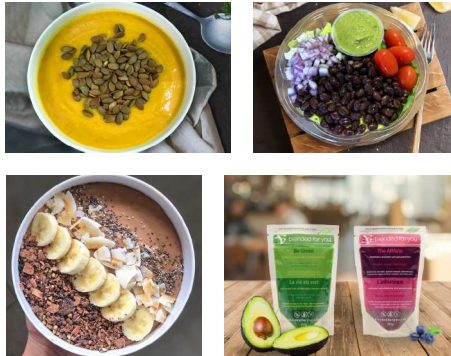




3-Day Plant-based Body Boost

Now is the perfect time to treat yourself to our special 3 day reset, designed in partnership with Blended For You to detox and refresh your body and mind!



Day 1

Your first day of meals provides you with all of the necessary vitamins, minerals & energy to kick off your cleanse with gusto! Here's what's included:

- BE GREEN (frozen smoothie pack)
- CHIA ENERGY BOWL
- VEGETARIAN SOUTHWEST SALAD BOWL
- THE ATHLETE (frozen smoothie pack)
- BUTTER ME UP!

Day 2

You're passing the halfway mark and we've got you covered. All you have to do is relax, open your meals and enjoy! Here's what's on the docket:

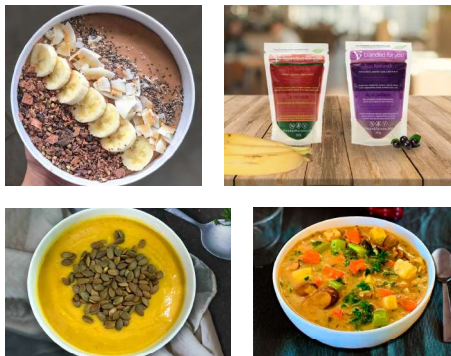
- GREENS DAILY DOSE (frozen smoothie pack)
- ACAI ORGANIC BOWL
- GREENS IMMUNITY SOUP
- GREENS DETOX (frozen smoothie pack)
- SWEET POTATO COCONUT SOUP



Day 3

You're in the home stretch! This final day will bring all of the joy of cleansing and rejuvenation. We are proud of you for sticking with us! Here's what's on the line up to finish strong:

- THE REMEDY (frozen smoothie pack)
- CHIA ENERGY BOWL
- Chica CHOW WOW!
- ACAI ORGANIC BERRY (frozen smoothie pack)
- BUTTER ME UP!



Let's get this cleanse party started!



Get the guide to the program here

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Add to cart

\$160 / package

The Blended For You & 2 Guys With Knives 3-Day Cleanse & Reset Plan

Whether you're starting a clean eating diet for the first time, kick-starting weight loss, or need a little help getting back on track with your wellness habits, we've got your back with our 3-Day Cleanse & Reset Plan. The program is designed to support your body's detoxification processes, boost immunity and leave you rejuvenated. Together, we've created one mega nutrient-packed, energizing, health-reset program.

Getting into the habit of eating on a regular schedule is an important part of keeping your metabolism up and reaching your weight goals. It also reduces the chance of snacking on junk foods and grabbing unhealthy foods to go. Adjust depending on your wake up time and avoid eating 2 hours before bed.

Your Cleanse Meal Plan

| | Breakfast | Snack | Lunch | Snack | Dinner |
|-------|----------------------------|-------------------------|----------------------|-----------------------|---------------------------|
| Day 1 | Be Green Smoothie | Chia EnergyBowl | 2 Guys Salad | The Athlete Smoothie | 2 Guys Soup |
| Day 2 | Greens Daily Dose Smoothie | Acai Organic Bowl Blend | Greens Immunity Soup | Greens D-Tox Smoothie | Sweet Potato Coconut Soup |
| Day 3 | The Remedy Smoothie | Chia Energy Bowl | 2 Guys Salad | Acai Organic Smoothie | 2 Guys Soup |

Prepping Your Blended Smoothies, Bowls & Soups

Prep information is on the back of each package. For liquids, unsweetened nut and oat mylks are best (we love coconut and cashew). For the soups, you can heat with a little coconut milk or just straight up water. **Please store your blends in the freezer.**



Hydration: We recommend drinking at least eight 8 oz glasses of water per day to help with digestion, detoxification, and hydration. Add another 8 oz of water for every hour of physical activity.

Tip: adding lemon or cucumber to your water will support detoxification. Track your great water work with this chart:

| Glass: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------|---|---|---|---|---|---|---|---|
| Day 1 | | | | | | | | |
| Day 2 | | | | | | | | |
| Day 3 | | | | | | | | |

Sleep: It's an important part of your plan, so plan to get 8 hours per night. Pro tip: power off your data devices for the night at least one hour before bed. Give yourself an hour in the morning before jumping back on it.

Your FAQs

Should I consult a doctor before starting?

If you are making a significant change to your diet, are pregnant or breastfeeding, have a medical condition and/or are taking medication, it is always best to consult your healthcare practitioner before starting a new program.

Can I workout on the 3-day program?

This is not a calorie restrictive plan – you should have plenty of energy to continue your workouts. We recommend that you exercise daily and try to take at least 30 minutes each day for quiet, technology-free personal time (we know it can be hard, but give meditation or yoga a chance).

Can I drink coffee and tea during the program?



You're not alone in your coffee love! It is best to eliminate coffee for the 3 days, but 1 to 2 cups of green tea per day is ok. Herbal teas are a great option, too. When you've completed the 3 days, try to limit coffee to one cup per day.

Can I expect any physical symptoms during the program?

Switching to a clean eating program, which encourages toxin elimination, cleansing, and includes a lot of high fibre foods, may result in experiencing flu-like symptoms at the start. Drink lots of water during your cleanse. If symptoms continue, drop us a line and ease up on the program - you may need to move into clean eating more gradually.

Can I do the program for more than 3 days?

Yes! Continue on your journey to reaching your health goals. To order again, jump on to the 2 Guys site or email us.

If you have any questions about the meals, smoothies or plans in general, please email us at info@blendedforyou.com or hello@2guyswithknives.com.

We'd love to hear your feedback and tips, so please share them with us.

XO

Blended For You & 2 Guys With Knives

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