



THE PREPARATION GUIDE



NATURALLY HEALTHY
fit 'n tasty
MADE IN SWITZERLAND
ALMOND SHAKE
AMANDE-AGAVE
VANILLE-CANNELLE
MANDELN-AGAVE
VANILLE-ZIMT

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PIMP ME UP
CAROTTE-POMME-KIWI
KAROTTE-APPEL-KIWI



Congratulations, you have taken the first step towards a healthier lifestyle! The fact that you have decided to do a cleanse shows that you are dedicated to treating your body correctly and giving it a break from the usual stress.

All our juices are freshly cold-pressed. We try our best to keep our juices as organic as possible as well as locally sourced, using products of the highest quality.



This guide is meant to give you a deeper understanding of the concept of cleansing and provide you with a kit of tips and tricks to help you before, during and after the cleanse. We suggest that you read it carefully.

Even though a juice cleanse can be a mental and physical break from hectic daily life with unhealthy habits, it may not be suited for everyone. If you are suffering from diabetes, heart disease, cancer or any serious illness, we strongly urge you to seek advice from a qualified health care professional first.

We wish you a pleasant experience and don't hesitate to share it on your social media with the hashtag #fitntasty!

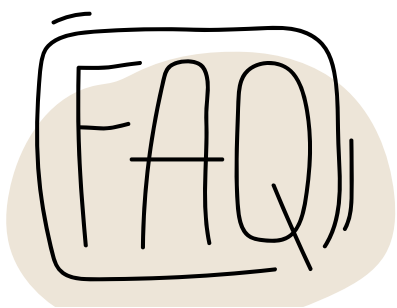
Your Fit 'n' Tasty Team

Do you have a question?

Find our FAQ on our website:
<http://www.fitntasty.ch/en/FAQ/>

or

Send us an email at info@fitntasty.ch



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BEFORE YOUR CLEANSE



WHY SHOULD WE CLEANSE?

A juice cleanse with fruit and vegetable juices can help absorb the vitamins and minerals essential to contribute to the normal functioning of the body. The effects of the vitamins and minerals in these juices won't take long to be felt: reduced fatigue, maintenance of normal skin and a normal energy metabolism. Not only will you feel much better after the cleanse, you will also most likely have the strength to stick to healthy eating habits. Now that's a win-win!

Think of it as giving your body a vacation; the more, the better. Instead of being reactive, be preventative and take charge over your wellbeing before any symptoms can even arise.



HOW DOES IT WORK ?

Depending on which program you choose, you are given juices, shots, snacks and/or soups, to drink throughout the day, in a specific order.

The juices are designed to replace solid foods. It is recommended to drink the juices approximately two hours apart, and to take your time with each of them. Don't chug them all at once, instead savor them and drink them as slowly as possible.

For the programs including a meal to prepare, please make sure to avoid all types of fast food or animal products, as this would defeat the whole purpose of the cleanse. If you are unsure what to eat, don't worry as we will provide you with some clean-eating recipe ideas (at the end of this guide).

WHEN IS THE BEST TIME FOR A CLEANSE?

Some people choose to do a juice cleanse with every change of seasons, others have a 3-day cleanse once a month. Either way, we suggest for you to think of it not as a one-time endeavor but as continuous investment into your well-being. The easiest way to keep up your excellent work and to stick to a more alkaline plant based diet in the long run is to make our juices part of your daily life. Discover our wide choice of juices or subscriptions to keep you going. Don't forget to check us again to discover our new products, limited editions and other Fit & Tasty surprises!

Enjoy your cleanse and we hope to serve you again soon!



PREPARATION

Don't fool yourself into thinking that you can say farewell to solid foods with a steak and martini dinner the night before you start your cleanse. Trust us, you will regret it the next day. The more prepared you are for your cleanse, the smoother your transition will be. It will affect the way you feel during the cleanse and the severity of any side effects, and we want you to feel your very best at all times.

Food

3 days before the start of your program you should start phasing out sugar, refined starches (bread, white rice, pasta), meat and dairy and upping your consumption of fruits and veggies with every meal. Your goal is to eat as clean as possible.

This means:

- Three days before, it is ok to still consume some animal products such as fish and eggs, but avoid meat.
- Two days before, you should stick to salads, soups, fruits and veggies, always making sure that the sauces are simple and not too fatty. It is ok to still consume cooked food, such as steamed vegetables or soups.
- One day before, you should only consume raw fruits and veggies, opting as much as possible for raw meals (such as a bowl of fruit for breakfast and a green salad with raw vegetables for lunch and dinner). Cooked alternatives are possible depending on the season and your mood (steamed vegetables or soups).

Have a look on our website at our range of snacks and other nutrient-rich, natural foods. They are the ideal companions for your preparation.

Beverages

Hydration is very important, and even more so during a cleanse. Paying attention to what you drink before and during the cleanse will have a big impact on how you feel.

Here are some tips we recommend incorporating three days prior to your starting date :

- First thing when you wake up is to drink a big glass of water
- This should be followed by a cup of herbal tea or a cup of warm lemon water
- Make sure to drink at least 2-3 liters of water per day
- Eliminate all caffeinated, alcoholic and diuretic drinks such as coffee, , alcohol and soda

Side note: cigarettes should also be avoided pre, during and post - cleanse.



DELIVERY

You will be delivered from Tuesday to Saturday, upon your request. To avoid any stress, we recommend that you do not start the cleanse on the same day of delivery, but rather on the following day or within the shelf life of your juices.

The mailman will leave the juices in front of your doorstep or in the letter box. It is possible that the delivery man (from the Post Office) will drop off the package without ringing, so please check at the entrance if you don't hear anything at 9:30am, if you chose Express Moon post, or at 5pm if you chose Post priority.

The juices are delivered in an icebox, they can be kept inside until the end of day without issue.

If you take the juices to work/school, please always transport them cooled.

STORAGE

Our products should always be kept in the fridge. The juices can be kept for a minimum of 7 days from delivery (sometimes longer, so if you postpone your cleanse for a while, it is important to check the Best Before Date on each bottle). This gives you a little time to start or finish preparing.

You may notice that some juices decant in the bottle, or you may find sediment in your ginger juices or almond drinks. This is normal! Out of concern for your health and the success of your cleanse, we have avoided chemical preservatives or thickeners, which explains the natural separation of some of the ingredients. Just shake the juice before drinking.



DURING YOUR CLEANSE



TIPS

Today is Day 1 of your cleanse and we are excited to accompany you along this journey. The closer you stick to the program, the better the results will be and the better you will feel throughout the process and afterwards. Here are some helpful tips that can make a big difference:

- Every day when you wake up, the first thing you should do is drink the first bottle of your cleanse. You may dilute it in cold or hot water if it is too intense for you.
- We recommend you the order to drink the juices but you can adjust it to your individual needs/schedule
- Drink your juices as slow as possible, in 2 hours' time intervals. Savor each sip and "chew" every bit of it. Make sure to consume the last juice at least 2 hours before going to bed.
- It is important to make sure to drink as much water, green or herbal teas (nettle, artichoke, dandelion) as possible.
- Running to the loo 24/7 or having trouble eliminating are both normal side effects of a juice cleanse. For the latter, add some flaxseed oil to the juices or, worst case, take herbal supplements or laxative tea.
- Don't over pack your schedule. Make sure you get enough rest and especially enough sleep. 8 h are a minimum.



HOW TO SUPPORT YOUR BODY DURING THE CLEANSE

There are many other things you can do besides drinking lots of liquids to contribute to your well-being during the juice cleanse. We have listed some of our tips for you.

- Exfoliate, exfoliate, exfoliate! Get yourself a dry body brush and gently scrub your body for 5 minutes in the morning to open your pores.
- People often ask if you can still do sports while doing a juice cleanse. In fact, we encourage exercise and sweating but opt for low intensity exercises such as power walking or yoga.
- If you feel too exhausted to exercise, a sauna or steam room is another great way to get sweating.
- A cleanse is the perfect excuse to pamper yourself with a massage. Gentle and slow massaging of the organs and especially liver will greatly assist in the cleanse experience
- Taking a hot bubble bath with Epsom salt can also contribute to your wellbeing during the cleanse

CLEANSE SYMPTOMS

These symptoms might or might not occur, depending on your overall health and how well you prepared for the cleanse.

- Tiredness
- Headaches
- Constipation/Diarrhea
- Skin breakout
- Dry mouth/Bad breath
- Runny nose
- Insomnia



RECIPES FOR YOUR LUNCH

If you have opted for our “First Date” or our “Easy Boost” cleanse, we encourage you to consume a small meal for lunch. If you follow our recipe ideas, this will help you get through the day without giving in to cravings.

Note that it is not mandatory, but that we recommend especially beginners to have something small for lunch. If you do not have the time to prepare your own lunch but still want to eat, stick to a simple vegetable salad without dressing or soup and a fruit on the side.

At the end of this guide, you will find some simple recipes for light meals.



If you eat in a restaurant or during your preparation phase before your cleanse

Do your research

Before dining out, check out the menu online and read through the options available, this will give you a “heads up”.

Start with a salad

Most if not all dining out locations will have salads on their menu. Even if they only offer a “side” salad, you can easily ask them to double or triple the side salad order to make it your entrée + olive oil dressing. Ask them to serve the dressing on the side. If the restaurant doesn't offer salads of any kind, check out what types of vegetable sides they offer and start your meal with those.

Think outside the box

Instead of going to typical Swiss restaurants, try ethnic cuisines such as Asian food, Indian, Thai, Mediterranean, or local/organic spots- they will always offer nourishing options for you to choose from.

General tips

- Avoid anything with the words: breaded, fried, cream sauce, sugar-sweetened sauce, etc. These are code words for heavier foods on digestion and are usually more calorie dense.
- Skip the bread or any other starchy food that is brought to the table.
- Look for plant-based dishes or gluten free dishes. These dishes typically are lower in calories, lower in carbohydrates, and contain more nutrients and fiber.

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AFTER YOUR CLEANSE



TIPS

It is important to break your cleanse very gently by slowly reintroducing solids into your system. The principle is the same as it was for the preparation of the cleanse; but instead of slowly eliminating foods you now slowly reintegrate whole foods into your diet.

Obviously you don't have to go back to your previous diet, in fact, many of our clients stick to a relatively simple and clean diet for a while after their cleanse experience. Start with lightly steamed vegetables and fresh fruits and gradually work yourself up to more dense and cooked foods. Use common sense, especially when it comes to processed food, fast food and coffee, soda and alcohol.

Here are some ideas of what your next days of eating could look like:

- Day 1: Fresh fruits and lemon water for breakfast, vegetable soup (without cream) for lunch and dinner.
- Day 2: Fresh fruits and lemon water for breakfast, raw or slightly steamed vegetables for lunch and dinner (make sure to avoid starchier vegetables like carrots, beets, sweet potatoes) with a side portion of brown rice or quinoa, or a soup.
- Day 3: Stick to anything listed above.
- Day 4: Beyond day 4, you can slowly incorporate animal products again if you wish to. We recommend steamed fish in place of meat and goat's milk instead of cow's milk, at least for a few more days.



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RECIPES



QUINOA SALAD WITH ALMONDS

"I am starving"
recipe

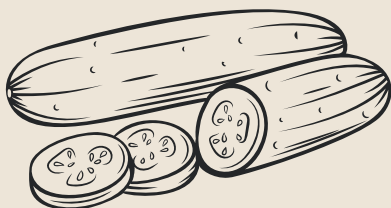
INGREDIENTS (1 PERSON)

100 g of quinoa or quico (quinoa with red lentils)
200 ml of (vegan) vegetable broth
50 g of almonds
1/2 red pepper
1/4 cucumber
1 red onion
1 sprig of mint
2 sprigs of parsley (keep a few leaves)

5 cherry tomatoes
1/4 head of Romaine lettuce
1 pinch dried garlic
1 tbsp. olive oil
2 tbsp. lemon juice
1 tsp. Sumac (Lebanese spice)
1 handful of almonds
Sesame or poppy seeds
Salt and pepper to taste

INSTRUCTIONS

1. Cook the quinoa in the broth for approx. 15 minutes or until it looks like they have "popped open".
2. After draining any remaining liquid, let it cool for another 10 minutes.
3. Mix the diced vegetables (tomatoes only cut in 1/2), chopped lettuce, herbs, onion and all the spices and seeds with the cooked quinoa.
4. Place the salad on a dish and use the parsley leaves to decorate.



GREEN PEA SOUP

"I can do this!"

recipe

INGREDIENTS (2 PERSONS)

½ tbsp. extra virgin olive oil

½ onion, chopped

½ clove garlic

¼ tsp. sea salt

1 pinch chili powder

150g frozen green peas

500ml organic vegetable broth

¼ lemon (juice)

¼ cup (0,5dl) oat cream

Thyme

INSTRUCTIONS

1. Add olive oil to a pot over medium-high heat.

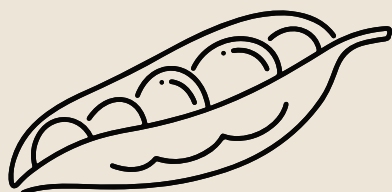
2. Stir in the onion, garlic, sea salt and chili and cook until the onions soften.

3. Add the green peas and broth. Let it boil and then lower the heat and let it simmer for 10 minutes.

3. Pour half of the broth away into a bowl. Use a hand blender to puree the soup.

4. Stir in the oat cream, lemon juice, thyme and more salt if needed. If the soup is too thick add some of the broth.

5. Pour into bowls or cups and serve with a couple of fresh green peas.



QUINOA NORI ROLLS

"Asian cleanse"
recipe

INGREDIENTS (1 PERSON)

65g cooked quinoa, cooled

1 carrot, grated

1 cucumber, in long slices

¼ avocado, sliced

Red capsicum, a couple of thin slices

1 big handful of fresh herbs (parsley, basil...)

1 sheet of nori

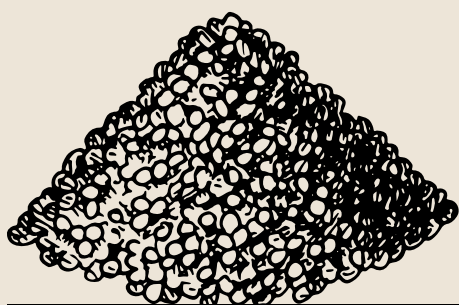
INSTRUCTIONS

1. Lay your nori sheet on a clean, dry surface.

2. Beginning at the end closest to you, start with your quinoa, laying it across the sheet in a line.

3. Carefully stack the rest of the ingredients evenly across the top of the quinoa.

4. Roll the ingredients up tightly and cut in half.



LETTUCE SALSA WRAP

"Have fun while cleansing!"
recipe

INGREDIENTS (2 PERSONS)

4 big leaves of butter lettuce
2 big tomatoes
1 red pepper
1 avocado
20g sweet corn

25g of bean sprouts or chickpeas
1 handful of fresh basil leaves
½ lemon
1 pinch of salt
1 tsp olive oil

INSTRUCTIONS

1. Chop the avocado, tomatoes and red pepper (discard the seeds) into tiny bruschetta-style cubes. Then chop the basil leaves into fine pieces.

2. Mix all the chopped ingredients in a bowl with the corn and bean sprouts.

3. Squeeze the lemon and stir this in, along with a drizzling of olive oil and some salt to taste.

4. Wash the leaves and then fill them with salsa and enjoy!



CHOPPED KALE SALAD

"Fully green and raw!"
recipe

INGREDIENTS (2 PERSONS)

3 handfuls kale, tough stems removed
3 tablespoons freshly squeezed lemon juice
3 tablespoons extra virgin olive oil, to taste
2 large garlic cloves, mashed
1 teaspoon Dijon mustard
½ teaspoon sweetener of choice (e.g., maple syrup, cane sugar, honey, etc.)

¼ teaspoon fine sea salt
¼ teaspoon freshly ground black pepper
Optional toppings/add-ins: chopped toasted nuts or seeds, chopped tomatoes (fresh or sun-dried), chopped dried fruit (e.g., dried cranberries or apricots), diced avocado, chopped seeded cucumber

INSTRUCTIONS

1. Place the kale in a large bowl.
2. In a small jar, place the lemon juice, olive oil, garlic, mustard, sweetener, salt, and pepper.
3. Screw on top (tightly) and shake vigorously for 30 seconds; pour over kale, tossing to combine.
4. Cover the bowl with foil or plastic wrap and refrigerate for 1 hour.
5. Toss salad again and season with additional salt and pepper to taste. If desired, add any of the suggested topping/add-ins.



LEMON-GARLIC ZUCCHINI NOODLES WITH ROASTED TOMATOES

"I want pasta, but not real pasta!"

recipe

INGREDIENTS (4 PERSONS)

100g grape tomatoes

1 tablespoon cooking oil (like grape-seed oil)

1 teaspoon dried oregano

Salt to taste

900g zucchini

2 tablespoons fresh lemon juice

1 tablespoon extra-virgin olive oil

1 teaspoon lemon zest

1 large clove garlic, minced

2 tablespoons toasted pine nuts

INSTRUCTIONS

1. Preheat the oven to 375°F.

2. Toss together the grape tomatoes, oil, oregano and a pinch of salt on a rimmed baking sheet. Roast for 12 to 15 minutes, or until the skins begin to wrinkle and move away from the flesh.

3. Remove from the oven and let the tomatoes cool slightly.

4. Make zucchini noodles with a julienne peeler or zucchini lasagnas with a regular peeler. Place the zucchini noodles in a large serving bowl.

6. Whisk together the lemon juice, olive oil, lemon zest, and garlic; pour it over the zucchini noodles and toss to coat.

7. Add the roasted tomatoes and pine nuts and serve.



RAW HUMMUS

"I Just love hummus"
recipe

INGREDIENTS (4 PORTIONS)

1 zucchini, chopped

110g raw tahini

125ml freshly squeezed lemon juice

½ tablespoons olive oil

20g raw sesame seeds

20g almonds

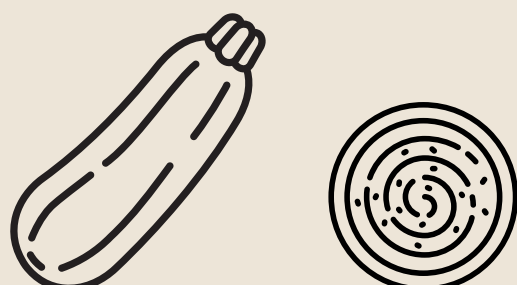
1 ½ teaspoon cumin

½ teaspoon salt

Optional: Paprika-flavored olive oil to
top off the finished dish

INSTRUCTIONS

1. Put all ingredients in your blender and blend to a rich perfection.



CREAMY AVOCADO PASTA

"I can't manage raw foods"
recipe

INGREDIENTS (1 PERSON)

1½ ripe avocado

½ lemon

2 basil leaves

1 pinch of salt or garlic salt

½ tablespoon black pepper

½ tablespoon Olive Oil

60 g of uncooked Gluten-free pasta

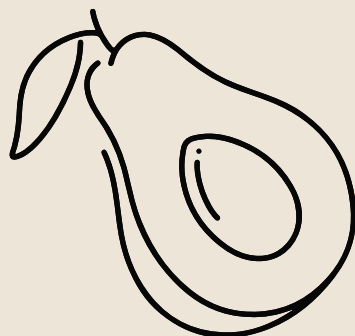
INSTRUCTIONS

1. Cook the gluten free pasta.

We recommend a 200g serving which won't leave you too hungry. Make sure the pasta is al dente (your blood sugar won't rise as much).

2. Put the avocado, lemon, basil, olive oil, pepper and salt into a food processor and blend until smooth and creamy.

3. Mix the pasta with the sauce and enjoy.



SMALL SNACKS

100 % clean
food ideas

Vegetable broth



Vegetable sticks
(carrot, cucumber, celery, fennel)



A handful of cashews or almonds

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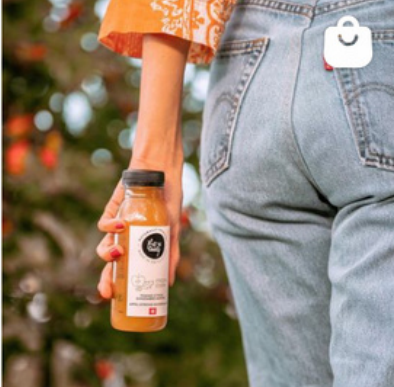
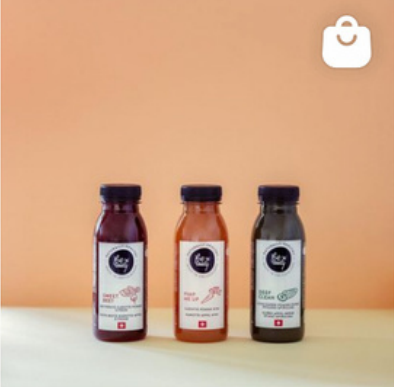
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THE FIT 'N' TASTY TEAM SAYS THANK YOU AND SEE YOU SOON!

