It

Evening
4:30pm-5:30pm - Refresher
7pm-8pm - CocoH2O

DAY 3

Morning
8am-9am - Green Machine
10:30am-11:30am - CocoH2O

Afternoon
12pm-1pm - Beet it
2:30pm-3:30pm - Lemonade

Evening
4:30pm-5:30pm - Hydrator
7pm-8pm - Refresher

Note: Do not consume any foods that you are allergic to. Keep in mind to always stay hydrated and drink enough water. This is not a binding diet. Please consume calorie dense foods like nuts if you ever feel the need. If at any point you have a reaction to any of our juices please call 9808980015. All of our juices are naturally made with whole fruits and vegetable and have minimal processing. Juices will go bad if not refrigerated between 0-4oC before consumption.