



## #RAWJUICE CLEANSE MENU & JUICING TIPS

**HEYLIFE geht es nicht um Einschränkung.**

**Wir stehen ein für Natur, Gesundheit, Genuss & Energie.**

All unsere Getränke sind 100% naturbelassen und pflanzenbasiert.

**HEYLIFE is not about restriction.**

**We stand for nature, health, pleasure & energy.**

All our drinks are 100% natural and plant-based.

### FRANÇAIS?

[heyliife.ch/de/juicing/juicing-tips](http://heyliife.ch/de/juicing/juicing-tips)



[www.HEYLIFE.ch](http://www.HEYLIFE.ch)

[team@heyliife.ch](mailto:team@heyliife.ch)





# CLASSIC CLEANSE

	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY
	1	2	3	4	5	6	7
WAKE UP	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)
9h	#ChiaGlow	#ChiaGlow	#ChiaGlow	#ChiaGlow	#ChiaGlow	#ChiaGlow	#ChiaGlow
12h	#GreenElixir & #GoodKarma (Shot)	#SpanishLunch & #GreenBooster (Shot)	#GreenElixir & #GoodKarma (Shot)	#SpanishLunch & #GreenBooster (Shot)	#GreenElixir & #GoodKarma (Shot)	#SpanishLunch & #GreenBooster (Shot)	#GreenElixir & #GoodKarma (Shot)
15h	#TanningTime	#TanningTime	#TanningTime	#TanningTime	#TanningTime	#TanningTime	#TanningTime
18h	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse
20h	#OnKale/ #GreenMood*	#GreenHero	#OnKale/ #GreenMood*	#GreenHero	#OnKale/ #GreenMood*	#GreenHero	#OnKale/ #GreenMood*
ALL DAY	#ClassicAlmond (Almond Drink)	#GoldenAlmond (Almond Drink)	#CacaoShake (Almond Drink)	#ClassicAlmond (Almond Drink)	#GoldenAlmond (Almond Drink)	#CacaoShake (Almond Drink)	#ClassicAlmond (Almond Drink)

\*Saisonedingt/depending on seasonality



# INTENSE CLEANSE

	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY
	1	2	3	4	5	6	7
WAKE UP	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)
9h	#GreenElixir	#GreenElixir	#GreenElixir	#GreenElixir	#GreenElixir	#GreenElixir	#GreenElixir
12h	#GreenHero & #GoodKarma (Shot)	#SpanishLunch & #GreenBooster (Shot)	#GreenHero & #GoodKarma (Shot)	#SpanishLunch & #GreenBooster (Shot)	#GreenHero & #GoodKarma (Shot)	#SpanishLunch & #GreenBooster (Shot)	#GreenHero & #GoodKarma (Shot)
15h	#TanningTime	#OnKale/ #GreenMood*	#ChiaGlow	#OnKale/ #GreenMood*	#TanningTime	#OnKale/ #GreenMood*	#ChiaGlow
18h	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse
20h	#OnKale/ #GreenMood*	#GreenHero	#OnKale/ #GreenMood*	#GreenHero	#OnKale/ #GreenMood*	#GreenHero	#OnKale/ #GreenMood*
ALL DAY	#ClassicAlmond (Almond Drink)	#GoldenAlmond (Almond Drink)	#CacaoShake (Almond Drink)	#ClassicAlmond (Almond Drink)	#GoldenAlmond (Almond Drink)	#CacaoShake (Almond Drink)	#ClassicAlmond (Almond Drink)

\*Saisonedingt/depending on seasonality



# GREEN CLEANSE

	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY
	1	2	3	4	5	6	7
WAKE UP	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)
9h	#GreenElixir	#GreenElixir	#GreenElixir	#GreenElixir	#GreenElixir	#GreenElixir	#GreenElixir
12h	#GreenHero & #GreenBooster (Shot)	#GreenHero & #GreenBooster (Shot)	#GreenHero & #GreenBooster (Shot)	#GreenHero & #GreenBooster (Shot)	#GreenHero & #GreenBooster (Shot)	#GreenHero & #GreenBooster (Shot)	#GreenHero & #GreenBooster (Shot)
15h	#GreenElixir	#OnKale/ #GreenMood*	#GreenElixir	#OnKale/ #GreenMood*	#GreenElixir	#OnKale/ #GreenMood*	#GreenElixir
18h	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse	#MasterCleanse
20h	#OnKale/ #GreenMood*	#GreenElixir	#OnKale/ #GreenMood*	#GreenElixir	#OnKale/ #GreenMood*	#GreenElixir	#OnKale/ #GreenMood*
ALL DAY	#ClassicAlmond (Almond Drink)	#GoldenAlmond (Almond Drink)	#CacaoShake (Almond Drink)	#ClassicAlmond (Almond Drink)	#GoldenAlmond (Almond Drink)	#CacaoShake (Almond Drink)	#ClassicAlmond (Almond Drink)

\*Saisonedingt/depending on seasonality



# PART-TIME CLEANSE

	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY	TAG/DAY
	1	2	3	4	5	6	7
WAKE UP	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)	#ClassicGinger (Shot)
9h	#ChiaGlow	#GreenElixir	#ChiaGlow	#GreenElixir	#ChiaGlow	#GreenElixir	#ChiaGlow
12h/18h	#OnKale/ #GreenMood*	#SpanishLunch	#OnKale/ #GreenMood*	#SpanishLunch	#OnKale/ #GreenMood*	#SpanishLunch	#OnKale/ #GreenMood*
15h/20h	#MasterCleanse	#GreenHero	#TanningTime	#GreenHero	#MasterCleanse	#GreenHero	#TanningTime
ALL DAY	#ClassicAlmond (Almond Drink)	#GoldenAlmond (Almond Drink)	#CacaoShake (Almond Drink)	#ClassicAlmond (Almond Drink)	#GoldenAlmond (Almond Drink)	#CacaoShake (Almond Drink)	#ClassicAlmond (Almond Drink)

\*Saisonedingt/depending on seasonality



# JUICING TIPS



## START IN DEN TAG

Trink nach dem Aufstehen zuallererst ein Glas lauwarmes Wasser. Dieses kannst du gleich mit dem #ClassicGinger Shot mischen. So ist dein Körper schon am Morgen mit Flüssigkeit und einer Extrapolation an Nährstoffen versorgt!

## START THE DAY RIGHT

After getting up, drink a glass of lukewarm water. You can mix it with our #ClassicGinger shot to hydrate your body and give you an extra portion of nutrients first thing in the morning.

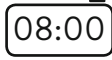


## BEWEGUNG

Wir empfehlen dir, während dieser Zeit auf sehr intensiven Sport zu verzichten. Statt einem Ausdauerlauf machst du also lieber einen Spaziergang an der frischen Luft oder legst eine Yoga Session ein.

## EXERCISE

We recommend that you refrain from very strenuous sports during this time. Instead of a long-distance run, take a walk in the fresh air or do a yoga session.



## REIHENFOLGE

Wir empfehlen dir die Reihenfolge, in der du die Juices über den Tag hinweg geniessen kannst. Du darfst das Menü aber ohne Probleme an deinen ganz persönlichen Tagesablauf anpassen. Wichtig ist nur, dass du die Juices regelmässig über den Tag hinweg verteilt trinkst. Zudem nimmst du idealerweise in den letzten zwei Stunden vor dem Schlafengehen nichts mehr zu dir, damit dein Körper zur Ruhe kommen kann.

## WHEN TO DRINK WHAT

We recommend a certain order in which to drink the juices during the course of the day. But it's no problem to adapt the menu to your personal daily routine. The only really important thing is that you drink the juices regularly throughout the day. Ideally, you should also not consume anything in the last two hours before going to bed so that your body and digestive system can rest.



## TRINKEN UND KOFFEIN

Es ist wichtig, dass du im Laufe des Tages neben den Säften genug zusätzliche Flüssigkeit zu dir nimmst. Trink so viel Wasser und Kräutertee wie du magst! Versuche auf koffeinhaltige Getränke zu verzichten (Schwarztee, Kaffee...). Wenn du KaffeeliebhaberIn bist, hast du während des Juicings eventuell leichte Kopfschmerzen. Falls es nicht ohne Koffein geht: Trink doch Grüntee, dieser enthält wertvolle Catechine.

## CAFFEINE AND OTHER DRINKS

In addition to the juices, it is important that you drink enough other fluids during the day. Drink as much water and herbal tea as you like! Try to avoid caffeinated drinks (black tea, coffee...). If you are a coffee fan, you may have a slight headache while you are juicing. If you really can't go without caffeine: Drink green tea, it contains valuable catechins



## NACH DEM PROGRAMM

Versuche, nach dem Juicing deinen Körper langsam wieder an feste Nahrung zu gewöhnen. Nimm diesen Moment als Chance mehr Gemüse, Früchte und Vollkornprodukte in deine Ernährung zu integrieren! Geniesse selbstgekochte Mahlzeiten mit frischen Rohstoffen. Aber nur keinen Stress: Nimm dir nicht zu viel auf einmal vor! Wichtig ist, dass du das gesteigerte Bewusstsein dafür, was deinem Körper gut tut, beibehalten kannst. Habe Spass an gesunder, ausgewogener Ernährung und geniesse dein Essen bewusst!

## AFTER THE PROGRAM

After juicing, take it slow when introducing your body to solid food again. Use this moment as an opportunity to include more vegetables, fruits and whole grain products into your diet! Enjoy home-cooked meals with fresh ingredients. But don't stress yourself: there's no need to do everything at once! The important thing is that you maintain your new, increased awareness of what is good for your body. Have fun with your healthy, balanced diet and enjoy each bite with all your senses!

**“TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.”**

- Jim Rohn