

Immune Boosting Juice Cleanse



IMMUNITY JUICE DETOX PLAN | Rivas Moreno Lab

Purify your body and improve your immune system with this juice plan recommended by nutrition experts.

It is recommended to include one of the juices a day and if possible try to do the full detox plan once a week. The use of a juice processor is recommended to better preserve the vitamins.

NOTE: Ginger Wellness and Air Shot are made up of 4 slices of ginger and 4 lemons. For the rest of the juices, the ingredients should be a cup or a handful.

INGREDIENTS

8AM - SKINNY LEMON

Cayenne, lemon, ginger and spring water

Benefits: Detoxifying, natural anti-inflammatory, digestive, diuretic, improves mood.

9AM - POWER BEET

Beets, pineapple, apple and orange

Benefits: Promotes the elimination of toxins, reduces intestinal inflammation and cholesterol levels.

10:30AM - IMMUNE BOOST / WELLNESS SHOT

Ginger, lemons

Benefits: Improves the immune system, excellent source of energy, optimizes detoxification and helps fight respiratory diseases.

11:30AM / 5PM - GREENTOX

Beet, pineapple, apple and orange.

Benefits: Promotes physical fitness and increases energy and vitality.

1PM - GOLDEN CARROT

Carrot, orange, pineapple, lemon and turmeric.

Benefits: Digestive, improves and stimulates the production of bile, favoring the metabolization of dietary fats.

3PM - GREAT FRUIT

Grapefruit and mint.

Benefits: Digestive juice that helps transform dietary fats into energy.

6:30PM - GINGER AIR / WELLNESS SHOT

Ginger, lemons

Benefits: Contains antioxidant properties. Helps detoxification, boosts metabolism and promotes weight loss.

8PM - GREEN TONIC

Kale, lemon, cucumber, apple, celery, pineapple, romaine lettuce, and ginger

Benefits: Improves the immune system, cleanses the liver and helps fight fluid retention.