

WHAT YOU'LL

Need



- ✓ Dry Skin Brush
- ✓ All of the groceries for your detox
- ✓ Any supplements that you choose
- ✓ A notebook or journal
- ✓ There are both smoothie and juice recipes in this cleanse. You can choose to make smoothies every day, which is perfectly fine. [If you need a blender, I recommend Ninja.](#) However, if you have a juicer, it will come in very handy over the next few days! [This is the one I have.](#)

