

Queen Esther's Cleanse Schedule

1-Day Reset & 3-Day Full Reset — printable guide

1-Day Reset

Time	Bottle	Ingredients	Benefits
8 AM	Celery	Pure Celery Juice	Hydrate • Flush • Reset
10 AM	Sovereign Sage	Celery • Green Apple • Cayenne • Cucumber • Cilantro • Parsley • Lemon • Ginger	Detox • Cleanse • Alkalize
12 PM	Crimson Crown	Beet • Apple • Lemon • Ginger	Blood Support • Vitality
3 PM	Golden Intellect	Carrot • Orange • Apple • Ginger	Energy • Focus • Immune Boost
5 PM	Vanilla Protein	Pumpkin Seed Mylk • Vegan Protein	Nourish • Sustain • Repair
8 PM	Charcoal Lemonade	Coconut Water • Activated Charcoal • Maple • Lemon	Bind • Flush • Restore

3-Day Full Reset

Repeat the 1-Day Cleanse for 3 consecutive days.

- Deeper detox
- Increased clarity
- Full-body reset

How to Cleanse

- ✓ Replace meals with juice
- ✓ Drink 6 bottles daily
- ✓ One every 2 hours
- ✓ Stay hydrated — water is essential

What to Expect

Your body is resetting and releasing. You may experience mild headache, fatigue, or body aches.

Tip: Add a pinch of sea salt to water.

If needed: Eat simple whole foods only.