

Many people use detox cleanses and fasts as means of losing weight. The weight lost during a fast is all water weight, which will be gained back once you begin eating.

In *Why Not Green*, we do not believe in only consuming liquids for a number of days simply because we do not believe in “short-term” goals. We believe in incorporating long-term lifestyle changes to lose weight and also lead a healthier life.

Juicing offers many life-enhancing health benefits including a faster, more efficient way to absorb immune boosting nutrients naturally found in fruits and vegetables

For all you busy bees out there who wants to get a head-start on clean-eating and a healthy lifestyle, we offer you the “Clean-up your Act” Package

In this we will provide you 3 or 5 days of ‘3-a-day’ bottles, each @300 ml.

You will be given 3 juices per day, i.e.:

- Liver Cleanse
- Green Aid
- Your option from any of our 6 variants.

The goal of this program is to clean up your modern diet that consist of highly-processed food, to make sure u get your dose of fruits and vegetables in your daily-diet (the recommended servings is 2 of fruits and 5 of vegetables per day) and at the same time gain all the nutritious benefits of our premium juices.

Your intake of juices will somewhat look like below:

1<sup>st</sup> bottle: 30mins - 1 hour before breakfast (post a fasted cardio for example)

2<sup>nd</sup> bottle: 30mins - 1hour before lunch

3<sup>rd</sup> bottle: Afternoon Snack (+/- 3 hours after lunch)

To maximize your results, during these days you are required to steer-clear from:

- Dairy
- Fried Food
- Wheat
- Pork, Sausages, Canned Meats, Ham
- Sweeteners like white sugar, brown sugar, high-fructose corn syrup
- White carbs (rice, pasta, pizza)
- Alcohol, Soft drinks, other sugary drinks.

Other tips:

- Dinner must be consumed minimum 3 hours before sleeping, preferably avoid carbohydrates during dinner
- Read ingredients before buying any packaged food and watch out for the sneaky ones.
- Move your body, at least 30 minutes a day.
- Chew your food, minimum 20 times.
- Drink at least 2 liters of water daily.
- Breathe deeply and regularly. Chronic stress can have a toxic effect on the body, focused breathing, and meditating can reduce the power of stress

### Meal Example

- 07.00/08.00 – Juice 1 (Liver Cleanse)
- 08.00/09.00 – Breakfast (Overnight oats, Eggs with a side of avocado)
- 11.00/12.00 – Juice 2 (Green Aid)
- 12.00.13.00 – Lunch (Lots n lots of veggies, Grilled/Steamed Meat, Red rice/quinoa)
- 15.00/16.00 – Juice 3 (Juice of your choice)
- 17.00/18.00 – Snacks (a handful of nuts/fruit)
- 19.00/20.00 – Dinner (Steamed veggies, Steamed/grilled meat)

### Price for 3 days:

Bandung - IDR 360,000 including delivery

Jakarta - IDR 500,000 including delivery  
(delivery day H-1 and day 2)

### Price for 5 days:

Bandung - IDR 600,000 including delivery

Jakarta - IDR 800,000 including delivery  
(delivery day H-1, day 2, and day 4)

