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HICJUICE 5:2 JUICE PLAN

The 5:2 Juice Plan is inspired by the popular 5:2 intermittent fast diet to recharge, cleanse and boost fat metabolism through limiting calorie intake for two non-consecutive days a week with the other five days of eating normally. You will consume 3 x 500ml bottles of nutrient-dense cold pressed juices and protein-rich nut milks or shakes on the fasting days, which will be on 2 alternate days of each week.

How does 5:2 diet work?

Intermittent fasting triggers the body's processes that protect and repair, allowing it to heal. It is also a safe and alternative approach to weight loss (more specifically fat loss), without causing muscle loss, in comparison to daily dieting or crash dieting. This is based on the theory that the body is able to burn fat at a higher rate after a period of fasting for 12 hours or more when the insulin level is reduced.

Why juice during the fasting days?

Instead of having to count the calories at every meal during your fasting days, HICJUICE makes it so much simpler for you with our nutritionally designed 5:2 Juice Plan. Our nutritionists have helped with the calorie counting whilst at the same time, making sure that you get sufficient nutrients, vitamins and minerals from the juices to support the fasting days. The selected juices and nut milks have a low glycaemic index and soluble fibre to ensure that blood glucose level is balanced without starvation. The juices also have the added benefit of boosting metabolism so that there will not be too much overcompensating on the diet for the other 5 days.

Does the juice plan help in cleansing?

With a liquid diet, your digestive system is given a quick rest to reset and heal for better nutrient absorption. The juices also help to stimulate your body's repair mechanism, slowing down ageing process.

How is this different from a full juice cleanse?

The 5:2 Juice Plan is part of a sustainable lifestyle of intermittent fasting that takes a longer term approach to healthy dieting whilst a Juice Cleanse is effectively a detox program designed to cleanse your digestive system through flushing it with an influx of nutrient rich juices done typically over consecutive periods of 3 or 5 days. It is not similar, but can be done concurrently to reap better benefits.

What benefits can I see from the 5:2 Juice Plan?

It is a sustainable lifestyle that goes beyond losing weight. Most have reported to feeling lighter, more alert and energized. Through the plan, you will also be more mindful of your diet on non-fasting days. It also helps to train your body to utilise fat as a source of energy. This juice plan is not presented as a short term solution, but rather a longer term approach of healthy dieting.

the lighter side





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When should I stop or start eating before and after the fast?

Do not eat within 12 hours before your next juice or after your last juice.

Does it matter what order I drink the juices in 5:2 juice plan?

There are no hard and fast rules to this but we generally recommend something a little sweet or filling in the morning and evening and for the citrus juice to be in the afternoon.

How would I feel during fasting days?

You may experience slight headaches or feel tired and cold because of the reduced calorie intake but your body will quickly adapt to the changes after a week or two. If you feel hungry, drink plenty of water and sip herbal tea between the juices. Keeping busy is really helpful, as is reminding yourself of the potential health benefits and your goals in weight management that you can achieve from this to spur yourself on.

Can I drink caffeinated and/or alcoholic beverages during fasting days?

You will find yourself getting better results if you stick to water, herbal teas or warm lemon water. Coffee and alcohol might add on to your overall calorie intake.

Should I exercise during fasting days?

Yes! Studies have suggested that light exercise while fasting is beneficial as it encourages your body to utilize fat as source of energy, therefore contributing to reductions in both body weight and body fat. However, do listen to your body and avoid over-exercising if you feel weak or light-headed.

What do I eat on non-fasting days?

Effectively you can eat normally, but of course we will recommend nutrient-dense foods, including fruit, vegetables, whole grains and lean protein such as chicken and fish, as well as a reduced intake of processed food, sugars, and unhealthy snacks.

Is the 5:2 juice plan suitable for everyone?

This plan may not be suitable for young children, pregnant or nursing mothers, elderly and immune-compromised individuals. If you are on medication or have any health conditions, please consult your doctor before embarking on a 5:2 juice plan.

The **HICJUICE 5:2 JUICE PLAN** consists of 2 daily sets of 3 x 500ml bottles of juices per week, and is sold in 2, 4 and 6 weeks plans. Fast days are on alternate days and can start on Mondays, Tuesdays, Wednesdays, Thursdays and Saturdays. The juices can be collected or delivered in packs for 6 for the week. We make your fasting days simple, convenient and sustainable over the long run!

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