

# CLEAN<sup>®</sup> maintenance guide for SHAKES + GREENS



+



+



=

am OR pm

once daily  
shake

## 1 level scoop

Please make sure you use the corresponding scoop with its powder, since they're different sizes

## 1 level scoop

Please make sure you use the corresponding scoop with its powder, since they're different sizes

## 1-2 teaspoons

The quantity really depends on you and your body. Because Clean Greens can bring on powerful detox symptoms, it's usually best to start slowly and work your way up. Feel free to increase the amount as you become more comfortable with Clean Greens. Most of us here on the Clean Team use a tablespoon or two in our shakes after becoming used to green powders.

You can also add Clean Greens to your favorite salad dressing, soup, green juice, plain water and various snacks for an added boost of vitamins, minerals, and phytonutrients.

## breakfast or dinner

Blend, shake or briskly stir all 3 powders into 6 to 8 ounces of water, coconut water, or non-dairy milk (almond/hemp/rice/coconut) in your morning shake. For added flavor and substance, add handfuls of spinach, organic berries and/or other fruit (fresh or frozen). For a thicker shake with additional protein and calories, add in avocado, coconut oil, a handful of nuts or seeds or nut butter.

Read the [Keep It Clean Manifesto](#), our post-cleanse guide that suggests a variety of ways to create a CLEAN Life after you've completed your 21 day program!

Want to make some tasty meals and shakes? Visit our forums for recipes and shake ideas.