

CLEANSE, NOURISH,  
AND RESET NATURALLY

# 3 DAY GREEN JUICE RESET

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# SO NICE TO HAVE YOU HERE

## JUICE RESET GUIDANCE

This simple and powerful [3-Day Green Juice Reset](#) is designed to give your digestion a break, flood your body with living nutrients, and gently bring you back into balance. Whether you're feeling bloated, foggy, emotionally drained, or just off-center, this reset is a gentle and nourishing way to come home to yourself.

## WHY A GREEN JUICE RESET?

- Reduce bloating & inflammation
- Clear your skin and mind
- Reconnect to your body's natural hunger signals
- Stabilise your mood and energy
- Flood your cells with hydration and minerals
- Support your body's natural detox processes

*"When you stop filling your body with junk it doesn't need, your body finally gets the chance to rest, reset, and heal. Sometimes, less really is more."*

@RAWLICIOUSYOU





# WHAT'S INCLUDED EACH DAY...

As you embark on this soul-nourishing journey, know that this is more than just a 3-day gut reset - it's a sacred pause.

A chance to step away from the noise, the cravings, the pressure... and return to simplicity, clarity, and truth within your body.

*Inside this guide, you'll find*

- A full 3-day raw reset plan designed to ease bloating and support gut healing
- Simple, hydrating juice and mono-meal ideas (no fluff, no fuss)
- Daily rhythms to calm your nervous system and deepen connection to self
- Tips for mindful eating, emotional clarity, and listening to your body's wisdom

You don't need to be perfect.

You just need to be willing.

Let these next 3 days remind you how good your body is designed to feel.:

## WHAT TO EXPECT

- **1 - 2 fresh squeezed warm Lemon Water** (on waking and throughout)
- **1L Celery Juice** (first thing in the morning)
- **3 - 4L Green Detox Juice** (to sip throughout the day)

You'll also have the option to include light raw foods like cucumber slices, papaya chunks, or a small raw salad if needed - ONLY IF NEEDED.

Do your best to just drink juices.



# GREENS AND HERBS



Here's your simple daily guide for the 3-Day Green Juice Reset.  
Stick to the plan as closely as possible to give your body the deepest rest and reset:

- 1 - 2 fresh squeezed warm **Lemon Water** (on waking and throughout)
- 1L **Celery Juice** (first thing in the morning)
- 3 - 4L **Green Detox Juice** (to sip throughout the day)

You'll also have the option to include light raw foods like cucumber slices, papaya chunks, or a small raw salad if needed - **ONLY IF NEEDED**.  
Do your best to just drink juices.

## CELERY

Celery is a natural diuretic packed with antioxidants and mineral salts that help flush out toxins, reduce bloating, and support healthy digestion - making it the perfect way to kickstart your cleanse.

- Rich in minerals (especially sodium, potassium, magnesium)
- Powerful anti-inflammatory
- Supports digestion and bile flow
- Flushes out excess water and toxins
- Calms the nervous system

### Synergy:

Celery creates the foundational base of this cleanse...hydrating and mineralising the body while helping to flush toxins gently.



## PARSLEY

Parsley is a powerful detox herb rich in chlorophyll, vitamin C, and iron, known to support kidney function, cleanse the blood, and freshen the breath naturally.

- High in chlorophyll for blood cleansing
- Supports kidney and liver detox
- Anti-bloating & diuretic
- Rich in vitamin C and iron

### Synergy:

Acts as a deep detoxifier when combined with celery and cucumber, targeting the kidneys and lymphatic system.



## CILANTRO

Cilantro is a potent detoxifier especially known for its ability to bind to heavy metals and help eliminate them from the body, while also supporting liver health and reducing inflammation.

- Heavy metal chelator (binds to mercury, aluminum, lead)
- Calms internal inflammation
- Supports skin and hormonal balance

### Synergy:

Cilantro works with parsley and celery to mobilise stored toxins and safely escort them out, especially from deep tissues.



## MINT

Mint is a soothing herb that aids digestion, calms the stomach, and supports bile flow, while its natural cooling properties refresh the body and uplift the senses during a cleanse.

- Soothes digestion
- Calms the gut and nerves
- Refreshes the palate and energy

### Synergy:

Mint balances out the strong detox herbs with a cooling, calming effect... physically and emotionally.



## ★ TONI TIP ★

When juicing herbs like parsley, cilantro, and mint, bunch them tightly and juice them in between high-water veggies like cucumber or celery. This helps extract more juice and prevents clogging!

# VEGETABLES

## CUCUMBER

Cucumbers contain lignans - plant compounds that may support cardiovascular health and have gentle hormone-balancing effects, especially beneficial during detox and reset phases.

- Ultra-hydrating (over 95% water)
- Contains silica for skin and connective tissue
- Flushes excess waste from the body
- Soothes and alkalises the gut

**Synergy:** Cucumber increases juice volume, adds hydration, and acts as a gentle carrier for the stronger herbs like cilantro and parsley.



## GINGER

Ginger contains a bioactive compound called gingerol, which not only fights inflammation but also enhances nutrient absorption in the gut - making your cleanse more effective on a cellular level.

- Anti-inflammatory and immune-boosting
- Improves digestion and circulation
- Warms the body and activates metabolism
- Fights nausea and supports liver function

**Synergy:** Ginger adds fire and movement to the juice... helping the detox process flow smoothly and preventing stagnation.



# CITRUS

## LEMON

Lemons are rich in limonene, a natural compound that may have antioxidant and anti-inflammatory effects, while also supporting liver detox pathways to help your body eliminate toxins more efficiently.

- Cleanses the liver
- High in vitamin C for immunity and skin health
- Alkalisising despite its acidic nature
- Enhances flavour and preserves juice freshness

**Synergy:** Lemon brightens the entire formula... helping balance the earthiness of the greens and enhancing nutrient absorption.



# FRUIT (SIBO FRIENDLY)

## PAPAYA

Papaya contains the enzyme papain, which aids digestion by breaking down proteins and also has anti-inflammatory properties that can soothe the digestive tract during your cleanse.

- Rich in digestive enzymes (papain)
- Soothes the stomach and intestinal tract
- High in beta-carotene (skin, immunity, anti-aging)
- Anti-parasitic and anti-inflammatory

### Synergy:

Papaya supports gut repair while offering a gentle sweetness. Its enzymes pair well with the cleansing herbs to help break down waste.



## PINEAPPLE

Pineapple is packed with bromelain, a powerful enzyme that not only supports digestion and reduces inflammation but also boost your immune system and promote faster healing.

- Contains bromelain (powerful enzyme)
- Anti-inflammatory and mucus-clearing
- High in vitamin C and manganese
- Aids protein digestion and tissue healing

### Synergy:

Pineapple, combined with papaya, gives the juice a tropical flavour that makes it more enjoyable... while offering real digestive support and inflammation relief.



# WHY THEY WORK SO WELL TOGETHER...

## THIS JUICE PROTOCOL IS INTENTIONALLY BALANCED WITH:

Each ingredient in this cleanse has been carefully chosen for its specific healing properties and how it works in harmony with the others. This isn't just about juice - it's a holistic blend designed to nourish every part of you, inside and out:

- **Hydration** (cucumber, celery, citrus)
- **Detoxification** (parsley, cilantro, celery, lemon)
- **Digestion support** (papaya, pineapple, ginger, mint)
- **Mineral and vitamin richness** (all ingredients)
- **Enzyme power** (papaya + pineapple = gut love)
- **Emotional clarity** (greens and herbs gently support the liver, which governs emotion)

Together, they work like a symphony: gently detoxing, deeply hydrating, supporting the gut, calming the mind, and elevating your energy without deprivation or stress.



# JUICE SHOPPING CHECKLIST (PER DAY)

Here's a simple shopping list to prepare for your 3-Day Green Juice Reset. These fresh, cleansing ingredients will supply everything you need to create vibrant juices that nourish and energise your body.

Approx. 600 THB / 18 USD per day (this may vary in each country/place)

## GREENS & HERBS

- 3 bunches celery
- ½ for morning celery juice
- ½ for Green Detox Juice
- 1 bunch mint
- 1 bunch cilantro
- 2 bunches parsley

## VEGETABLES

- 6–8 cucumbers
- 2 large ginger roots

## CITRUS

- 4 lemons (+ extra for lemon water)

## FRUIT (SIBO-FRIENDLY)

- 1 medium–large papaya
- 2 medium pineapples

# HOW TO PREP AND DRINK

## MORNING (ON WAKING)

To get the most from your 3-Day Green Juice Reset, it's important to follow a simple daily routine that supports gentle cleansing and nourishment. This guide will help you prepare and enjoy your juices mindfully, setting the tone for balance and renewal throughout your day.

- 1 - 2 fresh squeezed warm Lemon Water
- Wait 15 minutes
- 1L Celery Juice (fresh, no lemon, no ice)



## MID-MORNING TO EVENING

As your day unfolds, focus on nourishing your body steadily and staying fully hydrated. Embrace moments of calm and gentle movement to support your body's natural detox process and maintain a clear, peaceful mind.

- Sip your 3 - 4L of Green Detox Juice throughout the day
- Stay hydrated with water, herbal teas, and more lemon water
- Rest, walk, journal, and avoid stress when possible

## EVENING

As evening approaches, begin to wind down and honour your body's need for rest and restoration. This time is perfect for gentle reflection and preparing yourself for a restful night that will support your ongoing cleanse and rejuvenation.

- Optional: small raw salad or light fruit if very hungry
- Herbal tea and early sleep recommended



# GREEN DETOX JUICE RECIPE (3-4 LITRES)

- 1.5 BUNCH OF CELERY
- 6-8 CUCUMBERS
- 1 BUNCH OF MINT
- 1 BUNCH CILANTRO
- 2 BUNCH OF PARSLEY
- 2 LARGE GINGER ROOTS
- 4 LEMONS (PEELED)
- 1 PAPAYA (PEELED AND DE-SEEDED)
- 2 PINEAPPLES (PEELED)

Juice everything in a slow masticating juicer for best results. Store in glass jars, refrigerate, and sip fresh throughout the day.

You don't have to have both pineapple and papaya together, you can have alone with the greens. It's ok to mix them up.

Maybe try 1 batch with papaya and one with pineapple.

## ★ TONI TIP ★

This powerful drink is meant to wake up your cells - so don't be surprised if it gives you a natural jolt of energy!

Start with a smaller amount of ginger if you're new to it, then build up as your body adjusts.

Drink slowly and feel the love that's being absorbed.

If it's too strong at first, try diluting it with extra cucumber pineapple or a splash of coconut water to soften the kick without losing the benefits.



# READY TO GO DEEPER?

This reset is not about starving or restriction - it's about wholehearted nourishment and giving your body the gentle care it deserves. If you're struggling with emotional eating or food addiction, this cleanse can serve as a compassionate reset, helping to bring clarity, balance, and a renewed sense of control.

Remember, this journey is your own, so listen closely to your body's wisdom: if you feel tired, allow yourself the rest you need; if hunger calls, honour it by making and sipping a little more juice. If you do less you could fall victim of eating something off plan. I've seen it in others and I have done it myself. I'm sharing this because I know what works.

Above all, approach this reset with kindness and patience - transformation comes from gentle consistency, not pressure or perfection.

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:

[www.rawliciousyou.com/1on1coaching](http://www.rawliciousyou.com/1on1coaching)



You don't  
have to do  
this alone...

With love and green juice,

Toni J

Toni  
Raw Vegan Coach & Mentor