

# **PERFORMANCE DETOX DRINK ORDER**

START YOUR DAY WITH WATER AND TRY DRINK AT LEAST  
ONE LITER

NO CAFFEINE, NO ALCOHOL, NO FOOD  
DRINK THE JUICES 1-2 HOURS APART IN THE

## **FOLLOWING ORDER**

TURMERIC JUICE

RED JUICE

PROTEIN CHOCOLATE/TURMERIC or MATCHA

(The protein need to be frozen.Remove a little juice before)

RED JUICE

PROTEIN CHOCOLATE/TURMERIC or MATCHA

BALANCE

RED JUICE

PROTEIN CHOCOLATE/TURMERIC or MATCHA

## **NOTE**

THE JUICES LAST FOR 4-5 DAYS REFRIGERATED  
IF YOU ARE STARTING LATER OR DOING A 5 OR 7 DAYS  
CLEANSE FREEZE THE LAST 2 OR 4 DAYS BY REMOVING A  
LITTLE JUICE AND PUTTING IN

YOUR FREEZER

ENJOY THE DETOX

LOVE

TEAM ONE-JUICE

TO SHARE THE LOVE

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