

FAQs

Do I have to start with my pick-up day as Day 1 or can I wait until the next day?

It is very important that you pick up your plan as early as possible (Monday night or Tuesday morning) and start Tuesday morning as your Day 1. At Lithe Foods, we use fresh produce and ingredients without any added preservatives, so we can only guarantee optimal taste and quality for the three scheduled days (Tuesday, Wednesday, & Thursday) of your Detox Plan.

Should I drink all juices/smoothies and eat all three meals and dessert even if I'm not hungry?

Yes, you should definitely eat all three meals, snacks and deserts. Healthy eating is all about balance. At Lithe Foods, we calculate your daily nutritional requirements for you, so that you don't have to! Just eat and enjoy.

Can you make a substitution for me?

We are not currently able to make substitutions to plan items according to individual preferences or allergy concerns.

What if I can't drink the Greenie?

Try, try again! Often times, it takes a few go's for some people's bodies and taste buds to get used to green juice. It is a super important component to our Detox Plan, as it will power you through your afternoon (I find it gives me better energy boost than espresso & without the crash!). If you are still getting used to the taste, you may find that drinking through a straw helps. Or, try adding a little extra lemon and/or apple juice if you are really struggling with the flavor. By the end of the plan, you will most likely be surprised to find yourself craving that afternoon Greenie!

What else should I drink?

Water! You should drink at least eight glasses of water per day even if you're not on our program. Try to drink one eight-ounce glass of water before each meal. Try to limit your coffee to one cup if possible.

What else can I eat?

While we carefully designed our Detox Plan to fit the needs of most clients, you may need to adjust the plan slightly based on your unique body type, metabolism, & activity level. Try to stick to the plan as much as possible, but please listen to your body and add items from our Detox Plan "Safety Net" if needed to keep you safe, healthy, & happy throughout your 3-day detox: Enjoy unlimited amounts of: water, unsweetened herbal or green tea, organic low sodium veggie broth, lettuce or spinach, & Lithe Water (recipe: 2 liters water, 1 tsp grated ginger, 1 medium cucumber, peeled and sliced, 1 medium lemon sliced, 12 mint leaves, cayenne pepper (optional)). Add Lithe-approved snacks if you need a boost of energy during your plan: a few avocado slices, small apple, 10 raw unsalted almonds or cashews, cucumber slices, 1 cup coconut water or almond milk, or pick up some extra Lithe Foods in-studio (any of our juices, smoothies, or vegan snacks). Steer clear of: processed foods & beverages, meat, extra caffeine, added sugar, dairy, gluten, and alcohol.



How do I heat the food?

We suggest removing the meals from their containers and heating them in the oven or stove top (it's healthier!) or in the microwave on a microwave safe plate. Try not to overcook so that the taste, texture and ingredient quality are not compromised. Detox Plan Hot/Cold:

Teas = **Hot**

Juices & Smoothies = **Cold**

Soups = **Hot**

Salads = **Cold**

Portabella Pizza = **Hot or Cold**

Delicata Detox Bowl = **Hot**

Lithe Ravioli = **Cold** (heat spaghetti squash & sauce if desired)

Desserts = **Cold**

What results should I expect?

You're individual results will depend on your commitment to the program, and the individual needs and responses of your body. Although results will vary, most people will lose 1-4 lbs within 3-6 days.

Will I gain the weight back once the plan is complete?

Lithe Foods is a way of life. You can easily apply what you learned with us at home or transition to our in-studio a la carte offerings or take it to the max with another round of the Detox Plan!

POLICES & TIPS

Stay cool:

Please refrigerate your juices, smoothies and meals ASAP! Remember that our fresh-pressed juices and smoothies are FRESH and UN-PASTEURIZED. Please handle with care!

IMPORTANT: Please place your large cooler bag immediately into the fridge with the top of the bag open, or take the contents out altogether, to let the cold air circulate and keep everything fresh. You'll notice that the food and juice you received are labeled with a 1, 2 and 3. This means food for Day 1, 2 and 3 of your program—consume them in this order. It's important to stick to these schedules, as some of the foods we have made for you last longer than others.

Reuse & Recycle:

Please be kind and help us respect our mother by recycling your plastic containers and bottles!

Cancellation Policy:

Our policy is that all cancellations or changes must be received no less than seven (7) calendar days before your start date. Example: If you are beginning your program on a Tuesday, any changes or cancellations must be requested by the previous Tuesday at 5pm to avoid penalty. Otherwise no refunds OR credits will be issued. A 7 Calendar Day notice is required for any cancellation. If you cancel within the guidelines of our 7-Day policy, you will be refunded completely. If you cancel less than seven (7) calendar days before your start date, no refunds or credits will be issued. Requests for refunds before, during or after a plan due to medical issues will be handled on an individual basis. Doctor's proof of condition is required." All refund requests must be sent in writing to lithefoods@lithemethod.com

We're Nuts in the Kitchen! Lithe Foods are produced and packaged in a facility that handles tree nuts, dairy, and wheat!

