

Your Reboot Juicing Plus 15-Day Plan

Prep your body for a longer Reboot by starting with 5 days of eating and juicing fruits and vegetables followed by 10 days of juice only. Weight loss, clear skin, more energy are a few benefits you'll experience!

What's a Reboot?

It's a period of time where you commit to drinking and eating fruits and vegetables in order to regain or sustain your vitality, lose weight and kick-start healthy habits that recharge your body and get your diet back in alignment for optimal wellness. The Juicing Plus 15 Day Plan involves eating and juicing only fruits and vegetables for 15 days. You will find juicing only plans and longer Reboot plans at www.RebootwithJoe.com/plans

Why Reboot?

A Reboot is the perfect way to power up your system with fresh, clean, plant-based energy. When you juice, your system is flooded with an abundance of vitamins, minerals and phytonutrients—plant compounds that help your body stay strong, look beautiful and fight disease.

A 15-Day Reboot Will Help You

- Reset your system to crave healthy foods
- Jumpstart weight loss
- Boost your immune system
- Promote beautiful, clear skin
- Promote detoxification
- Ease digestion

Who Can Reboot?

Rebooting is for almost everyone with a few exceptions. Please don't attempt a Reboot if you are pregnant or nursing, under 18 or have a severe medical condition. Check with your doctor, if you are unsure. If you are currently on medication, ask your doctor before starting this or any diet program.

Calorie Counting

Our 15-Day Reboot is designed to provide approximately 1,200 calories or more a day but actual calories and yields will vary depending on your juicer. We don't focus on counting calories. In fact, drinking more vegetable juice and water, not less like your average "diet plan," will work best for weight loss. If you do a Reboot, you will probably lose weight. If you don't want to lose weight, you can still Reboot for the amazing health benefits. Just aim to drink more juice to support your metabolism.

Set Your Reboot Expectations

Think of juicing like any new skill; it takes practice. In the beginning, you may experience some setbacks. Don't worry—that's all part of the process. As you start this 15-Day Reboot, you are eliminating many of your comfort foods so you may experience some emotional release along with some physical symptoms. Be prepared for a few aches and pains, sniffles or cranky feelings. To set yourself up for success, follow the Getting Ready steps below. Similarly, take a few days afterward to include lots of fruits and veggies in your daily diet.

Getting Ready

The cleaner your diet is going into the Reboot, the faster you will get to the feel-great phase! The week before you start your Reboot:

- Reduce processed or "junk" foods, white flours, sugar, desserts, fried food
- Eliminate fast food, processed meats like bacon or deli meats, and alcohol
- Transition off meat
- Transition off dairy
- Reduce caffeine
- Stay hydrated (at least 64-72 ounces (2-2.5 Litres) a day, or more if you are overweight or active)
- Get extra sleep
- Eat more salads, beans, legumes, nuts, seeds and vegetables
- Drink at least one fresh juice daily
- Purchase a Juicer: (if you don't already have one). Not sure which one to get? Check out our juicer buying guide here ►.

One Day Before Reboot:

Medication: Stop all non-prescription vitamins and supplements during the Reboot, unless you have been advised to take them by a physician. Don't take any self-prescribed, over-the-counter medications.

Juicer: Set up your juicer the night before—get all parts cleaned and ready on your kitchen counter.

Daily Menu

We always say "eat a rainbow every day." Well here's your chance to drink a rainbow! Follow the meal plans, shopping lists and recipes on the following pages or choose from more Reboot-friendly recipes on RebootwithJoe.com.

Here is what a typical day on your Reboot might look like:

Reboot Daily Guide

Wake up:	Drink 2 glasses of hot water (we suggest adding lemon and/or ginger)
Breakfast :	Orange or Red
Mid-Morning:	Drink 16 oz. unflavored coconut water
Lunch:	Green
Afternoon snack:	Green or Red
Dinner:	Green
Dessert:	Purple or Orange
Bedtime:	Drink herbal tea (with pure stevia for sweetness if desired)
Throughout the day:	Drink lots of water



Exercise:

Physical activity is important during your Reboot but we recommend you decrease your intensity and sometimes duration of exercise. During the Reboot you want to conserve energy to help your body rest and keep your immune system strong. You may also be ingesting fewer calories and macronutrients like protein and carbohydrates than usual so you'll want to downshift your workout accordingly. It is crucial to maintain your hydration during the Reboot, so be sure to drink plenty of fluids with exercise and include electrolyte-rich fluids like coconut water. Walking, gentle yoga, tai chi, Pilates, and cycling are all examples of good activities to do during your Reboot. Check out www.rebootwithjoe.com/fitness for workout plans at a mild to moderate intensity level.

Possible side effects or symptoms

Beyond the benefits of breaking an unhealthy eating cycle, there are other potentially serious side effects of a Reboot that you need to be aware of. If any of these symptoms occur please consult your physician to be sure you can manage them wisely. Most side effects are temporary and will resolve once you resume a healthy diet following your Reboot. These include but are not limited to: fatigue, headache, dizziness, low blood sugar, constipation or diarrhea, increased body odor or bad breath. With some adjustments to your Reboot plan, like increasing your fluid intake by drinking more water, coconut water or another juice, these side effects can often be resolved.

If any symptoms arise that seem bothersome or you are in any way concerned, contact your medical professional immediately. If you experience any of the following symptoms, please stop your Reboot and contact your physician: fainting, extreme dizziness, low blood pressure, significant weight loss, vomiting, severe diarrhea. Take care to evaluate how you are responding to the Reboot before driving or operating any heavy machinery.

Get inspired!

Read Reboot Success Stories Here ►

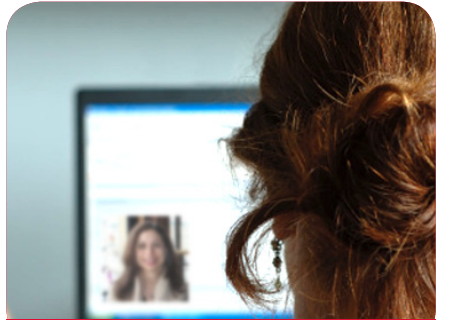
After Your Reboot

The Reboot doesn't stop here. Going forward, you can keep juicing by including a juice a day to enjoy more fruits and vegetables. If you have moderate or significant weight loss goals, consider a longer Reboot. The first 3 days of a Reboot are typically the hardest, and now that you've completed 3 days, you can make it 7, 10, 15, 30 or even 60 like Joe. If you have specific health issues, check out our website to find fruits, veggies and juice recipes that can help. You can find more plans at: RebootwithJoe.com/plans.



Reboot with Joe Recipe Book

Over 70 of Joe's favorite juices, smoothies, salads, veggie dishes and more. Buy it now ►



Need Support for Your Reboot?

Join a Guided Reboot
We offer 5, 10 & 15 day programs.

Register here ►

DAYS 1- 5: Meal Plan At a Glance

	Day 1	Day 2	Day 3	Day 4	Day 5
When You Wake Up	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)
Breakfast	Berry Apple Cinnamon Bake	Berry Apple Cinnamon Bake	Shamrock Smoothie	Island Green Smoothie	Shamrock Smoothie
Morning Snack	Carrot Apple Ginger Juice	Celery Pear Cucumber Green Juice	Green Lemonade Juice	Carrot Apple Lemon Juice	Joe’s Mean Green Juice
Lunch	Reboot Green Salad	Kale Avocado Salad w/ Vinaigrette	Squash & Apple Soup	Green Detox Soup	Squash & Apple Soup
	Carrot & Sweet Potato “Fries”	Raw Carrot Ginger Soup	Sautéed Greens w/ Garlic	Reboot Green Salad	
Afternoon Snack	Carrot Apple Ginger Juice	Celery Pear Cucumber Green Juice	Green Lemonade Juice	Carrot Apple Lemon Juice	Joe’s Mean Green Juice
Dinner	Kale Avocado Salad w/ Vinaigrette	Green Detox Soup	Raw Carrot Ginger Soup	Squash & Apple Soup	Green Detox Soup
	Carrot & Sweet Potato “Fries”	Roasted Acorn Squash Stuffed w/ Mushroom & Sage	Roasted Acorn Squash Stuffed w/ Mushroom & Sage		
	Sautéed Greens w/ Garlic				
Before Bed	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea

Days 1 - 5: Shopping List

Fruit

- ☐ 1 basket berries
- ☐ 12 red apples
- ☐ 2 green apples
- ☐ 2 bananas
- ☐ 7 lemons

Veggies

- ☐ 34 carrots
- ☐ 2 bunches celery
- ☐ 6 cucumbers
- ☐ 6 bunches kale (Australian Tuscan Cabbage)
- ☐ 1 bunch hearty leafy greens (collards, kale/Australian Tuscan Cabbage, chard)
- ☐ 2 bunches spinach
- ☐ 1 head romaine lettuce
- ☐ additional greens of your choice to make 2 salads
- ☐ 1 red cabbage
- ☐ 1 tomato
- ☐ 3 avocados
- ☐ 2 medium sweet potatoes
- ☐ 1 leek
- ☐ 1 small head broccoli
- ☐ 1-2 zucchini
- ☐ 2 medium acorn squash^ (Australia: Baby Pumpkin)
- ☐ 1 large portabella mushroom
- ☐ 2 small onions
- ☐ Plus enough of your favorite veggies to add to 2 salads, such as cucumber, celery, carrot, tomato, radish, onion, avocado (or for variety: try radish, fennel, grated beet, sprouts).

Fresh Herbs

- ☐ 1 small bunch sage
- ☐ 1 bunch parsley
- ☐ 1 bunch cilantro (optional)
- ☐ 2 bulbs garlic
- ☐ 1 big hunk of gingerroot

Other

- ☐ 8-16 oz. coconut water
- ☐ 3 quarts/3 liters vegetable stock+
- ☐ raisins (only need 3 Tbsp./45 ml)
- ☐ cinnamon
- ☐ nutmeg
- ☐ cumin
- ☐ cayenne pepper
- ☐ red pepper flakes (optional)
- ☐ dried basil
- ☐ olive oil
- ☐ coconut oil
- ☐ balsamic vinegar
- ☐ honey
- ☐ sea salt
- ☐ black pepper
- ☐ parchment paper
- ☐ herbal teas, such as berry, peppermint, chamomile, and mildly caffeinated geinmacha green tea

DAYS 1- 5: Reboot Recipes

BEFORE BREAKFAST:

Hot Water w/Lemon or Ginger

Ingredients:

8-12 oz./250-375 ml. water
lemon wedge
1/2 in/1.25 cm ginger, peeled and sliced thinly

Directions:

- 1.) Boil water.
- 2.) Place ginger slices in mug, and pour in boiling water. Squeeze lemon juice into water.
- 3.) Let ginger steep for 3-5 minutes and remove, or keep in for stronger flavor.

BREAKFAST:

Berry Apple Cinnamon Bake

This recipe makes 2 servings.

Ingredients:

1 c./225 g. berries (use fresh or frozen raspberries, blueberries, cranberries, strawberries, or cherries; cut and discard pit if using cherries, and remove leaves and slice in half if using strawberries)
2 apples, cored and chopped
3 Tbsp./45 g. raisins (choose golden variety for a twist)
1 tsp./5 g. cinnamon (or more to taste)
1/2 tsp./2.5 g. nutmeg
Coconut oil

Directions:

- 1.) Lightly coat dish with coconut oil.
- 2.) Place into oven safe baking dish and cover.
- 3.) Bake at 375°F/190°C 45 minutes or until apples are soft. Cool and enjoy!

Island Green Smoothie

This recipe makes 1 serving.

Ingredients:

1 mango, peeled, chopped, and pit removed (or about 1 c. frozen mango and skip the ice)
1 banana, peeled
1/2 avocado, peeled and pit removed (you can save the other 1/2 for your salad this afternoon)
1 handful spinach
1/2 c. (4 oz; 125 ml) Coconut water
Ice cubes, optional

Directions:

- 1.) Wash spinach.
- 2.) Place everything in blender and blend until smooth. Enjoy!

JUICES:

Shamrock Smoothie

This recipe makes 1 serving. Save the other half of the banana, cucumber, and avocado for a second Shamrock Smoothie.

Ingredients:

- 1/2 banana
- 1/2 cucumber
- 6 romaine leaves
- 1/2 avocado
- juice of one lemon
- 2-4 oz./60-125 ml coconut water
- ice cubes, optional

Directions:

- 1.) Wash wash cucumber and romaine well.
- 2.) Peel and cut banana and avocado.
- 3) Blend all ingredienrs together.

Carrot Apple Ginger Juice

This recipe makes 2 servings.

Ingredients:

- 6 carrots
- 4 apples
- Piece of gingerroot, 2 in./5 cm.

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Carrot Apple Lemon Juice

This recipe makes 2 servings.

Ingredients:

- 4 apples
- 4 carrots
- 2 lemons, peeled

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Celery Pear Cucumber Green Juice

This recipe makes 2 servings.

Ingredients:

- 2 medium cucumbers
- 6 celery stalks
- 2 small to medium pears
- 6 handfuls kale

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Green Lemonade Juice

This recipe makes 2 servings.

Ingredients:

6-8 kale leaves (Australian Tuscan Cabbage)
3 handfuls spinach
1 green apple
1 cucumber
2 celery stalks
1 lemon

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Joe's Mean Green Juice

This recipe makes 2 servings.

Ingredients:

6 kale leaves (Australian Tuscan Kale)
2 cucumbers
2 celery stalks
1 green apple
1/2 lemon
Small piece of gingerroot, 1in./2.5cm.

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

SALADS:

Kale Avocado Salad w/ Vinaigrette

This recipe makes 2 servings. Keep the chopped ingredients stored separately in your fridge, and toss with dressing just before eating.

Ingredients:

4 handfuls kale (Australian Tuscan cabbage)
1 handful red cabbage, chopped
1 tomato, chopped
1/2 avocado, diced
1/2 c./120 ml. olive oil
1 Tbsp./15 ml. balsamic vinegar
1 Tbsp./15 ml. honey
1/2 tsp./2.5 g. dried basil (or 1/4 c. fresh)
4 cloves garlic, chopped
Sea salt and ground black pepper to taste

Directions:

- 1.) Cut kale (Australian Tuscan cabbage) off of stems and chop. (Save stems for juicing!)
- 2.) Chop red cabbage, tomato and avocado.
- 3.) Mix 1/2 of each of the ingredients in a bowl. Save the remaining 1/2 for tomorrow.
- 4.) In a separate bowl, mix dressing: blend the olive oil, balsamic vinegar, honey, garlic, sea salt and pepper.
- 5.) Add 1 Tbsp./15 ml. dressing and toss. Save remaining dressing for other salads or as a marinade for grilled or roasted veggies!

Salads cont. next page.

Reboot Green Salad

This recipe makes 1 serving.

Ingredients:

Leafy greens - enough to make a large Salad (about 3 c.s/675 ml.)

Veggies of your choice (Choose at least 4 of the following: 1/4 cucumber sliced, 1 celery stalk chopped, 1/2 carrot sliced, 1/2 tomato chopped, 1/2 c. chopped red cabbage, 1 radish sliced, 1/4 onion sliced, 1/4 avocado, etc.)

1 Tbsp./15 ml. olive oil

1 Tbsp./15 ml. vinegar

Salt and pepper to taste

Directions:

- 1.) Mix and match your salad ingredients.
- 2.) Dress with olive oil and vinegar and toss.
- 3.) Salt and pepper to taste.

SOUPS:

Green Detox Soup

This recipe makes 4 servings.

Ingredients:

2 Tbsp./30 ml. olive oil

1 leek

2 cloves garlic

1 small head of broccoli

6 kale leaves

1-2 zucchini

2 celery stalks

1 quart/1 liter of vegetable stock

handful of parsley

sea salt and pepper

Directions:

- 1.) Wash and chop all veggies.
- 2.) Lightly heat the oil on low heat. Add leeks and garlic and slowly cook.
- 3.) Add the vegetable stock and vegetables (zucchini, kale, broccoli, celery), and slowly bring to a boil and cook until the zucchini is soft.
- 4.) The less you cook the vegetables, the better. Add salt and pepper to taste.
- 5.) Use a stick/immersion blender, or transfer to a blender, and process the soup. Blend to desired consistency, from smooth to chunky. Add the parsley and serve.

You can make your own veggie broth using leftover pulp from your juicer. Visit the soup recipe section of our website to find broth instructions: <http://www.rebootwithjoe.com/warm-up-with-juice-pulp-veggie-broth-recipe-of-the-week/>

Soups cont. next page.

Raw Carrot Ginger Soup

This recipe makes 2 servings.

Ingredients:

- 3 c./750 ml carrot juice (this may require about 20 carrots)
- 1 ripe avocado
- 2 Tbsp./30 ml. honey
- 1 Tbsp./30 g. minced fresh ginger
- 1/8 tsp. ground cayenne pepper or more to taste
- 1/4 tsp./1.25 g. sea salt or more to taste
- 1/2 c./118 ml. raw fresh coconut meat (optional)
- 2 Tbsp./30 ml. cold pressed avocado or olive oil (for garnish)
- 2 Tbsp./30 g. chopped fresh cilantro (optional, for garnish)

Directions:

- 1.) Puree the carrot juice, avocado, optional coconut meat, honey, ginger, cayenne pepper, and salt in your blender until completely smooth.
- 2.) Taste and adjust the seasonings if necessary. Garnish the soup with a drizzle of oil and the chopped cilantro.

Squash & Apple Soup

This recipe makes 4 servings. You will use 3 servings total on this menu plan, so freeze one portion for after your Reboot, or save as an extra snack if needed.

Ingredients:

- 1 acorn or butternut squash (Australia: baby pumpkin)
- 2 apples – peeled and sliced
- 1 small onion, diced
- 2 carrots washed, peeled and diced
- 1 Tbsp./15 ml. olive oil
- Ground black pepper to taste
- 2 quarts/ 2 L. organic vegetable broth (or make your own)

Directions:

- 1.) Roast squash (cut in half, remove seeds) place flesh side down in baking dish with 1-2 c.s water.
- 2.) Cook at 450°F/230°C degrees for 40-50 minutes until flesh is bright orange and soft.
- 3.) Sauté onion and carrot in olive oil for 5 minutes, until onion is clear.
- 4.) Add broth and apple; simmer 10 minutes until apple is soft.
- 5.) Add squash (remove from skin).
- 6.) Puree in blender or use hand blender.
- 7.) Add pepper to taste.

VEGETABLE DISHES:

Carrot & Sweet Potato “Fries”

This recipe makes 2 servings.

Ingredients:

2 medium sweet potatoes
2 large carrots
2 Tbsp./30 ml. olive oil
1 tsp./5 g. ground cumin
1/4 tsp./1.25 g. ground black pepper
1/2 tsp./2.5 g. sea salt.

Directions:

- 1.) Preheat oven to 425°F/220°C.
- 2.) Peel the sweet potatoes and carrots. Cut the potatoes in half lengthwise, and slice each half into 4 equal wedges. For the carrots, cut in half crosswise into two chunks. Slice each chunk lengthwise into 2 pieces, and cut each piece into 2 or 3 wedges, making them roughly the same size as the potatoes.
- 3.) Put the potato and carrot wedges into a bowl and toss with the oil, cumin, pepper and salt.
- 4.) Arrange on baking sheet lined with parchment paper.
- 5.) Bake for 30 minutes or until the flesh is tender and the outside is lightly browned and the edges slightly crisp.

Vegetable Dishes continued:

Roasted Acorn Squash Stuffed w/ Mushroom & Sage

This recipe makes 2 servings.

Ingredients:

1 medium acorn squash (Australia: baby pumpkin)
3/4 tsp./4 ml. plus 1/4 tsp./1 ml. sea salt
1/2 tsp./2 ml. fresh ground black pepper
6 Tbsp./90 ml. olive oil, plus extra for brushing
2 garlic cloves, minced
1 large portabella mushroom, chopped
1 small onion, chopped
2 tsp./5 g. fresh sage, finely chopped
Pinch red pepper flakes, optional

Directions:

- 1.) Preheat oven to 450°F/250°C.
- 2.) Trim off each end of the squash.
- 3.) Stand the squash upright and halve lengthwise.
- 4.) Scoop out the pulp and the seeds and discard.
- 5.) Brush each squash half with olive oil, and then sprinkle with 3/4 tsp. salt and the black pepper.
- 6.) Arrange cut sides down on a baking sheet lined with parchment paper.
- 7.) Roast the squash until the flesh is tender and the edges are golden brown, approximately 25-35 minutes.
- 8.) Remove from the oven, flip the squash halves over and set aside.
- 9.) While the squash roasts, heat the olive oil in a medium saucepan over medium high heat.
- 10.) Add the onions and garlic and sauté 2 minutes, or until the onions begin to turn translucent.
- 11.) Add the mushrooms, sage, 1/4 tsp./1.25 g. salt and the red pepper flakes if using, and sauté until the mushrooms begin to soften, about 5 minutes.
- 12.) Fill the roasted squash halves with the mushroom mixture and bake again for another 10 minutes.

Sautéed Greens w/ Garlic

This recipe makes 2 servings.

Ingredients:

- 1 large bunch hearty leafy greens (collards, kale/Australian Tuscan Cabbage, chard)
- 2 cloves garlic, chopped
- 1 Tbsp./15 ml. olive oil
- Salt and pepper to taste.

Directions:

- 1.) Wash greens well and chop off stems. It's okay if the greens are wet – the water will cook off.
- 2.) Place 1/2 of the greens in a stack and roll up. Slice crosswise into ribbons. Repeat with second 1/2 of greens.
- 3.) Heat olive oil in a frying pan over medium heat and add garlic. Sautee for about a minute, and then add greens, adding them in batches if you need to.
- 4.) Once the greens have all been added, you can turn the heat higher to cook them faster.
- 5.) Keep stirring until greens are bright green and tender, about 5 minutes.
- 6.) Season with salt and pepper.



Your Reboot Juicing Plus
15-Day Plan

Days 6 -10

DAYS 6 - 10: Meal Plan At a Glance

	Day 6	Day 7	Day 8	Day 9	Day 10
When You Wake Up	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)
Breakfast	Carrot Apple Ginger	Green Citrus	Sunrise Juice	Carrot Apple Lemon	Morning Green Glory
Morning Snack	16 oz. Coconut Water	16 oz. Coconut Water	16 oz. Coconut Water	16 oz. Coconut Water	16 oz. Coconut Water
Lunch	Joe’s Mean Green	Sporty Spice	Green Lemonade	Green Lemonade	Un-Beet-able
Afternoon Snack	Carrot Apple Ginger	Green Citrus	Sunrise Juice	Carrot Apple Lemon	Morning Green Glory
Dinner	Joe’s Mean Green	Sporty Spice	Green Lemonade	Garden Variety	Un-Beet-able
Dessert	Peach/Pear Pie Delight	Purple Passion	Peach/Pear Pie Delight	Purple Passion	Peach/Pear Pie Delight
Before Bed	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea

Days 6 - 10: Shopping List

Fruit

- ☐ 17 red apples
- ☐ 6 green apples
- ☐ 8 oranges
- ☐ 6 ripe peaches or pears
- ☐ 5 baskets blueberries
- ☐ 8 lemons
- ☐ 1 big bunch purple/black/red grapes

Veggies

- ☐ 26 carrots
- ☐ 2 bunches celery
- ☐ 10 cucumbers
- ☐ 7 bunches kale (Australian Tuscan Cabbage)
- ☐ 3 bunches leafy greens (collards, kale/Australian Tuscan Cabbage, chard)
- ☐ 2 bunches spinach
- ☐ 1 large head romaine lettuce
- ☐ 8 beets/beetroots
- ☐ 3 sweet potatoes

Fresh Herbs

- ☐ 1 bunch parsley
- ☐ 1 bunch mint
- ☐ 1 bunch basil
- ☐ 1 big hunk of gingerroot

Other

- ☐ 6, 16 oz. packages or bottles of coconut water, or purchase coconut water in larger containers, at least 96 oz./3 quarts, or just about 3 liters
- ☐ herbal teas

DAYS 6 - 10: Reboot Recipes

BEFORE BREAKFAST:

Hot Water w/Lemon or Ginger

Ingredients:

8-12 oz./250-375 ml. water
lemon wedge
1/2 in/1.25 cm ginger, peeled and sliced thinly

Directions:

- 1.) Boil water.
- 2.) Place ginger slices in mug, and pour in boiling water. Squeeze lemon juice into water.
- 3.) Let ginger steep for 3-5 minutes and remove, or keep in for stronger flavor.

JUICES

Carrot Apple Ginger Juice

This recipe makes 2 servings.

Ingredients:

6 carrots
4 apples
piece of gingerroot, 2 in./5 cm.

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Carrot Apple Lemon Juice

This recipe makes 2 servings.

Ingredients:

4 apples
4 carrots
2 lemons, peeled

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Garden Variety

This recipe makes 2 servings.

Ingredients:

2 green apples
2 oranges, peeled
6 big handfuls of leafy greens (kale, chard, spinach, romaine, etc.)

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Green Citrus Juice

This recipe makes 2 servings.

Ingredients:

2 green apples
2 oranges, peeled
6 big handfuls of leafy greens (kale, chard, spinach, romaine, etc.)

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Green Lemonade Juice

This recipe makes 2 servings.

Ingredients:

6-8 kale leaves (Australian Tuscan Cabbage)
3 handfuls spinach
1 green apple
1 cucumber
2 celery stalks
1 lemon

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Joe's Mean Green Juice

This recipe makes 2 servings.

Ingredients:

6 kale leaves (Australian Tuscan Kale)
2 cucumbers
2 celery stalks
1 green apple
1/2 lemon
small piece of gingerroot, 1 in./2.5cm.

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Morning Green Glory Juice

This recipe makes 2 servings.

Ingredients:

8-10 large kale leaves (Australian Tuscan Cabbage)
2 large handfuls spinach
6 romaine leaves
2 cucumbers
6 celery stalks
2 green apples
2 lemons, peeled

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Juices cont. next page.

Peach/Pear Pie Delight

This recipe makes 1 serving.

Ingredients:

1 sweet potato
2 ripe peaches, pitted (or pears)
1 red apple
1 handful blueberries
dash cinnamon

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Sunrise Juice

This recipe makes 2 servings.

Ingredients:

8 carrots
4 oranges
2 beets

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Un-Beet-able

This recipe makes 2 servings.

Ingredients:

2 apples
2 beets
6 carrots
2"/5 cm. piece ginger
3 handfuls leafy greens (kale, spinach, Swiss chard etc.)

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Sporty Spice

This recipe makes 2 servings.

Ingredients:

4 beets
2 carrots
6 stalks celery
1 lemon (peeled)
2 oranges (peeled)
2 handfuls basil leaves

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Your Reboot Juicing Plus **15-Day Plan**

Days 11 -15

DAYS 11- 15: Meal Plan At a Glance

	Day 6	Day 7	Day 8	Day 9	Day 10
When You Wake Up	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)
Breakfast	Green Citrus	Carrot Apple Lemon	Sunrise Juice	Carrot Apple Ginger	Morning Green Glory
Morning Snack	16 oz. Coconut Water	16 oz. Coconut Water	16 oz. Coconut Water	16 oz. Coconut Water	16 oz. Coconut Water
Lunch	Red, White, Blue, (& Green!)	Joe’s Mean Green	Green Lemonade	Garden Variety	Un-Beet-able
Afternoon Snack	Green Citrus	Carrot Apple Lemon	Sunrise Juice	Carrot Apple Ginger	Morning Green Glory
Dinner	Sporty Spice	Joe’s Mean Green	Green Lemonade	Garden Variety	Un-Beet-able
Dessert	Red, White, Blue, (& Green!)	Watermelon Crush	Peach/Pear Pie Delight	Watermelon Crush	Purple Passion
Before Bed	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea

Days 11 -15: Shopping List

Fruit

- ☐ 15 red apples
- ☐ 7 green apples
- ☐ 8 oranges
- ☐ 2 ripe peaches or pears
- ☐ 4 baskets blueberries
- ☐ 9 lemons
- ☐ 2 limes
- ☐ 1 small bunch purple/black/red grapes
- ☐ 2 watermelons

Veggies

- ☐ 24 carrots
- ☐ 2 bunches celery
- ☐ 9 cucumbers
- ☐ 5 bunches kale (Australian Tuscan Cabbage)
- ☐ 2 bunches spinach
- ☐ 1 head romaine lettuce
- ☐ 8 beets/beetroots
- ☐ 1 sweet potatoe

Fresh Herbs

- ☐ 1 bunch parsley
- ☐ 1 bunch mint
- ☐ 1 bunch basil
- ☐ 1 big hunk of gingerroot

Other

- ☐ 6, 16 oz. packages or bottles of coconut water, or purchase coconut water in larger containers, at least 96 oz./3 quarts, or just about 3 liters
- ☐ herbal teas

DAYS 11- 15: Reboot Recipes

BEFORE BREAKFAST:

Hot Water w/Lemon or Ginger

Ingredients:

8-12 oz./250-375 ml. water
lemon wedge
1/2 in/1.25 cm ginger, peeled and sliced thinly

Directions:

- 1.) Boil water.
- 2.) Place ginger slices in mug, and pour in boiling water. Squeeze lemon juice into water.
- 3.) Let ginger steep for 3-5 minutes and remove, or keep in for stronger flavor.

JUICES

Carrot Apple Ginger Juice

This recipe makes 2 servings.

Ingredients:

6 carrots
4 apples
piece of gingerroot, 2 in./5 cm.

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Carrot Apple Lemon Juice

This recipe makes 2 servings.

Ingredients:

4 apples
4 carrots
2 lemons, peeled

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Garden Variety

This recipe makes 2 servings.

Ingredients:

4 apples
4 cucumbers
12-16 kale leaves (Australian Tuscan Cabbage)
2 handfuls of parsley

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Juices cont. next page.

Green Citrus Juice

This recipe makes 2 servings.

Ingredients:

- 2 green apples
- 2 oranges, peeled
- 6 big handfuls of leafy greens (kale, chard, spinach, romaine, etc.)

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Green Lemonade Juice

This recipe makes 2 servings.

Ingredients:

- 6-8 kale leaves (Australian Tuscan Cabbage)
- 3 handfuls spinach
- 1 green apple
- 1 cucumber
- 2 celery stalks
- 1 lemon

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Joe’s Mean Green Juice

This recipe makes 2 servings.

Ingredients:

- 6 kale leaves (Australian Tuscan Kale)
- 2 cucumbers
- 2 celery stalks
- 1 green apple
- ½ lemon
- small piece of gingerroot, 1 in./2.5cm.

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Morning Green Glory Juice

This recipe makes 2 servings.

Ingredients:

- 8-10 large kale leaves (Australian Tuscan Cabbage)
- 2 large handfuls spinach
- 6 romaine leaves
- 2 cucumbers
- 6 celery stalks
- 2 green apples
- 2 lemons, peeled

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Peach/Pear Pie Delight

This recipe makes 1 serving.

Ingredients:

- 1 sweet potato
- 2 ripe peaches, pitted (or pears)
- 1 red apple
- 1 cup/225 ml. blueberries
- dash cinnamon

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Sporty Spice

This recipe makes 2 servings.

Ingredients:

- 4 beets
- 2 carrots
- 6 stalks celery
- 1 lemon (peeled)
- 2 oranges (peeled)
- 2 handfuls basil leaves

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Purple Passion

This recipe makes 1 serving.

Ingredients:

- 30 purple, black or red grapes
- 1 pint/450 ml. blueberries
- 1 handful mint

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Sunrise Juice

This recipe makes 2 servings.

Ingredients:

- 8 carrots
- 4 oranges
- 2 beets

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Juices cont. next page.

Red, White, Blue, (& Green!) Juice

This recipe makes 2 servings.

Ingredients:

- 3 cups/675 ml watermelon
- 4 handfuls blueberries
- 12-16 kale leaves (Australian Tuscan Cabbage)

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Un-Beet-able

This recipe makes 2 servings.

Ingredients:

- 2 apples
- 2 beets
- 6 carrots
- 2”/5 cm. piece ginger
- 3 handfuls leafy greens (kale, spinach, Swiss chard etc.)

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

Watermelon Crush

This recipe makes 1 serving.

Ingredients:

- 1/2 watermelon
(1.5 – 2 cups / 400-500 ml)
- 1 lime
- 1 handful basil leaves

Directions:

Rinse all ingredients and cut to size for your juicer. Add ingredients to juicer. Enjoy!

