



3
DAY
PLAN



3 recipes



3 Days



Community

Rise 'n Reset

3-DAY
JUICE RESET

The Rise 'n Shine Collective





WELCOME TO YOUR JUICE RESET



This is your reset. A chance to clear out the noise, nourish your body, and reconnect with how you want to feel—light, energized, and clear. For three days, you'll flood your system with nutrients and hydration while giving your digestion a much-needed break. This isn't about deprivation—it's about recalibration.

What Is a Juice Cleanse?

A juice cleanse is a short-term reset where you consume only fresh, cold-pressed juices for a period of time—typically 1 to 3 days. The goal is to support your body's natural detox systems, reduce inflammation, and create space for new habits and awareness.



Why We Do It

- To reduce bloating and digestive discomfort
- To reset cravings and taste buds
- To boost energy and mental clarity
- To glow from the inside out
- To take a mindful pause and listen to our bodies

A woman with dark, curly hair is smiling and looking off to the side. She is wearing a grey zip-up jacket. In her right hand, she holds a yellow smoothie in a clear bottle. In her left arm, she cradles a brown paper grocery bag filled with fresh produce, including a head of lettuce, a head of broccoli, and an orange. The background is a solid light beige color.

WHAT TO EXPECT

- A boost in hydration and energy
- Lighter digestion and less bloating
- A possible headache or cravings on Day 1 (this is normal)
- Better sleep, clearer skin, and a grounded sense of clarity

LET'S DO IT!



WHAT TO LOOK OUT FOR

Everyone's body responds differently to a cleanse. While many people feel lighter, more energized, and clear-headed—others may experience a short adjustment period, especially on Day 1 or 2.

Totally Normal Detox Signs:

- Mild headache (often from caffeine withdrawal or sugar detox)
- Temporary fatigue or mood swings
- Feeling cold • More frequent urination
- Light hunger pangs or cravings
- Slight dizziness (especially if hydration is low)

Tips to Manage:

- Drink lots of water (add a pinch of sea salt for natural electrolytes)
- Rest more than usual
- Go for gentle movement like walking or stretching
- Keep juices cold and fresh
- Add herbal teas or coconut water between juices for support

Stop the Cleanse If You Experience:

- Persistent dizziness or lightheadedness
- Fainting or near-fainting episodes
- Intense nausea or vomiting
- Diarrhea lasting more than a day
- Chest pain or heart palpitations
- Worsening of any pre-existing medical condition
- Feeling emotionally unwell or mentally unstable



JUICE RECIPES

MORNING

GREEN GLOW



Morning Juice: Green Glow

**3 cucumber
3 green apple
3 cup spinach
1 lemon (peeled)
2-inch ginger**

Benefits:

Hydration + detox support
Rich in vitamin C and antioxidants for energy
Ginger aids digestion
Optional boost: pinch of cayenne for metabolism

AFTERNOON

**Spinach and
mushroom frittata**



Afternoon Juice: Citrus Kick

**6 oranges (peeled)
3 grapefruit (peeled)
6 carrots
1 lemon**

Benefits:

Boosts immunity
Bright, tangy flavor for an energy lift
Supports liver detox
Optional boost: pinch of sea salt for electrolytes

EVENING

**Spinach and
mushroom frittata**



Evening Juice: Golden Roots

**6 carrots
3 apple
2-inch turmeric root (or ½ tsp ground turmeric)
1 lemon
Pinch of black pepper (to activate turmeric)**

Benefits:

Hydration + detox support
Rich in vitamin C and antioxidants for energy
Ginger aids digestion
Optional boost: add ginger for warmth

SHOPPING **LIST**

- 3 cucumbers
- 3 green apples
- 3 red apples
- 6 oranges
- 3 grapefruit
- 15 carrots
- 3 cups spinach
- 6 lemons
- 3 inches fresh ginger
- 3 inches turmeric root (or ground turmeric)
- Black pepper

Optional boosts: cayenne, sea salt, chlorophyll drops



LISTEN TO **YOUR BODY**

If anything feels “off” in a way that isn’t manageable, stop the cleanse and return to gentle, nourishing foods like broths, smoothies, or light fruits and veggies.

Post-Cleanse Transition Tips

Ease back into solid foods with light soups, fruits, and steamed veggies. Avoid heavy or processed foods immediately after the cleanse. Stay hydrated and keep incorporating fresh juices to maintain your glow. This is your reset—use it as a launching point into what’s next.

LISTEN TO **YOUR HEART**

By joining the Rise n Shine: 3-Day Juice Reset, you acknowledge that you are participating voluntarily and take full responsibility for your health and well-being.

This challenge is for general wellness support and is not intended to replace medical care.

Rise n Shine Collective and its creator are not liable for any outcomes related to your participation. Please consult a healthcare provider if needed and always listen to your body.



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DAILY JOURNAL PROMPTS

Day 1:

How do I feel in my body right now?
What cravings came up today?
What am I most proud of so far?

Day 2:

Where did I notice more energy or
clarity?
How did I handle any challenges
today?
What's one positive shift I've
noticed?

Day 3:

How does my body feel compared to
Day 1?
What habits do I want to take with
me after this reset?
What am I grateful for about this
experience?

LET'S DO IT!



This image shows a full page of blank, cream-colored paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

[illegible]

3 DAYS



3 JUICES

***TIME TO RESET &
RISE.***



THANK YOU FOR JOINING IN!



KELLY
COACH & FOUNDER



SHAY
COMMUNITY LEAD



GARY
COMMUNITY LEAD



MAKEDA
COMMUNITY LEAD



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