



Juice for January

A juice and plant-based cleanse challenge



✦
align your chakras



Aura Cleanses

CLEANSE OPTIONS

1

**JUICE TILL
DINNER**

\$33
3 JUICES
1 MASTER CLEANSE

2

**JUICE 1-3+
DAYS**

\$50 PER DAY
4 JUICES
1 MASTER CLEANSE
1 CASHEW MILK

3

**JUICE
SUBSCRIPTION**

SUBSCRIBE
EVERY 2 WKS
ONCE A MONTH
EVERY 3 MONTHS



Juice Flavors

THE SPIRIT
THE INSIGHT
THE TRUTH
THE LOVE
THE POWER
THE FLOW
THE ROOT
THE GIFT
HOLY GREENS

GROUNDING CHI
TURMERIC LEMONADE
GINGER LEMONADE
LAVENDER LEMONADE
CHARCOAL LEMONADE
STRAWBERRY LEMONADE
CUCUMBER MOJITO LEMONADE
MASTER CLEANSER
CASHEW MILK

One Day Cleanse:

4 juices, 1 master cleanser, 1 cashew milk

Juice Till Dinner:

3 juices, 1 master cleanser

(limit one lemonade & milk per day)

During Your Cleanse

For optimal results it is suggested to cut out the following foods during your cleanse.



ANIMAL PRODUCTS

- MEAT
- FISH
- EGGS
- DAIRY
- HONEY

GRAINS

- CORN
- RICE
- WHEAT
- QUINOA
- AMARANTH
- OATS
- MILLET
- BARLEY

OILS & FATS

- BUTTER
- LARD
- OILS
- NUTS
- FATTY SPREADS

**FOR PLANT-EXCLUSIVE RECIPES
VISIT WWW.CHEFAJ.COM**

**AURAGANIC JUICE AND PLANT-BASED
CLEANSE CHALLENGE**



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