

POST CLEANSE GUIDE

Congratulations! You have come to the last day of your cleanse!

By now, you should be feeling healthier, rejuvenated, cleaner, and also gained a great sense of accomplishment! Keep up with this positive feeling and take this opportunity to remind yourself not to slip back into your old diet of highly processed foods and start incorporating healthy eating habits into your lifestyle. After all, you have fed your body with such good stuff for the past few days, don't let it go to naught!

How to eat after the cleanse?

You must have entertained thoughts of feasting immediately after your cleanse for the past few days. But we recommend taking it slow when breaking your cleanse, very much like the way you transitioned into your cleanse.

Start by eating small amounts of raw fruits and vegetables to allow your body to gently wake up the digestive system. Do not jump straight into your cravings for meat, dairy, carbs or sugar as this will overload the digestive system, which will only end up with your body reacting in shock with nausea, cramps, bloating and a feeling of sluggishness. Give your body some time to get used to the reintroduction of complex foods and animal products. Eat only when your body asks you to, not because you feel that you should be eating more.

A general rule of thumb - The time needed for your transition period back to your normal diet should be around the same as the duration of your cleanse. Below is a set of guidelines you can follow:

Day 1 after cleanse

Rise and shine – Start your day by drinking a glass of lemon water as usual. You can keep this up even after your cleanse cycle.

Breakfast – We recommend having a fruit bowl for breakfast e.g papaya, kiwi, oranges, berries and apples etc. If you prefer not to have fruits, a simple and light salad with lemon juice dressing will be a lovely way to break the cleanse as well.

Lunch – Continue with a small bowl of salad for lunch. If not, you may choose to have fruits for the rest of the day. For the salad, anything green and/or crunchy is good. You can consider vegetables like onions, red pepper, cabbage, tomatoes, avocado and parsley. Dress it with olive oil and lemon juice. You may add a bit of salt if you like.

Dinner – Lightly steamed vegetables such as broccoli, asparagus and zucchini tossed in lemon juice and a bit of sea salt would be a nice option. If you like something soupy, you can take some vegetable broth.

Day 2 after cleanse

Continue eating light food such as the above for today. The key is that there should be no meat, refined sugars or dairy products for the first 2 days.

Day 3 after cleanse

Continue to eat light meals but you may re-introduce nuts and whole grains into your diet. You may add a small portion of brown rice, oats or buckwheat into your lunch and dinner salads.



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Day 4 after cleanse

Light animal protein like eggs and white meat such as steamed fish can be added into your diet today. Eat it with a side of vegetables. Remember to start your intake of meat slowly and not all at once. Follow with chicken when you think that you're ready. To fix that crave for dairy products, you can start taking in milk today.

Day 5 after cleanse

This is the day where you can start on your red meat and other starchy food like potatoes, pasta and bread. But of course, start slowly in small quantities and do not over indulge. Remember that red meat and starch should not be a staple in all of your meals and it should be consumed moderately for that healthier diet you are aiming for.

Moving forward, some healthy eating habits

- Do not overeat and listen to your body. Only eat when you are hungry, not because of old habits or eating by the clock.
- Eat slowly and chew your food. The enzymes released from your saliva will help to ease the burden of your digestive system.
- You will feel more satisfied with small amount of food. Overeating will make you feel sluggish and tired.
- Start exercising regularly to keep fit and to sweat off those toxins in the body
- Educate yourself on a lifestyle of healthy eating. Carbs, refined sugar, caffeine, red meat, dairy products and processed food should be reduced and eaten sparingly on an occasional basis.

Post Cleanse Maintenance

Now that you have completed the cleanse, use this opportunity to start incorporating new food choices into your everyday life. Reflect on your past few days and set your diet goals for the rest of the days ahead. To build on your results, we recommend taking our hic'Juice Cleanse Program once a month or every other month. If you are looking for something to supplement your diet, you can try our six pack juice. They are good for replacing a meal or two or as a substitute for your coffee or soda.

Sincerely yours,

Ashley L
Head Concierge

the lighter side

