



Rawlicious

Fresh Start

.....

CLEANSE THE BODY,
AWAKEN THE SOUL

.....

Toni J

Coach • Creator • Founder of Rawlicious You



contents

Your Journey Begins Here...

EXPLORE EACH VIBRANT CHAPTER DESIGNED TO GUIDE, NOURISH, AND INSPIRE YOU - FROM PREPARATION TO POST-CLEANSE RENEWAL.



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|| Your body is capable of extraordinary healing when given the right conditions. This guide is your roadmap to unlocking that potential - one sip at a time ||



WELCOME!

GREAT TO HAVE YOU HERE

Hey lovely,

I'm Toni J, the founder of Rawlicious You - and I want to keep it **real with you** from the start.

There was a time when I seriously struggled. I didn't like my body, and honestly, I didn't like my life either.

I was stuck in a loop of emotional eating, constantly reaching for junk food - not because I was hungry, but because I was trying to quiet down the insecurities inside me. I felt lost, disconnected, and like I wasn't enough.

Food became my comfort... but also my cage.

Everything started to **shift** when I found this lifestyle. When I began feeding myself - not just with fresh, living foods, but with love, self-respect, and a clearer mind - something clicked. I began to remember who I really was.

I stopped fighting my body and started treating it like the sacred temple it is.

This journey isn't just about detoxing or losing a few kilos. It's about coming home to yourself.

I became a holistic raw vegan coach because I want to help you let go of what's weighing you down - emotionally, mentally, physically - and reconnect with your inner light.

You're not here to stay stuck.

You're here to **GLOW, GROW** and **EVOLVE**

So, if you're ready, let's do this together. I promise, if you say yes to this path, you'll feel a shift that goes far beyond the physical. It's a soul-deep kind of transformation.

With so much love (and raw vibes),

Toni J

Founder of @Rawliciousyou

Toni J

LET'S GET STARTED

JUICE PROTOCOL GUIDANCE

This protocol can be practiced over 3, 7, 21, or 40 days - each offering its own level of cleansing and renewal.

3 days will give your digestion a break, reduce bloating, and **reset your palate**.

7 days goes deeper, helping to flush excess toxins, reduce inflammation, and promote clearer skin and energy.

21 days begins to address long-held toxicity, gently breaking down bio films and light mucoid plaque, restoring gut function and **clarity of mind**.

40 days is the ultimate healing window.
A full cellular reset.

THE SACRED POWER OF A 40-DAY JUICE CLEANSE

If you're truly ready to reset your life, body, mind, and soul... then the 40-day juice cleanse is your invitation into full-body rebirth.

At around day 40, the body shifts from surface-level detox into deep, systemic cleansing.

This is where real transformation begins.

It's not just about weight loss or clearer skin anymore, although you'll likely experience both. Your body begins to break down thick mucoid plaque, old impacted waste, and biofilms - the sticky, protective layers that parasites, candida, and chronic toxicity hide behind.

This is where you start dissolving what's been weighing you down for years—physically, emotionally and energetically.

It's within this sacred window that people often report:

- **The complete disappearance of long-standing skin conditions**
- **Major improvements in digestive issues**
- **Emotional breakthroughs and spontaneous release of trauma**
- **A profound return to intuition around food, cravings, and life choices**

You don't just feel lighter - you become lighter.

Clearer.

More grounded.

More in your body.

The science of Juice Cleansing:

WHAT HAPPENS IN 3, 7, 21 & 40+ DAYS

Your body is designed to heal - but it needs the right conditions to do so.

During a juice cleanse, you're not starving your body - you're feeding it liquid, concentrated, living nutrition while giving your digestive system a break so your energy can shift toward healing, detoxifying, and cellular repair.

DAY 1–3: THE RESET PHASE

- Your body shifts from glucose-burning to fat-burning mode (ketosis begins)
- Detox symptoms begin as stored toxins release (headaches, irritability, cravings)
- Your digestive system slows down, reducing bloating and inflammation
- Mental clarity starts to return as blood sugar stabilises

DAY 4–7: DEEP CLEANSING BEGINS

- Liver and kidneys start to clear deeper toxins
- Inflammation continues to reduce
- Your lymphatic system becomes more active
- Cravings subside and emotional triggers begin to surface for healing
- Many experience improved sleep and clearer skin

DAY 8–21: CELLULAR REPAIR & GUT RESTORATION

- Old biofilms and light mucoid plaque begin to break down
- Gut lining starts to heal, and beneficial bacteria rebalance
- You may notice emotional releases, increased intuition, and deeper calm
- The body uses freed-up energy for regeneration, not just digestion

DAY 22–40: FULL SYSTEMIC DETOX & REGENERATION

- Deeper layers of waste, toxins, and mucus are eliminated
- Biofilms protecting parasites and candida begin dissolving
- Chronic symptoms (e.g., skin issues, fatigue, digestive distress) start to disappear
- Emotional and spiritual clarity deepen
- Cellular renewal and immune system reset fully take hold

Juice fasting allows for ongoing detox while still providing glucose, minerals, and hydration to fuel the body's repair systems.

BEFORE YOU BEGIN

IT'S TIME TO START YOUR JUICY JOURNEY

Take a moment to ground yourself. Preparation is more than just gathering tools - it's about aligning your body, mind, and environment with your intention to heal, cleanse, and thrive.

Here's everything you'll need to create a smooth and successful juice cleanse experience:

○ **A High-Quality Juicer**

Choose a slow-masticating or twin-gear juicer for maximum nutrient extraction with minimal oxidation.

○ **Strainer or Nut Milk Bag**

To remove all fibre - allowing your digestion to rest deeply and your system to absorb liquid nutrition effortlessly.

○ **Glass Bottles or Pitcher**

Store your juices in BPA-free glass containers to maintain freshness and energetic purity.

○ **Fruits & Veggies (organic where possible)**

Fresh, vibrant produce is your medicine. Prioritise organic or wash thoroughly with apple cider vinegar (ACV) OR baking soda.

○ **Apple Cider Vinegar & Baking Soda**

Perfect for cleaning non-organic produce - detox starts even before the first sip!

○ **Cutting Board & Sharp Knife**

A good knife makes prep joyful, efficient, and safe - essential for daily juicing.

○ **Fridge Space or Cooler Bag**

Ensure you have room to store your beautiful creations, especially if prepping juices ahead.

○ **Dry Brush & Tongue Scraper**

Support detox through the skin and mouth - these small rituals help release what no longer serves you.

○ **Notebook or Cleanse Journal**

Track your feelings, symptoms, and juice favourites. Reflect, release, and celebrate your growth.

○ **Time, Space & Loving Intention**

Tell loved ones. Reduce outside stress. This is your time - honour it fully.

PRE JUICE CLEANSE



BETTER DIGESTION.

WHAT IS JUICE FEASTING?

Juice Feasting is a temporary cleansing protocol designed to remove biofilm, waste, impacted matter and mucoid plaque from your Gastrointestinal Tract (GI). This deep cleanse prepares your body for an easier transition to healthier eating habits while improving digestion, absorption and nutrient utilisation.

THE TRUTH ABOUT LONG-TERM JUICE FEASTING

When done correctly, a long-term juice fast has no significant drawbacks. The real challenges arise during the refeeding phase, where improper food reintroduction undermines the entire process. Many people experience setbacks not from the fasting itself, but from rushing back into old eating patterns.

“ Trust your body's wisdom to heal. Your commitment to transformation is what drives lasting change ”



KEYS TO SUCCESS

Successful juice feasting involves three critical phases: gradual preparation, the cleansing period itself, and careful refeeding.

During the juice feast, your body can focus entirely on intensive waste elimination while receiving essential intracellular hydration for healing and repair.

The gradual reintroduction of solid foods afterward allows your digestive system to slowly readapt, ensuring you preserve all the cleansing benefits you've gained throughout the process.



NEW FOUND ENERGY

THE SCIENCE BEHIND JUICE FEASTING

By eliminating the digestive burden, your body conserves and redirects energy toward deep tissue cleansing and cellular strengthening. Fresh raw fruits and vegetables provide alkaline chemistry that naturally rebuilds and fortifies your cells at the foundational level.

PHYSICAL AND MENTAL TRANSFORMATION

Juice feasting creates a powerful detoxification process that shifts your body from an acidic to an alkaline state, delivering a complete revitalising reset. As accumulated waste is eliminated from the colon, you'll experience increased mental clarity and sustained energy levels that support both physical and mental well-being.





FRUIT IS POWER

FROM TOXIC TO THRIVING

Juicing fruits, vegetables and herbs remove heavy metals from the body, clean the liver and strengthen the body's organs and glands.

Sadly, most people's diets are loaded with fungus, parasites and even worms.

Fruits, vegetables and herbs rid the body of microbes that create waste in the body leading to inflammation and cravings for junk foods.

When you shift the terrain from an acid medium to an alkaline medium you will grow to desire healthy **raw living foods**.



DETOX SYMPTOMS

WHAT TO EXPECT: THE HEALING JOURNEY THROUGH DETOX

Juicing can be uncomfortable and all sorts of detox symptoms can surface such as; headaches, cravings, sadness, irritability, mood swings, skin issues and many more.

This is due to the GI tract being unclean and full of waste.

However, fasting on juice makes it easier to scrub the bowel wall and can be much more comfortable than water fasting. Giving you enough energy to do most of your day to day things.

But also remember there will be moments and days of utter bliss, happiness, confidence, peace, calm and many other feel-good emotions. The key is understanding that these symptoms are temporary and actually indicate your body is working to heal itself.

As waste and toxins are released, your cells begin to regenerate and your energy centres start to rebalance.

Most people find that detox symptoms peak around days 3-7 and then gradually subside as the body adjusts to its new clean state.

The uncomfortable phases are often followed by breakthrough moments of incredible mental clarity and physical lightness. Many juice feasters report experiencing the best sleep of their lives, renewed creativity, and a deep sense of **spiritual connection**.

Remember that every challenging moment is bringing you closer to optimal health and vitality. Trust the process and know that your body's innate wisdom is guiding this powerful transformation.



~~~~~  
"Drinking the rainbow,  
one vibrant sip at a time.  
Each fresh juice is  
nature's liquid embrace,  
bursting with life-giving  
nutrients and the  
raw vitality of the  
earth's bounty."  
~~~~~



WHAT YOU WILL NEED

YOUR MOST IMPORTANT INVESTMENT

A good quality Juicer!

I highly recommend investing in a good quality juicer. Many detox specialists have different preferences. However,

A good one will have these features;

- Easy to clean
- Affordable (I know subjective!)
- Long Warranty
- Low oxidation
- High yield

Some detox specialists prefer a slow masticating juicer and a twin gear.

I do agree the twin gear juicer provides the best quality juice with the best yield and no oxidation (very important) but can be very costly and not easy to clean and time costly.

I have also found we can get almost just as good juices at the fraction of the cost.

INVEST

FINDING YOUR PERFECT JUICING PARTNER

A good quality juicer is an indispensable tool for anyone embarking on a juice cleanse journey. The investment in the right juicer can make a significant difference in the effectiveness of your detox process.

While detox specialists may have varying preferences, a reliable juicer should possess certain key features.

Firstly, it should be easy to clean, saving you time and effort in maintaining hygiene during your cleanse. Affordability is subjective, but it's crucial to find a balance between cost and quality.

Additionally, a juicer with a long warranty ensures durability and provides peace of mind.

PRODUCT RECOMMENDATIONS

MY CURRENT JUICER

I am using the Hurom juicer which are the same manufacturers of the Nama J2 and wow it's phenomenal! So worth the investment. Super efficient and easy to clean. The juice quality is exceptional - incredibly smooth with minimal pulp and virtually no oxidation, which means maximum nutrient retention and longer shelf life for your fresh juices.

What really impresses me is how quiet it operates compares to most juicers, making it perfect for early morning juice preparation.

The slow masticating technology gently crushes and presses the produce, preserving enzymes and nutrients that would otherwise be destroyed by high-speed blades. Cleanup is surprisingly quick and straightforward - the parts disassemble easily and rinse clean without requiring extensive scrubbing.

The yield is remarkable too; I'm getting significantly more juice from the same amount of produce compared to my previous juicer, which makes the investment pay for itself over time. The build quality feels solid and durable, giving me confidence this will be a long-term companion for my juicing journey.

If you're serious about juice feasting or making juicing a regular part of your lifestyle, investing in a quality slow juicer like this Hurom model will transform your entire experience and make the process something you actually look forward to rather than dread.

Check out the link here:

<https://amzn.to/3Ukuy0J>



PRODUCT RECOMMENDATIONS

AFFORDABLE JUICER

I used to use the MIUI Slow juicer - great if you are looking for an entry level juicer. It's comparable to most \$500 juicers on the market. It's far quicker, more powerful, more user-friendly, enjoyable, efficient and effective to use.

The MIUI impressed me with its **solid performance** at a fraction of the cost of premium models, making it an excellent choice for beginners who want to test the waters without a massive financial commitment.

The motor is surprisingly robust for its price point, handling tough produce like ginger and beets without straining or overheating.

What I appreciated most was how it handled the juicing process - the straightforward design meant I could focus on creating delicious juice combinations rather than wrestling with complicated machinery.

For anyone starting their juicing journey or working within a budget, the MIUI offers exceptional value and will serve you well until you're ready to upgrade to a higher-end model.

Check out the link here:

<https://amzn.to/40qllGI>



PRODUCT RECOMMENDATIONS

STRAINER AND PITCHER

Straining is **IMPORTANT** to remove as much as the fibre as possible to eliminate any form of digestion. Strain 1 to 2 times.

After you juice, with any juicer, it is still worth straining.

The goal during juice feasting is to give your digestive system complete rest while flooding your cells with easily absorbed nutrients.

Even the smallest amount of fibre requires digestive energy and enzyme production, which defeats the purpose of allowing your body to focus entirely on detoxification and healing.

I recommend using a fine mesh strainer or nut milk bag for the first strain, followed by an even finer strainer or cheesecloth for the second pass.

This extra step might seem tedious, but it makes a **significant** difference in how your body responds to the juice - you'll notice less bloating, better absorption, and more sustained energy levels. Some people find that unstrained juice can cause mild digestive discomfort or slow down the detox process, especially during the deeper phases of cleansing.

The clearer and smoother your juice, the more efficiently your body can utilise every nutrient while maintaining that crucial digestive rest that makes juice feasting so powerful.

A sturdy set of strainers:

<https://amzn.to/3JEYYpw>



An excellent quality Pitcher:

<https://amzn.to/3UKJ0Ra>



For more product recommendations
amazon.com/shop/rawliciousyou

TOP 5 BEGINNER MISTAKES

And How to Avoid Them...

1 Diving in without preparation

Starting a juice cleanse abruptly from a diet of processed foods, caffeine, and heavy meals can trigger intense detox symptoms that leave you feeling foggy, irritable, and ready to quit before you've truly begun.

The Solution: Create a gentle transition by spending 3-5 days eating only raw fruits and vegetables while eliminating caffeine, excess salt, and processed foods. This preparation phase signals your body that change is coming and significantly reduces the shock to your system.

2 Under-consuming juice

Many beginners mistakenly believe that drinking less juice will accelerate results. This approach backfires, leaving you weak, tired, and vulnerable to intense cravings that can derail your entire cleanse.

The Solution: Consume at least 3-4 liters of juice daily, adjusting upward if needed. Adequate juice intake maintains stable blood sugar levels and sustained energy, making your cleanse both effective and manageable.

3 Rushing the refeeding process

After completing the beautiful work of cleansing, many people immediately return to heavy, cooked meals. This shock to your sensitive digestive system can cause bloating, discomfort, and undo much of your progress.

The Solution: Break your fast exclusively with hydrating fruits like melons, citrus, and mangoes. Gradually reintroduce solid foods over 3-7 days, allowing your digestive system to readjust while preserving your cleansing benefits.

TOP 5 BEGINNER MISTAKES

And How to Avoid Them...

4 Skipping the straining step

Consuming unstrained juice means you're still getting fibre, which requires digestion. This defeats the primary purpose of juice fasting - giving your digestive system complete rest so your body can focus entirely on cleansing.

The Solution: Always strain your juice through a fine mesh strainer or nut milk bag to remove all pulp. The smoother your juice, the deeper and more effective your cleanse will be.

5 Going it alone

Juice fasting isn't just a physical process - it stirs up emotions, challenges old habits, and can bring uncomfortable feelings to the surface. Without proper support, it's easy to abandon your cleanse when things get difficult.

The Solution: Connect with others on the same journey through communities like the Raw Living Facebook Group. Share your experiences, seek encouragement, and don't hesitate to reach out for professional guidance. Your transformation is too important to navigate alone.

Ready for to check out one of the worlds best online raw communities for support?
Check it out here: <https://www.facebook.com/groups/1007311159827451>



SUMMARY...



THE EMOTIONAL JOURNEY: HEALING BEYOND THE PHYSICAL

For many people, the emotional detox proves far more challenging than the physical cleansing process - this was certainly true for my own experience. When you can no longer use comfort foods to numb, distract, or suppress difficult emotions, you're forced to confront feelings and patterns that may have been buried for years.

During this vulnerable time, old traumas and unhealed wounds often surface with surprising intensity. While this can feel overwhelming, it's actually a profound blessing. When we slow down enough to truly feel our pain without immediately reaching for food to escape it, genuine healing becomes possible. You'll begin to clearly witness the self-sabotaging patterns that drive you toward less-than-optimal foods and self-destructive behaviors.

This awareness marks the beginning of true **transformation**. Not only do you become conscious of these destructive patterns, but you also gain the power to heal and release them permanently. The juice feast creates a sacred space for this deep emotional work to unfold naturally.

You don't have to navigate this intense emotional terrain alone. With personalised one-on-one coaching, I can provide the support, tools, and guidance you need to process these emotions safely while maximising both your physical and emotional healing results.

Find out more here:

<https://www.rawliciousyou.com/1on1coaching>

DURING JUICE CLEANSE





DURING JUICE CLEANSE

DAILY JUICE PROTOCOL: YOUR CLEANSING BLUEPRINT

To maximise your cleansing results, drink at least **3 - 4 litres of juice per day**, spacing your consumption every 2-3 hours to maintain steady blood sugar levels and prevent overwhelming your system.

This consistent intake helps pull out waste effectively while keeping you comfortably satiated throughout the day.

Quality matters significantly in your juice selection.

Aim to get organic fruits whenever possible, or at the very least wash conventional produce with Apple Cider Vinegar (ACV) and or Bicarbonate of Soda to remove pesticides and herbicides.

For optimal detoxification, 50% of your daily juice intake should be the Lemon Ginger Blast (LGB) and the other 50% should consist of astringent fruit juices.

Astringent fruit juices like citrus - oranges, grapefruit, pineapples, and grapes - are particularly powerful for cleansing as they help dissolve mucoid plaque and biofilms while stimulating the lymphatic system to eliminate acids from the body.

If you stick strictly to the LGB and citrus juices, you will experience deeper detox results, though you can include other enjoyable fruit juices like watermelon and apple to make the process more pleasant.

Listen to your body throughout the process and adjust accordingly - some days you may need more juice, others less. If the detox becomes too aggressive and you're really struggling, you can drink non-strained carrot juice to ease the intensity.

Fresh juice is always best when consumed immediately.

But if you need to store it, keep it refrigerated in glass containers and aim to drink it within 24 hours to preserve maximum potency. That said, if life gets hectic, I sometimes prepare up to three days' worth of juice in advance.

Room temperature juices are often easier on your digestive system than ice-cold ones, and consider adding a pinch of high-quality sea salt to one juice per day to support electrolyte balance during extended cleansing.

HOW LONG?

GOING THE FULL DISTANCE

If you are wanting to go deep, juice as long as it takes until all liquid and solid waste stops coming out! It can be different for everyone. It can usually take between 30, 60 or 90 days.

Go the distance one time and you never have to do it again as long as you are maintaining a high or **fully raw vegan** diet afterwards. It might be inconvenient in the short term to dedicate 30 to 90+ days to juice feast but it will really change your life for the better, forever!

Think of this extended juice feast as an investment in your future self - the time you spend now will save you decades of health issues, medical bills, and diminished quality of life later.

Many people spend years trying quick fixes, short cleanses, and temporary solutions that only provide surface-level results.

By committing to a complete cleanse that allows your body to fully eliminate accumulated toxins and waste, you're addressing the root cause of many health problems rather than just managing symptoms.

The mental clarity, sustained energy, and **vibrant health** you'll experience afterward will make every challenging day of the juice feast worth it, and you'll wonder why you waited so long to give your body this profound gift of healing.



DETOX SYMPTOMS

EMBRACING THE HEALING

Don't be afraid of detox! Detox is a sign your body is eliminating waste! This is an essential step in healing and is necessary no matter how uncomfortable.

Ultimately, detox symptoms are a blessing - they're a sign that your body is actively working to release stored toxins and restore balance.

While it might feel uncomfortable in the moment, these sensations are powerful evidence that healing is taking place beneath the surface.

You must **surrender** to the process and relearn how to trust your body's innate intelligence. It knows exactly what it's doing.

Avoiding or suppressing the discomfort of detoxification - whether through stimulants, medications, or quitting the cleanse too early - may offer short-term relief, but it will only prolong your healing journey in the long run.

Healing isn't always pretty, but it's always worth it.



click here to see my YouTube video
on detox symptoms:

https://youtu.be/75CxbUAlpJ0?si=cwS_tfKm1ptVsvz8

LEMON GINGER BLAST

YOUR DAILY HEALING ELIXIR

The Lemon Ginger Blast juice recipe by [Lou Corona](#) is a simple yet powerful healing tool that I consider the world's most effective juice blend. This incredible combination includes celery, cucumber, apple, parsley, cilantro, ginger, turmeric, and lemon - with my personal addition of mint for extra freshness.

This remarkable juice works in synergy with your body to gently and effectively detox waste from your blood, bowels, and lymphatic system.

As your cells become cleaner, you'll find yourself moving closer to a state of spiritual bliss and optimal health.

I highly recommend making this your daily go-to juice, especially during your cleanse. It's exceptional for "waste" loss and achieving that coveted glowing skin that reflects true inner health.

The ingredients for a Lemon Ginger Blast:

- 🕒 **Celery** - Increases hydrochloric acid in the stomach for proper digestion
- 🕒 **Cucumbers** - Alkalises the body restoring PH levels
- 🕒 **Green Apples** - Pre-biotic to grow healthy bacteria in your gut for microbiome diversity
- 🕒 **Parsley** - Anti-bacterial, anti-fungal, anti-viral which protects against illness
- 🕒 **Ginger** - Cleans the blood and stimulates the kidneys for powerful detoxification
- 🕒 **Turmeric** - Strong antioxidant to protect the brain and cells
- 🕒 **Mint** - Anti-bacterial, cleanses the gut, clean and fresh breath
- 🕒 **Lemon** - Dissolves bio films from the blood and bowels
- 🕒 **Coriander** - Supports Immunity, help to enhance gut health and promotes skin wellness



RECIPES

LEMON & GINGER BLAST

ZESTY, PUNCHY AND REFRESHING

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with soft ingredients like cucumber.
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 1 bunch of celery
- 2 whole cucumbers
- 4-6 green apples
- 1 bunch of parsley
- 1 bunch of coriander
- 1 inch of fresh ginger
- 1 inch of fresh turmeric
- 1 lemon juiced
- Handful of mint

Why it works:

This powerful combo is a natural detoxifier. Lemon alkalises the body and boosts liver function, while ginger stimulates digestion, reduces inflammation, and enhances circulation. It's energising, cleansing, and awakens the entire system.

PINEAPPLE & GINGER

TROPICAL SWEETNESS WITH A FIERY GINGER KICK

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with pineapple.
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 4 whole pineapples
- 2 inch piece of fresh ginger



Why it works:

Pineapple is rich in bromelain, a digestive enzyme that breaks down protein and reduces bloating. Paired with ginger, which soothes the gut and boosts metabolism, this juice is excellent for digestion and reducing inflammation.

APPLE & ORANGE

SWEET, CRISP AND TANGY

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with oranges.
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 6 whole apples (mix up the variety of apples for different tastes)
- 2 whole oranges

Why it works:

Apples bring soluble fibre and a gentle sweetness, while oranges are packed with immune-boosting vitamin C. Together, they create a refreshing, hydrating juice that supports cellular health and natural energy.

PINEAPPLE & CUCUMBER

LIGHT, COOLING AND SUPER HYDRATING

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with cucumber
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 2 whole cucumbers
- 3 whole pineapples

Optional extras:

- 1 rib of celery
- 1 inch of Ginger
- 1 squeeze of a fresh lemon
- 1 apple

Why it works:

This combo is ultra-hydrating and cooling. Pineapple aids digestion and fights inflammation, while cucumber flushes out toxins and hydrates the body deeply. Perfect for skin health and gentle cleansing.

GRAPE & LEMON

INTENSE, BOLD AND BEAUTIFULLY CLEANSING

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with grapes.
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 2kg grapes (organic if possible)
- 1 fresh lemon (peeled)

REMEMBER TO STRAIN YOUR JUICE WELL

Why it works:

Grapes are rich in antioxidants, particularly resveratrol, which supports heart health and cellular repair. Lemon cuts through the sweetness and enhances detoxification. This juice is great for cleansing the blood and supporting longevity.

ANTI BLOATING

SOOTHING, ANTI INFLAMMATORY, DE-PUFFING

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with cucumber.
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 8 cucumbers
- 6 stalks of celery
- 1 green apple (optional for sweetness)
- ½ lemon (peeled)
- Small piece of fresh ginger
- Handful of fresh mint leaves

Why it works:

Cucumber and celery flush excess water, ginger soothes gut inflammation, lemon improves digestion, and mint calms the belly.



WATER RETENTION

NATURAL DIURETIC, CLEANSSES LYMPHATIC SYSTEM

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with pineapple.
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 1 pineapple
- 2 cucumbers
- 1 lemon (peeled)
- 1 inch turmeric root (or ½ tsp powder)
- Handful of coriander (cilantro)

Why it works:

Pineapple's bromelain reduces swelling, cucumber hydrates and flushes, lemon detoxifies, turmeric fights inflammation, and coriander acts as a gentle diuretic.

WEIGHT LOSS

BOOSTS METABOLISM, SUPPRESSES APPETITE NATURALLY

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with cucumber.
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 2 grapefruit (peeled)
- 2 stalks celery
- 1 cucumber
- ½ lemon (peeled)
- 1 inch of ginger
- Dash of cayenne pepper (optional)

Why it works:

Grapefruit supports fat burning, cayenne boosts metabolism, and the rest flushes toxins and keeps you full with hydration and nutrients.

CONSTIPATION

STIMULATES DIGESTION, HYDRATES THE COLON

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with the oranges.
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 2 oranges (peeled)
- 1 papaya
- 1 cucumber
- 2 inch aloe vera gel (optional but powerful)

Why it works:

Oranges and papaya are high in enzymes and water content, cucumber soothes the gut, and aloe vera gently stimulates elimination.

GLOWING SKIN

RICH IN SILICA, BIOTIN, VITAMIN C AND ANTIOXIDANTS

Makes approx 1 Litre

Wash all ingredients thoroughly.
Feed everything through the juicer, starting with cucumber.
Strain through a nut milk bag or fine sieve.
Pour into a glass and enjoy fresh!

INGREDIENTS

- 6 carrots
- 2 cucumbers
- 2 oranges (peeled)
- 1 lemon (peeled)
- Small piece of ginger
- Handful of parsley

Why it works:

Carrots are packed with beta-carotene (vitamin A), cucumber and parsley support collagen and hydration, orange and lemon boost vitamin C, and ginger adds anti-inflammatory benefits.

DON'T STRUGGLE ALONE

YOUR SUPPORT SYSTEM: PERSONALISED COACHING FOR SUCCESS

You are worth it and this process is life-transforming so there is no need to struggle by yourself. Get faster and better results with personalised 1 on 1 coaching with me.

<https://www.rawliciousyou.com/1on1coaching>

Having guided hundreds of people through successful juice feasts, I understand the unique challenges that arise during different phases of your cleansing journey.

Every person's detox experience is different, and having someone who can provide real-time guidance, answer your questions, and help you navigate difficult moments can make the difference between completing your full cleanse or giving up halfway through.

My coaching approach focuses not just on the physical aspects of juice feasting, but also on the mental and emotional shifts that occur during this profound **transformation**.

When you work with me, you're not just getting a coach - you're gaining access to years of experience, proven strategies, and a support system that truly cares about your success.

I'll help you customise your juice protocol based on your specific needs, troubleshoot any challenges that arise, and ensure you're maximising the **healing** potential of every single day.

Investment in proper guidance now will pay dividends in your health and vitality for the rest of your life.





POST JUICE CLEANSE

POST JUICE PROTOCOL

Honouring your body's sacred transition



Now begins gentle renewal - rebuild with fruit, feel vibrant, light, and deeply nourished. Start with the sweetest, most water-rich fruits like watermelon, grapes, and oranges to ease your digestive system back into solid food processing.

MINDFUL REFEEDING: HONOURING YOUR TRANSFORMED BODY

Listen carefully to your body's signals and chew each bite thoroughly, savoring the incredible flavours that your newly cleansed palate can now fully appreciate.

This is not the time to rush - allow several days to a week of fruit-only eating before introducing any other foods. Your cells are like sponges now, ready to absorb and utilise every nutrient with maximum efficiency. Embrace this sacred transition period as the bridge between your cleansing journey and your new **vibrant lifestyle**.



THE MAKE-OR-BREAK MOMENT OF YOUR JUICE CLEANSE

This is actually the hardest and **MOST** important part of your entire Juice Cleanse journey. The whole purpose of a 30 to 90+ day juice fast is to successfully transition into maintaining a high raw or fully raw living foods diet as a permanent lifestyle change, not just a temporary cleanse.

“Choose wisely -
your future self
is counting on the
decisions you
make today”

THE IMPACT OF YOUR CHOICES

If you choose to return to eating animal products, acidic, or mucus-forming foods, it may gently disrupt the balance you've created within your body.

This can lead to a less supportive microbiome and reopen the door to stronger cravings for processed or heavy foods.

Over time, you might notice old patterns like emotional eating, weight fluctuations, and intense food urges resurfacing. It's not about guilt - but about awareness, so you can make choices that truly **nourish** and support your body, mind, and heart.

GOALS

BREAKING THE CYCLE: CLEANSING TO SUSTAINABLE LIVING

The goal is not to continuously cycle through juice cleanses. Unfortunately, this repetitive pattern creates a stigma around this lifestyle approach.

Complete the cleanse once properly, then focus on maintaining a high or **fully raw vegan** diet. Mini cleanses can still be beneficial for maintenance.

Once your body becomes clean, it develops heightened sensitivity to acidic foods.

When your tissues are no longer caked with mucus and your blood system isn't clogged with cholesterol, you'll feel the effects of acids immediately - unlike someone who remains so toxic they can't sense their body's reactions after never completing a long-term fresh juice fast.



REINTRODUCE MINDFULLY

THE CRITICAL REFEEDING PHASE: PROTECTING YOUR INVESTMENT

As the juice solvents cleanse your small bowel of fungus, yeast, biofilms, and mucus, reintroducing bacteria-laden processed foods can lead to SIBO (Small Intestinal Bacterial Overgrowth), causing gas, bloating, fatigue, and digestive discomfort.

Remember, the acidic foods you consume also feed harmful microbes, and these microbes produce toxic waste in your body. This is why you want to **nourish** your microbiome with alkaline foods – when metabolic waste circulates through your system, there will be an alkaline buffer to neutralise it as it's eliminated.

It's **crucial** to break your fast slowly and correctly! Start with the juiciest, softest fruits first like melons, mangoes, berries, and citrus to ease your digestive system back into processing solid foods.

I highly encourage you to work with a mentor throughout this journey, but especially during this critical refeeding phase. Please reach out to me for personalised support and guidance.

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Fruit is nature's bounty of liquid sunshine, each juicy bite a vibrant burst of joy that awakens the senses and lifts the spirit higher ||



FIRST WEEK

EXPANDING YOUR PLANT-BASED FOUNDATION

Have juicy fruit meals while continuing to have juices. Each day, incorporate a little more solid fruit into your meals, gradually increasing over the course of one week. Bring the volume of solid food back up mindfully.

Focus on smoothies, juices and fruit to avoid constipation.

During this transition week, pay close attention to your body's signals and digestion patterns. If you experience any discomfort, bloating, or sluggish digestion, **slow down** the process and return to more liquids for a day or two before proceeding.

Your digestive fire may need time to reignite after the extended rest period, so be patient and gentle with yourself.

Consider keeping a food diary during this phase to track how different fruits affect your energy levels and digestion - and also to check in on how you are feeling overall, both physically and emotionally.

This gradual approach ensures your digestive system can properly process the increasing fibre content without overwhelming your newly sensitised intestinal tract, setting you up for long term **success** in your new healthy lifestyle.



SECOND WEEK

INTRODUCING GREENS AND BUILDING YOUR FOUNDATION

Bring in leafy greens, salads and low-fat dressings. There are lots of [recipes here](#).

During week two, your digestive system should be ready to handle the gentle fibre and minerals found in fresh leafy greens.

Start with tender greens like spinach, butter lettuce, and baby kale before progressing to heartier varieties like romaine and mature kale. The chlorophyll in these greens will continue the detoxification process while providing essential minerals like magnesium, iron, and folate that support your newly cleansed system.

When preparing salads, focus on simple, clean dressings made from lemon juice and apple cider vinegar. Avoid heavy, creamy dressings that could shock your sensitive digestive system.

The key during this phase is to chew your greens thoroughly, as your digestive enzymes are still rebuilding their strength.

Consider massaging harder greens like kale with a pinch of sea salt and lemon juice to pre-digest the tough fibres. You might also blend some of your greens into green smoothies, combining them with fruits you've already successfully reintroduced.

This creates a bridge between the liquid nutrition your body has become accustomed to and the solid foods you're gradually incorporating. **Listen carefully** to how your body responds to different greens - some people find certain varieties easier to digest than others during this sensitive transition period.

Check out these 5 delicious sauce recipes:

<https://youtube.com/playlist?list=PLUx8pFL5HAWoA5RaG7KPeumRFC6yZQf-Y&si=Muae5FeymDWsK-6i>



THIRD WEEK

INTRODUCING GREENS AND BUILDING YOUR FOUNDATION

During week three, you can begin introducing a wider variety of vegetables while maintaining your focus on raw, living foods.

This is the time to add cucumber, celery, bell peppers, tomatoes, and other water-rich vegetables that will continue supporting your hydration and gentle detoxification process. Your digestive system should now be strong enough to handle more complex plant fibres, but continue to prioritize easily digestible options over dense, starchy vegetables.

Consider incorporating fresh herbs like parsley, cilantro, basil, and mint, which not only add **incredible flavor** to your meals but also provide powerful detoxification support and essential nutrients. These herbs can help bind to any remaining toxins in your system while supporting liver function and providing antimicrobial benefits. You might also experiment with mild sprouts and microgreens, which are nutrient-dense powerhouses that are easy on your recovering digestive system.

As you expand your vegetable repertoire, pay attention to food combining principles - eating fruits separately from vegetables, and avoiding mixing too many different food groups in one meal.

Your body is still recalibrating its digestive processes, and simple combinations will be easier to process and absorb. If you experience any digestive discomfort or energy dips, scale back to simpler meals and **slower progression**.

Remember, this is not a race - your body has just completed an incredible transformation, and honoring its need for gentle reintroduction will set you up for long-term success.



FOURTH WEEK

INTRODUCING HEALTHY FATS AND CELEBRATING YOUR JOURNEY

You can bring in soft raw fats, avocado, soaked nuts and seeds. You may not want overt fats for 30 days but see how you feel.

Share your experience with others, take pics, journal, let your emotions **flow through you**, and remember that this is serving the highest potential of your being!

Week four marks a significant milestone in your refeeding journey as you carefully introduce healthy fats back into your diet. Start with small amounts of ripe avocado, which provides gentle, easily digestible fats along with potassium and fibre.

Soaked nuts and seeds are preferable to dry ones, as the soaking process makes them more digestible and activates their nutritional potential. Begin with softer options like soaked cashews, hemp seeds, or sunflower seeds before progressing to harder nuts like almonds or walnuts.

Your body may initially feel heavy or sluggish when reintroducing fats after such an extended period without them, so start with tiny portions and gradually increase based on **how you feel**.

This week is also about honouring the profound transformation you've undergone, both physically and emotionally. The cleansing process often brings up deep emotions and releases old patterns, so it's important to process these feelings through journalling, meditation, or sharing with supportive friends and family.

Document your journey with photos, noting changes in your skin, energy levels, and overall **vitality**. Many people experience a profound spiritual awakening during extended juice fasting, and integrating these insights into your daily life is just as important as the physical refeeding process.

Remember that you've just accomplished something **extraordinary** that very few people have the courage and commitment to complete - celebrate this achievement while staying mindful of maintaining the incredible health foundation you have built.



BE MINDFUL

EMBRACE YOUR TRANSFORMATION WITH EXPERT SUPPORT

Feel the profound emotional and physical transformation as you naturally gravitate toward a clean, vibrant raw vegan lifestyle that nourishes your body and elevates your sense of well-being.

This journey becomes increasingly intuitive and effortless as you progress, but having experienced guidance can **accelerate your success** and help you navigate any challenges that arise.

You don't have to walk this transformative path alone. With personalised one-on-one coaching, I'll provide the wisdom, support, and accountability you need to **maximise your results** and maintain your newfound vitality.

Let me help guide you through every step of this life-changing journey with compassion, knowledge, and proven strategies that have helped countless others achieve lasting transformation.

Ready for personalised support? Discover how one-on-one coaching can accelerate your success:

<https://www.rawliciousyou.com/1on1coaching>

Toni J

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