



YOU CAN DO IT! FEEL GOOD!

YAY!

IT'S A SPA RETREAT FOR YOUR INSIDES!

WELCOME!

IT'S TIME TO JUMP-START YOUR HEALTH!

IF THIS IS YOUR FIRST TIME TRYING CAN CAN CLEANSE, OR ANY CLEANSE, I'M DELIGHTED TO GUIDE YOU THROUGH THE EXPERIENCE. IF YOU HAVE CAN CAN'ED WITH ME BEFORE, I'M SO GLAD TO HAVE YOU BACK!

HAPPY CAN CAN'ING!



TERESA

FOLLOW US FOR INSPIRATION & UPDATES!



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CARE GUIDELINES...

FOR YOU AND YOUR CLEANSE!

- Please refrigerate all beverages.
- Each bag is 1-day and contains 8 numbered and labeled beverages.
- Consume beverages #1-#8 per day.
- The lemon lime juice (#1), herbal teas (#3 & #8) and soup (#4) are suggested to be warmed (if you are using the microwave, please heat on a low temperature)
- To heat the tea: split tea in half portion. Heat a separate pot of hot water. Add 1/2 cup of hot water to each tea. Enjoy two cups of tea!
- Drink plenty of water (approx 64 oz) throughout each day. More herbal tea is ok to drink.
- Exercise depending on energy level. Consider activities such as light yoga, stretching, walking and swimming.
- Get good sleep and plenty of rest!

OK!

WHEN TO DRINK YOUR BEVERAGES?

Each day of your cleanse you'll consume 8 beverages (#1-#8) in this suggested order:

8:00am*	#1 Lemon Lime Juice
9:00am	#2 Green Juice
10:30am	#3 Chamomile Mint Tea
12:30pm	#4 Zucchini Basil Soup
2:30pm	#5 Watermelon Juice
5:00pm	#6 Green Juice
7:00pm	#7 Strawberry Almond Milk
8:00pm	#8 Lemon Balm Lavender Tea

MOST IMPORTANTLY, WHEN CLEANSING, LISTEN TO YOUR BODY!

*Please skew timeline based on your wake-up time. Beverage order may be adjusted to fit your lifestyle.

YOU CAN DO IT! READY?! OK!



ALL BEVERAGES ARE MADE
FRESH WITH ORGANIC
NUTRIENT-RICH INGREDIENTS!

No additives or supplements

LOTS OF VITAMINS & MINERALS

THE GOOD-FOR-YOU STUFF!

LIFE AT CAN CAN IS ALWAYS

FRESH! ORGANIC! UNPASTEURIZED!

#1 LEMON LIME JUICE

**ENJOY
HOT!**

Ingredients (12oz): Lemon, Lime,
Cinnamon, Cayenne, Filtered Water

#2 GREEN JUICE

Ingredients (12oz): Celery, Cucumber,
Fennel, Romaine, Spinach, Kale, Parsley,
Ginger, Lemon, Apple

#3 CHAMOMILE MINT TEA

**ENJOY
HOT!**

Ingredients (12oz): Dried Chamomile
Flowers, Dried Mint Leaves, Filtered
Water (Herbal)

#4 ZUCCHINI BASIL SOUP

**ENJOY
HOT!**

Ingredients (12oz): Zucchini, Basil,
Leeks, Celery, Onion, Garlic, Sea Salt,
Olive Oil, Lemon, Filtered Water

#5 WATERMELON JUICE

Ingredients (12oz): Watermelon,
Apple, Lime

#6 GREEN JUICE

Ingredients (12oz): Celery, Cucumber,
Fennel, Romaine, Spinach, Kale, Parsley,
Ginger, Lemon, Apple

#7 STRAWBERRY ALMOND MILK

Ingredients (12oz): Raw Almonds,
Strawberry, Dates, Filtered Water

#8 LEMON BALM LAVENDER TEA

**ENJOY
HOT!**

Ingredients (12oz): Dried Lemon Balm
Leaves, Dried Lavender Flowers,
Filtered Water (Herbal)

THE FINE PRINT!

ALLERGY ALERT!

CAN CAN Cleanse contains nuts and is produced in a facility that handles nuts; please let us know if you have any food, liquid, herb or spice sensitivities, intolerances, or allergies.

WARNING!

CAN CAN Cleanse beverages have not been pasteurized. Consuming unpasteurized products may contain harmful bacteria that can cause serious illness in children, the elderly, pregnant and breastfeeding women, and persons with disease, illness or weakened immune systems.