

PRICING & INFO

BOOKING A CLEANSE

To book a cleanse please visit our website or call the cafe to schedule and make a deposit and we can answer any questions you have. You can choose any number of days you like but we recommend a 1 day, 3 day or 5 day juice cleanse to start. Orders received by Sunday the week before can be picked up as early as noon Thursday.

PRICING FOR A CLEANSE

\$65/day for 7 drinks in glass bottles.

Why do we choose to use only glass bottles?

Even though bottle companies may use BPA-free plastic, other potentially harmful chemicals are still present in plastic bottles and they can leach into drinks without us realizing. Some of these chemicals are possible endocrine disruptors that could mess with hormone levels in the body. By choosing to pay the premium with glass bottles, we make certain that your raw juice, lemonades and teas are full of only minerals, vitamins and phytonutrients that heal our bodies with no chance to absorb any of the bad stuff!



EASTON, PA

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Open 7 days



Instagram

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JUICE CLEANSE



Juice cleanses are said to unleash the natural healing power of the body by ridding your system of the toxins inevitably accumulated through diet and the environment. Juice cleanses also boost your system with the powerful nutrients and antioxidants your body needs and has likely been lacking for years — all in a few days' time! Most common illnesses, including obesity, are a result of chronic toxicity and deficiency. Your cleanse may be the first step toward long-lasting lifestyle change, or can jumpstart a weight loss regimen by helping to retrain your taste buds and refresh your psychological connection to food. We are confident you'll feel fantastic and enjoy the process as well!

3 DAYS PRE-CLEANSE

DIET

Eating a healthy, light diet for the 3 days prior to your juice cleanse will help ease any hunger cravings during the cleanse. Eat only organic fresh fruits, vegetables, whole grains and eggs. Drink 8 glasses of filtered water a day. And avoid or eliminate alcohol, caffeine, sugar, processed foods, dairy, red meat, and gluten.

TIME

For an optimal cleanse experience, make sure you have time to reflect and rest. Do not do a juice cleanse during an emotionally intense time or during a major life transition. Set yourself up for success by asking your friends and family to support you, or even to do a juice cleanse with you!

ATTITUDE

Set an intention for your juice cleanse. An intention is a commitment to changing a part of your life that no longer serves you. What do you want to create through your juice cleanse? What do you need to heal (such as relationships, illnesses, thought patterns)? How will you know your juice cleanse was a success? Write down your answers to these questions to reveal the intention for your juice

We recommend a 100% juice cleanse because eating slows down the juice cleansing process. However, if you need to eat during your cleanse, choose organic raw fruits, vegetables or soaked nuts and seeds. An avocado with lemon is super satisfying! Also, make time to be present and mindful with your food. Sit down, use a fork and knife, and truly experience and enjoy it.

DURING THE CLEANSE

Start each morning with a glass of filtered non fluoridated water with a squeeze of lemon. Drink your juices and tonics in 2 hour increments

- 1. Morning Tonic** - upon waking after your first glass of filtered non fluoridated water. Lemon, Bragg apple cider vinegar, raw honey, filtered non fluoridated water
- 2. Sweet Green** - Cucumber, romaine, apple, pineapple, orange **Or** Green Glow, cucumber, celery, romaine, parsley, spirulina, pineapple lemon
- 3. Electrolyte Lemonade** - 10 am to 11 am Lemon, cayenne pepper, grapeseed oil, maple syrup, Himalayan sea salt
- 4. Energize** - 12 pm to 1 pm Beet, apple, romaine lettuce, celery, carrot, orange, ginger
- 5. Immunize** - 2 pm to 3 pm Carrot, orange, romaine lettuce, lemon, ginger
- 6. Detoxify** - 4 pm to 5 pm Kale, apple, romaine lettuce, celery, parsley, lemon, ginger
- 7. Cinnamon Vanilla Almond Milk** - 6 pm to 8 pm Almonds, filtered non fluoridated water, dates, vanilla, cinnamon, Himalayan sea salt

EXERCISE

Limit yourself to light exercise, such as walking, yoga, and stretching. Your energy levels will change when you're on a juice cleanse, so pay attention to what your body needs before exercising.

ACTIVITIES

We recommend doing introspective activities such as journaling, meditation, walking in nature and listening to gentle music. It's ideal to make sure you have a lot of free time to take care of yourself. Avoid places with loud noise & lots of activity, as you may be more sensitive than usual. If you must go out in a social setting, ask for sparkling water with as much citrus as you like.

3 DAYS POST-CLEANSE

Bask in the glow!

Gradually return to eating solid foods after your cleanse, and don't jump into anything strenuous or exhausting right away. Continue to take time to relax & integrate the cleanse experience into your life. Follow a diet similar to the pre-cleanse diet, & use your cleanse experience to create new, healthy eating habits.

Day 1 after the cleanse:

Eat fruits & green veggies, & drink 8 glasses of filtered water

Day 2 add in:

Nuts, gluten-free grains like whole oats, quinoa, or brown rice

Day 3 add in:

Pastured meats and eggs, wild fish and gluten containing grains



Stop by the cafe for our delicious selection of organic and vegan soups, salads & sandwiches. Not to mention our superfood smoothies & raw desserts! Our breakfasts, lunches and snacks are a great way to ease back into eating after a cleanse.