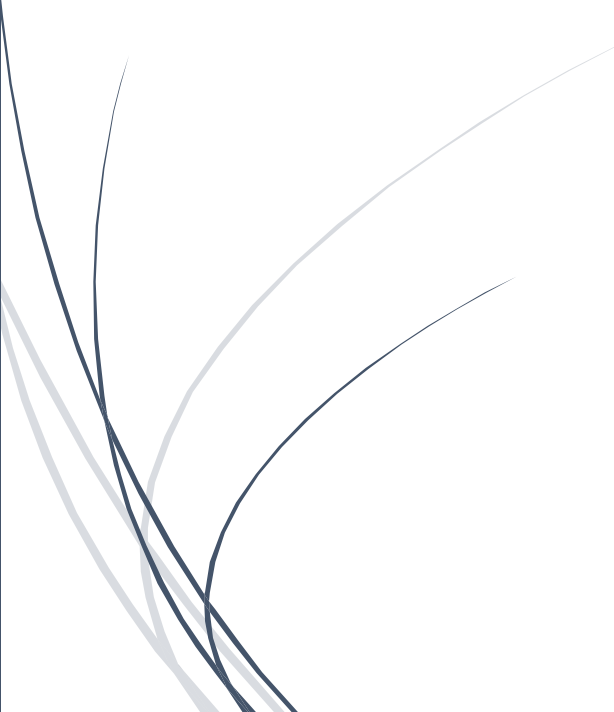




Detox Done Right: Simple Steps to
Reboot Your System

THE 5 DAY DETOX JUICING PLAN

By Lina Cook

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Let's Make a 5-DAY JUICING PLAN

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Time for a Reset: Cleanse Your
Body, Refresh Your Mind!

Feel Lighter, Brighter, and
Healthier with a Body Cleanse

This 5-DAY juicing plan is my commitment to empower others to harness the healing potential of food in order to combat stress and cultivate resilience, to cleanse their body and look and feel leaner and full of energy.

If you are reading these lines, you are already one step ahead on your journey of being healthier and more in tune with yourself and your body.

Thank you for believing in yourself!

MEET LINA

A passionate nutrition coach dedicated to helping individuals navigate the challenges of modern-day stress through the power of food.

A mum of two, a lover of all natural, healthy and mindful, a true adventurer in search of balance between body and mind.

Join me on a journey to rediscover balance, vitality, and inner peace through the transformative power of nutrition.



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Detox Done Right: Simple Steps to Reboot Your System

LET'S MAKE A 5-DAY JUICING PLAN

As a nutrition coach and a working mom in my forties, I've just completed my own 5-day juicing program which I tend to repeat now every season and let me tell you—it's a game-changer! This plan is designed to reset your system, flood your body with nutrients, and leave you feeling lighter, more energized, and refreshed.

Each day features a delicious blend of juices packed with vibrant fruits, veggies, and superfoods that not only nourish but also detoxify. The best part? The variety keeps it exciting, and you'll never feel deprived.

Days 1-2 are all about easing into the cleanse and giving your digestive system a break. By Day 3, you'll notice a clearer mind and boost in energy, and by Days 4-5, you'll feel revitalized from the inside out!

It's tempting to stop when you hit a challenge, but that's exactly when the magic happens. Push through, and I promise you'll love the results.

Ready to hit reset and give your body the boost it deserves?

Let's start together—your journey to a healthier, brighter you begins Now!

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Let's Make a 5-DAY JUICING PLAN

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	BREAKFAST/10.30-11AM	LUNCH/1.30-2PM	AFTERNOON 4-4.30PM	DINNER/7.00-8PM
M	GINGER SHOT+ *GREEN Muscle Builder Smoothie	CARROT & PEAR JUICE 6-8 GLASSES OF	WATERMELON CRUSH WATER EVERY	BLUE & CINNAMON SMOOTHIE DAY
T	VANILLA ICED BANANA 6-8 GLASSES OF	GREEN REFRESHER JUICE WATER	SUPERFOOD GREATNESS EVERY	ANTIOXIDANT SUPERBLEND DAY
W	SIMPLE PEAR & BANANA BOOST 6-8 GLASSES OF	THE POWER JUICE WATER	GARDEN FRESHNESS EVERY	SUPER FUEL SMOOTHIE DAY
T	RAISINS& CHOCO BLAST 6-8 GLASSES OF	PEAR&MINT MAGIC WATER	THE MAGIC OF VITAMIN C EVERY	EXOTIC SUPER BLEND DAY
F	GRAPE&BLUE BLEND 6-8 GLASSES OF	SUNRISE WATER	EVERY	BANANA - BLUEBERRY BOND DAY
S	SALADS 6-8 GLASSES OF	SOUPS WATER	SALADS EVERY	SOUPS DAY
S	CHICKEN OR 6-8 GLASSES OF	FISH WATER	EVERY	FUNKY PROTEIN SUPER BLEND DAY

THIS WEEK'S SUPERFOODS	
SPIRULINA IN POWDER GINGER ROOT WHEATGRASS IN POWDER CHIA SEEDS/SUNFLOWER SEEDS WALNUTS/ALMONDS/ CASHEW NUTS CINNAMON	FRESH MINT LEAVES FRESH BASIL LEAVES CACAO POWDER X 2 TSP TAHINI/PEANUT BUTTER -1 TSP RAISINS VANILLA EXTRACT ICE
SHOPPING LIST/WEEKLY/MAIN INGREDIENTS	
APPLES X 12	ORANGES X 9
CARROTS X 12	LEMONS X 3
PEARS X 7	LIMES X 3
BANANAS X 9	MANGOS X 2
AVOCADO X 1	PLUMS X 2
GRAPEFRUIT X 3	WATERMELON 1/2
BEETROOT X 3	ZUCCHINI X 1
CELERY X 3 STALKS	PEACH X 1
CUCUMBER X 3	RED GRAPES
BLUEBERRIES	PINEAPPLE 2 ½ SLICES
BROCCOLI	MIXED PEPPERS
SHOPPING LIST/WEEKLY/ADD-ONS	
½ LEEK OR 2CM OF FENNEL	SPINACH/KALE
PROTEIN POWDER	ALMOND/OAT MILK X 2
COCONUT WATER/MILK	BIO YOGHURT X 1

Recipe/MONDAY

FIRST THINGS FIRST: A LARGE GLASS OF HOT WATER WITH ½ LEMON AND/OR GINGER ON AN EMPTY STOMACH

GINGER SHOT: TYPE: JUICER

½ APPLE
A SMALL CHUNK OF GINGER
2 LEAVES OF MINT

SERVINGS 1 | TIME: 10.30-11AM | TOTAL TIME 5MIN | APPROX.400ML-450ML TYPE: BLENDER/SMOOTHIE

GREEN MUSCLE BUILDER SMOOTHIE:

1 APPLE
A LARGE HANDFUL OF SPINACH LEAVES
1/3 GRAPEFRUIT
1 ORANGE
1 AVOCADO
½ TEASPOON OF SPIRULINA *OPTIONAL
1 HEMP OF PROTEIN POWDER (*OPTIONAL, PERSONAL CHOICE)
1 SMALL HANDFUL OF ICE CUBES



SERVINGS 1 | TIME: 1.30-2.00PM | TOTAL TIME 5MIN | APPROX.300ML-350ML TYPE: JUICER

CARROT & PEAR JUICE:

5 MEDIUM CARROTS
1 APPLE
1 1/2 MEDIUM PEAR
1 HANDFUL OF SPINACH
½ LEMON
A SMALL PIECE OF GINGER
1 SMALL HANDFUL OF CRUSHED ICE CUBES



SHOPPING LIST/MONDAY

5 CARROTS

2 ½ APPLES

1 1/2 PEARS

2 BANANAS

1 AVOCADO

A HANDFUL OF MINT

A HANDFUL OF SPINACH

A HANDFUL OF BASIL LEAVES

1/3 GRAPEFRUIT

1 ORANGE

1 CHUNK OF GINGER

1/2 LEMON

1 LIME

A HANDFUL OF BLUEBERRIES

Recipe/MONDAY

SERVINGS 1 | TIME: 4.00-4.30PM | TOTAL TIME 5MIN | APPROX.300ML-350ML TYPE: JUICER

WATERMELON CRUSH:

½ SMALL WATERMELON
1 LIME
1 HANDFUL OF BASIL LEAVES
1 SMALL HANDFUL OF CRUSHED ICE



SERVINGS 1 | TIME: 7.00-8.00PM | TOTAL TIME 5MIN | APPROX.400-450ML TYPE: BLENDER/SMOOTHIE

MAGNIFICENT BLUEBERRY & CINNAMON SMOOTHIE:

1 HANDFUL OF BLUEBERRIES (COULD BE FROZEN AS WELL)
1 BANANA
1 SMALL HANDFUL OF ICE CUBES
½-1 TEASPOON OF CINNAMON
250ML OF ALMOND MILK



****SUNDAY EVENING - EASY-YOURSELF-IN-IT: TYPE: BLENDER/SMOOTHIE TIME: 4.00-4.30PM | APPROX.400ML-450ML *CONSULT WEEKLY SCHEDULE**

FUNKY PROTEIN SUPER BLEND:

1 MANGO
1 BANANA
2 PLUMS
1 SMALL HANDFUL OF ICE CUBES
1 TABLESPOON OF PROTEIN POWDER
250ML OF ALMOND MILK



SHOPPING LIST/MONDAY

1 MANGO

2 PLUMS

½ SMALL WATERMELON

½ LTR. OF ALMOND MILK

2 HUMPS OF PTOTEIN POWDER

1 SPOONFOOL OF SPIRULINA
IN POWDER

CINNAMON TO SPRINKLE

CRUSHED ICE

Recipe/TUESDAY

FIRST THINGS FIRST: A LARGE GLASS OF HOT WATER WITH ½ LEMON AND/OR GINGER ON AN EMPTY STOMACH

TYPE: JUICER

GINGER SHOT:

½ APPLE
A SMALL CHUNK OF GINGER
2 LEAVES OF FRESH MINT

SERVINGS 1 | TIME: 10.30-11AM | TOTAL TIME 5MIN | APPROX.400ML-450ML TYPE: BLENDER/SMOOTHIE

VANILLA ICED BANANA:

1 ½ BANANA
HANDFUL OF WALNUTS
250ML OF ALMOND MILK
½ TEASPOON OF VANILLA EXTRACT
1 SMALL HANDFUL OF ICE CUBES



SERVINGS 1 | TIME: 1.30-2.00PM | TOTAL TIME 5MIN | APPROX.300ML-350ML TYPE: JUICER

GREEN REFRESHER JUICE:

1/2 OF A MEDIUM ZUCCHINI
1/2 OF CUCUMBER
1/3 UNWAXED LEMON (PEELED)
2 APPLES
A SMALL CHUNK OF GINGER ROOT
½ STALK OF CELERY
½ LEEK OR 2CM CHUNK OF FENNEL *OPTIONAL
1 SMALL HANDFUL OF ICE CUBES



SHOPPING LIST/TUESDAY

4 ½ APPLES

2 1/2 BANANAS

2 CARROTS

1 MEDIUM BEETROOT

1/2 OF A MEDIUM ZUCCHINI

A STALK OF CELERY

½ LEEK OR 2 CM CHUNK OF
FENNEL

A HANDFUL OF FRESH MINT

A HANDFUL OF WALNUTS

A HANDFUL OF SPINACH

VANILLA EXTRACT

1 CHUNK OF GINGER

1 LEMON

1 MEDIUM/LARGE CUCUMBER

Recipe/TUESDAY

SERVINGS 1 | TIME: 4.00-4.30PM | TOTAL TIME 7MIN | APPROX.300ML-350ML TYPE: JUICER

SUPERFOOD GREATNESS:

2 APPLES
1/2 CUCUMBER
1/3 UNWAXED LEMON (PEELED)
A SMALL CHUNK OF GINGER ROOT
A SMALL HANDFUL OF SPINACH
2 MEDIUM CARROTS
1 SMALL BEETROOT
1 ORANGE
2-3 PIECES OF BROCCOLI
1/2 STALK OF CELERY
A MIX OF RED AND YELLOW BELL PEPPER - A FEW SMALL SLICES
1 SMALL HANDFUL OF ICE CUBES



SERVINGS 1 | TIME: 7.00-8.00PM | TOTAL TIME 5MIN | APPROX.400ML-450ML TYPE: BLENDER/SMOOTHIE

ANTIOXIDANT SUPER BLEND:

1 BANANA
1 TABLESPOON OF TAHINI PASTE OR PEANUT BUTTER
1 SMALL HANDFUL OF ICE CUBES
1 TABLESPOON OF PROTEIN POWDER
250ML OF ALMOND
*A SPRINKLE OF CINNAMON IF DESIRED (I ADD ONE TO ALMOST EVERYTHING)



SHOPPING LIST/TUESDAY

1 ORANGE

2-3 PIECES OF BROCCOLI AND
OR STEM

MIXED YELLOW AND RED
BELL PEPPER – A FEW PIECES

1/2 LTR. OF ALMOND MILK

1 HUMPS OF PTOTEIN POWDER

1 TABLESPOON OF TAHINI
PASTE OR PEANUT BUTTER

CRUSHED ICE

Recipe/WEDNESDAY

FIRST THINGS FIRST: A LARGE GLASS OF HOT WATER WITH ½ LEMON AND/OR GINGER ON AN EMPTY STOMACH

GINGER SHOT: TYPE: JUICER

½ APPLE
A SMALL CHUNK OF GINGER
2 LEAVES OF FRESH MINT

SERVINGS 1 | TIME: 10.30-11AM | TOTAL TIME 5MIN | APPROX.400ML-450ML TYPE: BLENDER/SMOOTHIE

SIMPLE PEAR & BANANA BOOST:

1 PEAR
1/2 OF A MEDIUM CUCUMBER
1 BANANA
1 TABLESPOON OF YOGHURT *(BIO-LIVE, COCONUT OR ALTERNATIVE)
1 TABLESPOON OF SUNFLOWER OR CHIA SEEDS
A SPRINKLE OF CINNAMON
200ML OF ALMOND OR OAT MILK
1 SMALL HANDFUL OF ICE CUBES



SERVINGS 1 | TIME: 1.30-2.00PM | TOTAL TIME 5MIN | APPROX.300ML-350ML TYPE: JUICER

THE POWER JUICE:

3 APPLES
2 ORANGES
1 SMALL RAW BEETROOT
2 MEDIUM CARROTS
½ STALK OF CELERY
1/2 OF A MEDIUM LEMON (PEELED)
1 SMALL HANDFUL OF ICE CUBES



SHOPPING LIST/WEDNESDAY

3 ½ APPLES

3 PEARS

2 BANANAS

½ A STALK OF CELERY

A TABLESPOON OF YOGHURT

1 TABLESPOON OF
SUNFLOWER/CHIA SEEDS

A HANDFUL OF FRESH MINT

A HANDFUL OF SPINACH/KALE

1 CHUNK OF GINGER

1/2 OF A LEMON

1/3 OF A LIME

1 MEDIUM/LARGE CUCUMBER

A HANDFUL OF MIXED
BERRIES

Recipe/WEDNESDAY

SERVINGS 1 | TIME: 4.00-4.30PM | TOTAL TIME 5MIN | APPROX.300ML-350ML TYPE: JUICER

GARDEN FRESHNESS:

2 PEARS
1 PEACH
½ MEDIUM CUCUMBER
A SMALL HANDFUL OF SPINACH OR KALE LEAVES
1/3 OF A LIME
1 SMALL HANDFUL OF ICE CUBES



SERVINGS 1 | TIME: 7.00-8.00PM | TOTAL TIME 5MIN | APPROX.400ML-450ML TYPE: BLENDER/SMOOTHIE

SUPER FUEL SMOOTHIE:

1 HANDFUL OF MIXED BERRIES
1 BANANA
½ MANGO OR 1 SMALL MANGO
1 SMALL HANDFUL OF SPINACH
1 TABLESPOON OF PROTEIN POWDER
250ML OF OAT OR ALMOND MILK
1 SMALL HANDFUL OF ICE CUBES



SHOPPING LIST/WEDNESDAY

2 ORANGE

1/2 MANGO

1 MEDIUM BEETROOT

1 PEACH

2 CARROTS

200 ML. OF ALMOND MILK

250 ML OF OAT MILK

1 HUMP OF PTOTEIN POWDER

CINNAMON

CRUSHED ICE

Recipe/THURSDAY

FIRST THINGS FIRST: A LARGE GLASS OF HOT WATER WITH ½ LEMON AND/OR GINGER ON AN EMPTY STOMACH

GRAPEFRUIT SHOT (CAN SUBSTITUTE WITH WHEATGRASS & ORANGE): TYPE: JUICER

½ GRAPEFRUIT
A SMALL CHUNK OF GINGER
2 LEAVES OF FRESH MINT

SERVINGS 1 | TIME: 10.30-11AM | TOTAL TIME 5MIN | APPROX.400ML-450ML TYPE: BLENDER/SMOOTHIE

RAISINS & CHOCOLATE BLAST:

A SMALL HANDFUL OF RAISINS
A SMALL HANDFUL OF FRESH MINT LEAVES
1 MEDIUM BANANA
½ MEDIUM AVOCADO
300ML OF ALMOND OR OAT MILK
2 TEASPOONS OF RAW CACAO POWDER
1 SMALL HANDFUL OF CRUSHED ICE CUBES



SHOPPING LIST/THURSDAY

1 1/2 GRAPEFRUIT

2 PEARS

1 1/2 BANANAS

A STALK OF CELERY

A HANDFUL OF FRESH MINT

1 CHUNK OF GINGER

1 ½ LIME

2 TEASPOONS OF RAW CACAO POWDER

1/2 OF A MEDIUM CUCUMBER

½ COURGETTE

SERVINGS 1 | TIME: 1.30-2.00PM | TOTAL TIME 5MIN | APPROX.300ML-350ML TYPE: JUICER

PEAR & MINT MAGIC:

2 LARGE PEARS (OR 3 SMALL)
1/2 CUCUMBER
½ LIME
4-5 LEAVES OF FRESH MINT
1 STALK OF CELERY
1 SMALL HANDFUL OF ICE CUBES



Recipe/THURSDAY

SERVINGS 1 | TIME: 4.00-4.30PM | TOTAL TIME 5MIN | APPROX.300ML-350ML TYPE: JUICER

THE MAGIC OF VITAMIN C:

3 MEDIUM ORANGES (PEELED)
1 LARGE GRAPEFRUIT
½ COURGETTE
1 SMALL LIME(PEELED)
HANDFUL OF FRESH MINT LEAVES
1 SMALL HANDFUL OF CRUSHED ICE CUBES



SERVINGS 1 | TIME: 7.00-8.00PM | TOTAL TIME 5MIN | APPROX.400ML-450ML TYPE: BLENDER/SMOOTHIE

EXOTIC SUPER BLEND:

½ MANGO
2 ½ SLICES OF PINEAPPLE
½ MEDIUM BANANA
1/2 TABLESPOON OF PROTEIN POWDER
1 SMALL HANDFUL OF CRUSHED ICE CUBES
200ML OF COCONUT MILK (SUBSTITUTE WITH OAT MILK IF DESIRED)
100ML OF WATER



SHOPPING LIST/THURSDAY

3 MEDIUM ORANGES

1/2 MANGO

2 ½ SLICES OF PINEAPPLE

300 ML. OF ALMOND MILK

250 ML OF COCONUT MILK

1 HUMP OF PROTEIN POWDER

A HANDFUL OF RAISINS

ICE

Recipe/FRIDAY

FIRST THINGS FIRST: A LARGE GLASS OF HOT WATER WITH ½ LEMON AND/OR GINGER ON AN EMPTY STOMACH

GINGER SHOT (CAN SUBSTITUTE WITH WHEATGRASS WITH ORANGE): TYPE: JUICER

½ APPLE
A SMALL CHUNK OF GINGER
2 LEAVES OF FRESH MINT

SERVINGS 1 | TIME: 10.30-11AM | TOTAL TIME 6MIN | APPROX.400ML-450ML TYPE: BLENDER/SMOOTHIE

GRAPE&BLUEBERRY BLEND:

1 HANDFUL OF RED GRAPES
1 HANDFUL OF BLUEBERRIES (COULD BE FROZEN)
1 SMALL HANDFUL OF SPINACH
1 TABLESPOON OF YOGHURT (*BIO-LIVE, COCONUT OR ALTERNATIVE)
1 TEASPOON OF ALMOND BUTTER OR IF NOT CRUSHED ALMONDS OR WALNUTS
1 TABLESPOON OF PROTEIN POWDER (*OPTIONAL)
200 ML. OF ALMOND MILK
1 SMALL HANDFUL OF CRUSHED ICE CUBES



SHOPPING LIST/FRIDAY

1 1/2 APPLES

1 BANANA

A HANDFUL OF RED GRAPES

A HANDFUL OF BLUEBERRIES

A HANDFUL OF SPINACH

3 CARROTS

2 ORANGES

½ GRAPEFRUIT

1 SMALL BEETROOT

A TABLESPOON OF YOGHURT

1 TEASPOON OF ALMOND BUTTER OR CRUSHED ALMONDS

1 CHUNK OF GINGER

A HANDFUL OF FRESH MINT LEAVES

SERVINGS 1 | TIME: 1.30-2.00PM | TOTAL TIME 5MIN | APPROX.300ML-350ML TYPE: JUICER

SUNRISE:

3 CARROTS
2 MEDIUM ORANGES
½ GRAPEFRUIT
1 SMALL BEETROOT
1 SMALL HANDFUL OF CRUSHED ICE CUBES



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Recipe/FRIDAY

SERVINGS 1 | TIME: 4.00-4.30PM | TOTAL TIME 5MIN | APPROX.300ML-350ML TYPE: JUICER

THE J RECIPE:

½ MEDIUM CUCUMBER
1 APPLE
½ LEMON
1/3 FENNEL
1/3 CELERY
A SMALL CHUNK OF GINGER
HANDFUL OF FRESH MINT LEAVES
1 SMALL HANDFUL OF CRUSHED ICE CUBES



SERVINGS 1 | TIME: 7.00-8.00PM | TOTAL TIME 5MIN | APPROX.400ML-450ML TYPE: BLENDER/SMOOTHIE

BANANA - BLUEBERRY BOND:

1 BANANA
A HANDFUL OF BLUEBERRIES
1 SMALL HANDFUL OF KALE/SPINACH
1 TABLESPOON OF SUNFLOWER SEEDS
A HANDFUL OF CASHEW NUTS
200ML OF COCONUT WATER OR ALMOND MILK
1 SMALL HANDFUL OF CRUSHED ICE CUBES



SHOPPING LIST/FRIDAY

½ CUCUMBER

1/3 FENNEL

1/2 CELERY

1/2 LEMON

250 ML OF ALMOND/COCONUT MILK

200ML OF COCONUT WATER

1 HUMP OF PROTEIN POWDER

A HANDFUL OF SUNFLOWER SEEDS

A HANDFUL OF CASHEW NUTS

CRISHED ICE

THIS WEEK'S SUPERFOODS

SPIRULINA

Spirulina is a nutrient-dense blue-green algae, contains up to 60-70% protein by weight, making it an excellent source of plant-based protein.

Spirulina is high in antioxidants, particularly phycocyanin, which helps fight inflammation and oxidative stress in the body.

It provides essential nutrients like B vitamins, iron, magnesium, and potassium, which support energy production and overall health.

Due to its rich iron content and amino acids, spirulina is often used to combat fatigue and boost endurance.

CHIA SEEDS

Chia seeds are tiny but incredibly nutritious

They are an excellent plant-based source of omega-3 fatty acids, which support heart health, reduce inflammation, and promote brain function. They are loaded with soluble fiber, which aids digestion, promotes gut health, and helps maintain a feeling of fullness, making them great for weight management.

Chia seeds contain powerful antioxidants that protect the body from free radicals and oxidative stress, promoting skin health and reducing the signs of aging. They absorb up to 10 times their weight in water, helping to keep you hydrated and support electrolyte balance, especially during exercise.

THIS WEEK'S SUPERFOODS

GINGER

Ginger is a powerful root with a long history of use in traditional medicine and cooking. Ginger contains bioactive compounds like gingerol, which have strong anti-inflammatory effects that can help reduce joint pain and inflammation in conditions like arthritis. It is widely known for its ability to soothe digestive issues, including nausea, bloating, and indigestion. It stimulates digestive enzymes, making it effective for relieving an upset stomach. Ginger is loaded with antioxidants that help neutralize free radicals, protect cells from oxidative stress, and reduce the risk of chronic diseases like heart disease.

WHEATGRASS

Wheatgrass is a nutrient-rich young grass of the wheat plant with numerous health benefits.

It is packed with chlorophyll, which helps detoxify the body by supporting liver function and eliminating toxins from the bloodstream. It contains antioxidants like vitamins A, C, and E, which help combat oxidative stress, reduce inflammation, and protect cells from damage caused by free radicals.

Wheatgrass is known to enhance the immune system by stimulating the production of white blood cells, helping the body defend against infections and illnesses. Due to its high nutrient content and low-calorie count, wheatgrass is often included in detox and weight loss programs as it promotes satiety and boosts metabolism.

THIS WEEK'S SUPERFOODS

CINNAMON

Cinnamon is a popular spice with numerous health benefits due to its powerful medicinal properties.

Cinnamon is loaded with antioxidants like polyphenols, which help protect the body from oxidative damage caused by free radicals, helping reduce inflammation in the body and lowering the risk of chronic diseases.

Cinnamon is known for its ability to lower blood sugar levels by improving insulin sensitivity and slowing the breakdown of carbohydrates, making it beneficial for people with type 2 diabetes.

has natural antimicrobial properties that can help fight off bacterial and fungal infections, including Candida and E. coli.

It can stimulate the digestive system, helping with digestion and reducing bloating, gas, and stomach discomfort.

MINT

Mint is a refreshing herb with a wide range of health benefits. Mint is well-known for soothing digestive issues. It helps relieve indigestion, bloating, and gas by relaxing the muscles in the digestive tract and improving the flow of bile.

Mint contains powerful antioxidants, such as rosmarinic acid, which help protect the body from oxidative stress and reduce inflammation.

Mint's antibacterial and antimicrobial compounds can help prevent infections and support oral and skin health.

Mint can have a soothing effect on the nervous system, helping to reduce anxiety and stress when used in teas.

WHAT TO EXPECT

DAY 1-2 – Adjusting and Detoxing

- You may feel more tired and light-headed as your body adjusts to fewer calories and solid food. This happens because you are consuming mostly fruit & vegetables, which may lack the protein and fats your body is used to.
- You might be craving solid foods, especially carbs and sweets
- Sometimes, you might be a bit more irritable and moodier due to the drop of blood sugar and lack of usual meals.
- You might experience more frequent bathroom trips. Juices may act as diuretics; you may also experience more frequent bowel movements, as your body detoxifies

WHAT TO EXPECT

DAY 3 - 4 – Settling In

- For some, energy levels start to normalize, and they may feel more alert or clear-headed. Others may continue feeling fatigued or weak, depending on how much juice they're consuming and whether they are getting enough calories.
- By now, your digestive system has likely slowed down due to the lack of solid food. You may feel lighter, with less bloating or heaviness.
- You should start experiencing more mental clarity or focus during this phase, as the body settles into a consistent nutrient intake. This may also come with a sense of emotional calm or stability.
- If your juice plan is low in protein or calories, you might still feel some cravings or low energy.

WHAT TO EXPECT

DAY 5 – Renewed Energy and Cleansing Effects

- By this stage, most of us should feel lighter, both physically and mentally. The reduced bloating and processed food intake can make you feel more agile and less sluggish.
- Glowing skin – oh, yes! If you're drinking enough juice, especially with high-water-content vegetables and fruits, your skin may appear more hydrated, and you may notice a glowing complexion.
- The completion of the cleanse can bring a sense of mental and emotional accomplishment, knowing you stuck to your plan.

At this point, your body is literally thanking you for all the pure nutrients you have been fueling it with. Well done!

USEFUL TIPS | [Lina Cook follow on Instagram @drawastartoday](https://www.instagram.com/drawastartoday) | info@drawastar.com

- If you are still feeling hungry and cannot push through the moment, have an extra juice, or a banana, even a healthy nutritional power bar, it's ok, listen to your body but don't forget that sometimes you might just be thirsty, so try with a glass of water first.
- Drink plenty of water, a minimum of 6-8 glasses a day.
- Supplement with herbal teas, white or green tea (add some ginger or a slice of lemon for an extra zing)
- Some people experience digestive discomfort, like gas or diarrhea, due to the sudden influx of fibre or change in diet. This has never happened to me, but it can happen. Your body will adjust and push through, don't worry.
- Take it easy, take rest when you can, especially in the first couple of days, as your body adjusts to the lower calorie intake.
- You can either finish your 5-day juicing experience or push through another 1-2 days; however, this is only a recommendation. Usually past day 3, you will see results in both energy levels, flatter stomach, cleaner digestive system.
- If you feel extremely weak, dizzy, or unwell, consider adding small amounts of solid food like nuts, seeds, or steamed vegetables to ensure you're getting enough nutrients.
- The times of the juice intake are approximate, and you can modify them to fit in with your daily routine. Try not to start before 10am in the mornings and, do your work out, walk, run, yoga practice before you take your juice, and try not to drink after 7.30-8pm so that you can let your body process all nutrients and be ready for sleep.
- The juices shown in the pictures in this plan are a true representation, exactly how I made them, however, the glass is being used not as a measurement of the volume but as a showcase of the juices.
- NO ALCOHOL during your juicing programme, this is a detox programme and, as such, is meant to detoxify your body.
- NO CAFFEINE during your juicing programme, substitute with caffeine-free teas, green tea, herbal teas.
- Used crushed ice in both blenders and juicers or add it to the juice/smoothie afterwards.
- You can prepare your juices for the day in the morning but don't do tomorrow's ones, if possible. Juice the ingredients on the day. Freshly made juices are rich in vitamins, minerals, and enzymes. However, these nutrients start to degrade quickly once exposed to air, light, and heat, especially the increased loss of vitamins C and E.
- Should you wish to decrease the sweetness of any of the juices, add 100ml of water or substitute an ingredient with celery, lemon, cucumber, courgette, etc.
- Choose your own protein powder of a flavour you desire; don't forget you can skip it, if not desired; you can add extra spirulina, cinnamon, chia seeds etc. to any smoothie or juice you'd like, you can never have enough of their goodness.
- Substitute ingredients if you run out or you feel like it at times, courgette for a cucumber, lime for lemon, kale for spinach.
- Use an apron, as it can get messy when juicing and rinsing equipment (watch that beetroot :)
- Do your best and try to move and exercise as much as possible. Do a 30-min walk, a 15-min run, a quick HIIT at home, a fitness session, a yoga practice, whatever you can fit in your busy schedule but make sure you move as much as possible throughout the programme. You will be surprised how much energy you've got.
- Plan ahead. You already have your Shopping list. Get ready for at least the first 2 days of your juicing plan with all of the ingredients you need.
- Organize your fridge well, use as much leftovers as possible; add to the juices and smoothies you make if you must.
- Plan family meals a day in advance during your juicing detox, and, if possible, freeze a couple of dinners and/or lunches ready to be used; it will save you headache and last-minute frenzy, whilst you are doing your juicing (not everyone at home will be☺)