

Welcome to Your 2 Guys + Blended 1-Day Deep Cleanse

What's in your program: One day of smoothies (5), all chosen to help your body eliminate toxins and re-balance, while still allowing you to maintain energy levels. The smoothies are nutritionally balanced and will provide you with a healthy level of calories, carbs, proteins, fats & fibre (along with a ton of other mega-good-for-you nutrients).

Activity: We recommend light to moderate exercise daily and take at least 30 to 60 minutes for quiet, technology-free time (we know it can be hard, but give meditation or yoga a chance).

Sleep: It's an important part of your plan, which is why we've included our Vita C Immunity (ashwagandha is a great relaxer & anti-inflammatory). Enjoy 30 to 60 minutes before bed. Not feeling liquid before bed? Pull from the freezer 2 hours before bed & let thaw at room temp to enjoy straight from the pack, or in a bowl, with a spoon like 'nice cream'. Pro tip: power off your data devices for the night when you have your Vitamin C Immunity.

Recommended Smoothie Sequence: We're fans of following the sequence below, but if you do switch it up please enjoy the Maca Energy no later than 2 PM. Avoid going more than 3 to 4 waking hours between smoothies.

Smoothie 1	Smoothie 2	Smoothie 3	Smoothie 4	Smoothie 5
Greens Daily	Greens D-tox	Maca Energy	The Remedy	Vita C Immunity

Hydrate: Drink water throughout the day - at least 10 glasses (feel free to swap some with caffeine-free herbal teas). One cup of green tea per day is okay if you need an extra mental lift.

Snacks: You can snack on fresh veggies throughout the day as needed (avoid carrots, tomatoes, corn, peppers, eggplant) and ¼ cup (max per day) of raw almonds or walnuts.

Happy Cleansing!

