



Quick Start Reboot - Day 1

Topic: Feel Good with Fluids!

Hello Rebooters,

Today the first day of your Reboot – Congratulations! As you begin your Reboot, it's important to increase your fluid intake. Fluids will help your body incorporate vital nutrients and remove waste products or potential toxins. Fluids will also manage natural shifts in energy levels while on the Reboot.

Stay Hydrated = 64 to 72 Ounces A Day!

Plan to drink about 16 to 32 ounces of fresh juice daily (1 to 2 juices a day) in addition to eating fruits and vegetables.

You will need to add extra fluid to meet your hydration needs. Anything without caffeine or alcohol counts as hydrating fluid so in addition to the fresh juice you can consider adding herbal teas, ginger root with lemon tea, filtered water, and/or coconut water.

For most, it is advised to add an additional 32 to 40 ounces of fluid beyond the fresh juice you are drinking. In total you want to drink approximately 64 to 72 ounces of fluid per day. Remember that water is your friend.

Eat Well, Be Well,

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Daily Juicing Tips

- First thing in the morning have 8-16oz. of hot water or herbal tea, add lemon.
- Before bed have hot herbal tea, add lemon if desired.
- Cinnamon Cherry Apple Bake, today's breakfast, can be served warm or cool. And double this recipe for an extra serving.
- Try using heirloom tomatoes in your recipes during the summer when they're in season.
- Here are some great Reboot Dressings to use during your Reboot

Mustard Vinaigrette Dressing	Ginger Honey Soy Dressing
1/3 Apple Cider Vinegar 1 ½ tbsp Grain Mustard 2/3 cup Cold Pressed Olive Oil Sea Salt & fresh ground Pepper to taste	2 tbsp minced Fresh Ginger 2 tbsp minced Fresh Garlic 2 tbsp Raw Honey 4 tbsp Nama Shoyu or Tamari 4 tbsp Olive Oil
Puree the vinegar and mustard in a blender. With the blender running, slowly pour in the olive oil. Season to taste with the salt and pepper. Keeps up to 1 week in the refrigerator. For Honey Mustard Vinaigrette: Add ¾ tbsp Raw Honey.	Puree the first four ingredients in a blender. With the blender running, slowly add the oil until the dressing is emulsified. Keeps up to 1 week in the refrigerator.

Meal Plan: Day 1

Breakfast	Mid Morning Juice
Cherry Cinnamon Apple Bake 1 cup Cherries (cut and discard pit) 2 Apples (cored and chopped) 3 tbsp Raisins (choose golden variety for a twist) 1 tbsp Cinnamon (or more to taste) ½ tsp Nutmeg Spray baking dish with expeller pressed canola oil. Place ingredients into oven safe baking dish and cover. Bake at 375 degrees for 45 minutes or until apples are soft.	Green Juice 6 leaves Kale 2 cups Spinach ½ Cucumber 4 Celery stalks 2 Apples 1" Ginger root Juice, Pour over ice, Enjoy!
Lunch	Afternoon Snack
Arugula Spinach Salad 2 cups Arugula 1 cup Spinach 1/3 Avocado ½ cup thinly sliced Red Onion ½ cup chopped Tomato ½ cup Jicama Top with your favorite Reboot Dressing.	Raw Carrot Ginger Soup (Save half for Dinner) 3 cups Carrot Juice 1 Avocado 2 tbsp Agave Nectar 1 tbsp Ginger (minced) ¼ tsp ground Cayenne Pepper ¼ tsp Sea Salt ½ cup Coconut Meat (optional) 2 tbsp Avocado or Olive Oil (for garnish) 2 tbsp Fresh Cilantro (chopped, for garnish) Puree the first seven ingredients in a blender until completely smooth. Taste and adjust the seasonings if necessary. Garnish, and Enjoy!
Dinner	
Reboot Green Salad Make it big! Any greens you like such as Romaine Hearts, Baby Romaine, Baby Spinach, Baby Arugula, add any veggies you like. Such as Cucumber, Carrot, Celery, Pepper, Tomato, Fennel, Radish, Sprouts (not Bean Sprouts), Onion, fresh Herbs. Avocado may also be added for more substance. And finish with your favorite Reboot Dressing.	Steamed Snow Peas, Broccoli and Green Beans 1/3 lb Snow Peas (ends trimmed) 1/3 lb Green Beans (ends trimmed) 1 head Broccoli (cut into florets) Heat a pot with boiling salted water and cover with a steamer basket. Add the vegetables and steam about 5 minutes, until the vegetables are cooked but still green and crisp. Drizzle with your favorite Reboot Dressing



Quick Start Reboot - Day 2

Topic: Eat Better, Eat More

Hello Rebooters,

You've made it past the first day, great job! During the first few days of the Reboot, it's not unusual to feel off - dizzy, lethargic, or even nauseous. These symptoms can be due to a number of factors including hydration, amount of calories, eating frequency and rest. Hopefully you've been following the fluid guidelines outlined in yesterday's email.

While we don't want you to count calories, we do want you to add up how often you are eating. The idea of the Reboot is to get in touch with your inner hunger and satisfaction cues and eat ad lib - in other words, as much as you want. What a nice shift from restrictive diet plans many of us have followed.

Because you're taking in healthy fruits and vegetables (more veggies than fruits), which are packed with fiber and nutrients, you can eat a lot more volume with much less caloric impact. However, many Rebooters end up eating too few calories and this can lead to some of the symptoms described above.

We want to make sure you eat often on your Reboot. Plan to eat 5 to 6 times a day including fresh juices and raw or cooked fruits and veggies. Don't be shy - have a salad and a side dish of roasted veggies or have a big bowl of veggie soup plus a big salad. Add in starchy vegetables like sweet potatoes, pumpkin, winter squash and fresh corn to help you feel satisfied. When making soups, puree or blend them for a richer texture. Plan ahead and bring plenty of food with you to work, school or on the go.

Time for rest and reflection is important. Make time for meditation and extra rest to minimize fatigue and boost your Reboot experience.

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Daily Juicing Tips

- First thing in the morning have 8-16oz. of hot water or herbal tea, add lemon.
- Before bed have hot herbal tea.
- Try snacking on one serving of dried apple rings after lunch today (6 rings makes one serving).

Meal Plan: Day 2

Breakfast	Mid Morning Juice
Blackberry Kiwi Blend ¼ lg Pineapple (core removed and roughly cubed) 1 cup Blackberries 1 Kiwi Fruit 1 Banana ½ Comice Pear ½ cup Coconut Water 1 bunch Mint (~ 30 leaves) 1 tbsp Flax seed oil (optional) Combine all ingredients in a blender and Enjoy!	V28 3 lg Red Beets 2 med Carrots 2 Celery stalks 4 Plum Tomatoes 4 cups Parsley (leaves and stems, roughly chopped) 1 Jalapeno (ribs and seeds removed) 12 Red Radishes Juice, Pour over ice, Enjoy!

Lunch	Afternoon Snack
Carrot-Dill Salad 3 cups Greens (spinach, arugula, romaine, red leaf, etc.) Shredded Carrot, Fennel, Radish, Cabbage, and Celery (desired amount) Fresh Dill (to taste) Lemon (to taste) ½ Avocado Add your favorite Reboot Dressing	Seaweed Salad (Save half for a ready made meal on Day 3) 1 cup Soaked Arame Seaweed 2 tbsp Flax Seed Oil 1 Avocado 1 Tomato ¼ Red Onion (finely chopped) 1 Carrot (chopped or shredded) Parsley (finely chopped) Fresh Lemon Juice (to taste) Sea Salt (to taste) Dash of Cayenne Add all ingredients together in a bowl, mix and enjoy.
Dinner	
Roasted Acorn Squash Stuffed with Mushroom and Sage 1 med Acorn Squash 1 tsp Sea Salt ½ tsp fresh ground Black Pepper 6 tbsp Olive Oil (plus extra for brushing) 2 Garlic cloves (minced) 1 lg Portobello Mushroom (chopped) 1 small Onion (chopped) 2 tsp Fresh Sage (finely chopped) Pinch Red Pepper Flakes (optional) Preheat oven to 450 degrees. Trim off each end of the squash. Stand the squash upright and halve lengthwise. Scoop out the pulp and the seeds and discard. Brush each squash half with olive oil, and then sprinkle with ¾ tsp salt and ½ tsp black pepper. Arrange cut sides down on a baking sheet lined with parchment paper. Roast the squash until the flesh is tender and the edges are golden brown, approximately 25-35 minutes. Remove from the oven, flip the squash halves over and set aside. While the squash roasts, heat the olive oil in a medium saucepan over medium high heat. Add the onions and garlic and saute 2 minutes, or until the onions begin to turn translucent. Add the mushrooms, sage, ¼ tsp salt and the red pepper flakes (if using), and saute until the mushrooms begin to soften, about 5 minutes. Fill the roasted squash halves with the mushroom mixture and bake again for another 10 minutes.	Green Vegetable Soup (Save a serving for Day 3) 2 tbsp Olive Oil 2 Leeks (white and light green parts, thinly sliced) 3 Garlic cloves (minced) 1 head Broccoli (trimmed to small florets) 2 med Zucchini (cut into half moons) 1 head Spinach (roughly chopped) 4 leaves Basil 1 tsp Sea Salt ½ tsp fresh ground Pepper 6 cups water 3 tbsp fresh chopped Basil In a large stockpot or Dutch oven, heat the olive oil over medium high heat. Add the leeks and garlic and saute for 3 minutes. Add the broccoli, zucchini, spinach, basil leaves, salt and pepper. Stir and cook for 5 minutes. Add the water and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from the heat and stir in the chopped basil.



Quick Start Reboot - Day 3

Topic: Eat and Drink a Rainbow Every Day

Hello Rebooters,

Now that you're into your third day of the Reboot and getting your basic eating structure in place, let's focus on what you're eating a little bit more closely.

Many of the health benefits of micronutrients are concentrated in the pigment of fruits and vegetables. Essentially, the properties that give each fruit or vegetable its rich color are the same elements that help protect our immune systems and keep our bodies strong. Each color family is rich in unique and important micronutrients. The American Cancer Society recommends choosing at least one representative from each color family per day - do this and you'll quickly get the recommended 5+ servings.

At Reboot Your life, we like to say: "It's good practice to eat a rainbow every day!"

Mix and match the fruits and veggies in your juices and in your whole fruit/vegetable recipes. If you see a green veggie on the recipe, like spinach, swap it out with another green choice like kale. Same goes for orange - if you see a recipe for sweet potato, swap it with butternut squash. Try to replace veggies with veggies, and fruits with fruits (switching spinach with a green apple won't give the same benefit as replacing it with another green leafy choice).

Be creative with your customization and include produce choices from around the globe. Many varieties of fruits and vegetables native to other countries are available in the U.S. All fruits and veggies are good for different reasons. Don't be afraid to take chances, to try new combinations and to customize the fruits and vegetables you mix and match.

Red (tomato, watermelon, red pepper, beets, strawberries, raspberries, cherries, grapefruit, pomegranate, apple, guava, red onion, japanese persimmon)

Orange/Yellow (orange, sweet potato, mango, winter squash, papaya, carrots, orange peppers, tangerine/clementine, nectarine, peach, apricot, asian pear, japanese squash)

Dark Green (spinach, kale, swish chard, mustard/collard greens, avocado, asparagus, artichoke, bok choy, green cabbage, chinese cabbage, brussels sprouts, broccoli, green pepper, watercress, kiwi, apples, cilantro, basil, parsley, mint)

Blue/Purple (blueberries, eggplant, concord grapes, purple cabbage, blackberries, plums)

White (garlic, cauliflower, onions, ginger, japanese radishes/daikon, burdock root, shiitake/maaitake mushrooms, jicama)

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Daily Juicing Tips

- Before bed have hot herbal tea or hot water with ginger root and lemon.
- Note: For your Sweet Potato and Carrot Fries at Dinner, you can substitute any combination of cinnamon/nutmeg, cayenne, rosemary or other spices for the cumin and aleppo pepper.

Meal Plan: Day 3

Breakfast	Mid Morning Juice
Cherry Cinnamon Apple Bake (use recipe from Day 1)	Minty-Fresh Berry 2 cups Blueberries 2 Kiwi Fruit 16 Strawberries 2 cups Mint Leaves Juice, Pour over ice, Enjoy!
Lunch	Afternoon Snack
Seaweed Salad (Use leftovers from Day 2) Green Vegetable Soup (Use leftovers from Day 2)	Reboot Green Salad (use recipe from Day 1) add favorite Reboot Dressing
Dinner	
Sweet Potato and Carrot “Fries” 2 med Sweet Potatoes 2 lg Carrots 2 tbsp Olive Oil 1 tsp ground Cumin ¼ tsp Pepper ½ tsp Sea Salt Preheat oven to 425 degrees. 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. Put the potato and carrot wedges into a bowl and toss with the oil, cumin, pepper and salt. Arrange on baking sheet lined with parchment paper. Bake for 30 minutes or until the flesh is tender and the outside is lightly browned and the edges slightly crisp.	Vegetable Soup (Save half for Day 4) 3 tbsp Olive Oil 1 lg Onion (chopped) 3 Garlic cloves (minced) 3 med Carrots (chopped) 3 Celery stalks (chopped) 3 Tomatoes (chopped with juice reserved) 1 med Zucchini (cut into half moons) 1 cup Green Beans (trimmed to 1” pieces) 6 leaves Kale (chopped into small pieces) (switch Kale for other dark leafy greens if desired) 6 cups water ¾ tsp fresh Thyme (chopped) 1 tsp fresh Oregano (chopped) 1 tsp Sea Salt ½ tsp fresh ground Black Pepper In a large stockpot, heat the olive oil over medium high heat. Add the onion, garlic, carrots and celery and sauté for 5 minutes. Add the tomatoes, zucchini, green beans, water, salt, pepper, thyme and oregano; stir and bring to a boil. Reduce the heat to a simmer and cook the soup for 10 minutes. Add the chopped kale and cook for an additional 5 minutes. Season to taste with the salt and pepper.



Quick Start Reboot - Day 4

Topic: Understanding Organics

Hello Rebooters,

We recommend buying organic produce when possible, but we know it's not always realistic.

Look for other key words such as Sustainable Produce or Sustainable Agriculture, which are not necessarily organic but indicate that the produce was grown with the health of the earth and individuals in mind. Check the labels and know where your produce comes from. Choose local produce as often as possible. Local produce is higher in nutrients because it's often eaten shortly after it is harvested. Many organic choices may come from farther distances.

Community Supported Agriculture (CSA) is an excellent resource for organic produce. Many CSAs provide meats, poultry, dairy and eggs as well. Visit www.localharvest.org/csa to find one in your area.

Farmer's Markets are a great resource for local, affordable produce. Most states have Websites listing details on location, dates and hours of operation for farmer's markets.

Here are some guidelines to help you choose which organic foods you should be buying, when possible. The USDA, Consumer Reports and The Environmental Working Group have compiled a list they call, "The Dirty Dozen," which shows the 12 fruits and vegetables with the highest amount of pesticides, or the ones you should try to get as organic.

Produce with the highest levels of pesticide:

Apples	Bell Pepper (Green and Red)	Carrot
Celery	Cherries	Grapes (Imported)
Kale	Lettuce	Nectarine
Peach	Pear	Potato
Strawberries		

Produce with the lowest levels of pesticide:

Asparagus	Avocado	Broccoli
Cabbage	Eggplant	Kiwi
Mango	Onion	Papaya
Pineapple	Sweet Corn	Sweet Peas
Watermelon		

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Daily Juicing Tips

- Before bed have hot herbal tea or hot water with ginger root and lemon.
- Leave peel on citrus fruits for more zest.

Meal Plan: Day 4

Breakfast	Mid Morning Juice
Tasty Tart Treat ½ Grapefruit 1 cup Pineapple 1 Orange (cut into wedges) 1 Kiwi ½ Mango (sliced) Fresh Mint (to taste) Mix together in a bowl. Enjoy!	Mexican-Style Jugo 2 lg Cucumbers 4 cups Cilantro (leaves and stems, roughly chopped) 1 Lime 1 Poblano Pepper (ribs and seeds removed) 1 Golden Delicious Apple Juice, Pour over ice, Enjoy!
Lunch	
Refreshing Cucumber Salad 3 seedless Cucumbers 1 tsp Celtic or Sea Salt ½ Red Onion ½” Ginger (finely minced) 2 tbsp fresh Lime juice 2 tbsp fresh Dill (chopped) Dash of Cayenne Pepper (optional) Peel the cucumbers and slice in half lengthwise. Place the cucumber halves cut side down on a cutting board and slice into thin half moons, about ¼” thick. Place in a medium sized bowl and toss with the salt. Allow the cucumbers to sit for 1 hour so that the cucumbers release some of their water. Strain the cucumbers and toss with the red onion, limejuice, ginger, cayenne pepper and fresh dill.	Sunset Blend Juice 1 lg Sweet Potato 1 med Carrot 1 Red Bell Pepper 2 lg Red Beets 2 Golden Delicious Apples 1 Orange (optional) Juice, Pour over ice, Enjoy!
Afternoon Snack	Dinner
Vegetable Soup (leftovers from Day 3)	Baked Zucchini with Tomatoes and Herbs 5 sm Zucchini 4 Scallions (sliced, white and green parts separated) 1 sm Onion (chopped) 2 Plum Tomatoes (coarsely chopped) 2 tbsp Celery Leaves (from inner stalks, chopped) 4 tbsp chopped Basil Leaves ¼ cup Olive Oil 1 tsp Sea Salt 1/2 tsp fresh ground Black Pepper Preheat oven to 425 degrees. Slice the zucchini in half crosswise. Cut each half again lengthwise, and slice each of the halves into 4 equal, ½” pieces. (They should look like sticks.) In a bowl, mix together the zucchini sticks with the white parts of the scallions, onion, tomatoes, celery leaves and basil. Mix in the olive oil, salt and pepper and toss to combine. Pour into a 3 qt baking dish and bake for 20 min. Garnish with the sliced green tops of the scallions and the extra chopped basil. Sweet Potato and Carrot “Fries” (use recipe from Day 3)

Quick Start Reboot - Day 5

Topic: Keep Your System Running Smoothly

Hello Rebooters,

It is not unusual to experience either constipation or diarrhea during the Reboot process. Read these tips below to help alleviate these symptoms and keep your digestion on track.

Constipation:

Constipation is defined as difficult, incomplete, or infrequent bowel movements. Drastic changes to ones eating pattern can cause the rate of digestion to slow for some people. Common culprits that can trigger constipation during a Reboot include:

- Lack of hydration
- Rapid increase in fiber intake
- Decreased physical activity
- Underlying tendency toward constipation (including history of irritable bowel syndrome)

Here are some tips to help get your gut moving again, naturally:

- Drink 6 ounces of warm prune juice in the morning. You may add lemon for taste.
- Increase your morning hot herbal tea/lemon water portion to at least 16 ounces – if you already drink this amount bump it up to 20 to 24 ounces.
- Increase your total daily fluids – aim for 96 ounces total per day.
- When you are in the eating days of your Reboot, choose a hot breakfast (i.e. Cherry Cinnamon Apple Bake, Baked Apples/Pears).
- Eat regular meals/drink juices at same time each day – including weekends.
- Add papaya to your juices/fruit dishes (papaya has natural digestive enzymes that may help with constipation). Try eating or juicing papaya first thing in the morning. If constipation is problematic for you, even during the juicing phase of your Reboot you may try a few slices of whole, raw papaya on an empty stomach in the morning.
- Bump up the magnesium-rich veggies in your daily routine – juicing and eating days (i.e. spinach, swiss chard, beet greens, avocado).
- During the eating phase of your Reboot, add high fiber fruits/vegetables like dry figs, stewed prunes with lemon, artichoke, fresh peas, pear, spinach, winter squash, avocado, carrots, apple.

Try this recipe:

Apple/Prune Sauce
1/3 cup unprocessed Bran
1/3 cup Applesauce
1/3 cup mashed stewed Prunes

Blend all ingredients and store in refrigerator. Take 1-2 tablespoons of the mixture before bedtime, followed by 8+ oz. water. **Make sure to drink the water or it will not work.

- Give yourself enough time at home to move about and get ready for your day before heading out. Create a morning routine.
- Take a walk 2 to 3 times a day (these can be short walks).
- Try yoga, tai chi or Qi Gong as a daily practice.
- If these measures prove inadequate to address your bowel regularity - please add a blend (see our recipes) to your day of juicing. It is recommended to have this blend at lunch. The blend includes whole fruits and vegetables to provide you with fiber to assist in alleviating constipation.



- Gradually increase the fiber in your diet by following the recommended preparation process before your Reboot. Be sure to also drink more water as you prepare for a Reboot.
- Remember: while you can expect to experience some bowel irregularity during your Reboot, if your symptoms persist or are severe, please consult your physician.

Diarrhea:

Diarrhea is defined as having an increased number of bowel movements in a 24-hour period from what you normally would have. This particularly includes increased frequency of soft, loose, or watery stools.

Diarrhea during the Reboot can be a result of:

- Rapidly increasing the fiber content in one's diet
- The introduction of digestive enzymes released in the juicing process
- Following a liquid diet
- An underlying tendency toward diarrhea/frequent stools (including history of irritable bowel syndrome).

Here are some tips to help slow your digestive system to a comfortable pace again:

- Drink plenty of fluids (diarrhea can compromise your body's fluid and salt stores).
- Drink electrolyte rich fluids including broths (see our recipes for broths) and unflavored coconut water.
- Dilute fresh juice with filtered water (try 25% water, 75% juice – if this is not helping, go to 50:50).
- Drink most of your fluids between meals (during the eating portions of your Reboot) rather than with meals.
- Avoid very hot or very cold food or beverage items; choose foods and juices that are room temperature.
- Keep a journal of what foods (fruit or veggie ingredients/combinations) that bother you or seem to trigger loose bowel movements. This can help you point out the particular foods that make your symptoms worse.
- Limit gas-producing vegetables in your juice (broccoli, cauliflower, cabbage) and in your meals (bok choy, onions, garlic).
- During the eating phase of your Reboot, include baked apples and pears, bananas, avocado.
- If you cannot find relief from these strategies, try adding a baked apple or pear (peel skin after baking) or banana during the days you are juicing.
- Remember: while you can expect to experience some bowel irregularity during your Reboot, if your symptoms persist or are severe, please consult your physician.

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Daily Juicing Tips

- Before bed have hot herbal tea or hot water with ginger root and lemon.

Meal Plan: Day 5

Breakfast	Mid Morning Juice
Great Green Fruit Blend 2 cups Beet Greens, Swiss Chard, Kale, Spinach or a combination (roughly chopped) 1 Banana 1 Golden Delicious Apple ½ Comice Pear 10 Strawberries (green tops cut off) 1 cup Coconut Water (Make sure to set the blender on the liquefy setting for this recipe.)	Refreshing Fennel-Pear 2 Comice Pears 2 med Fennel Bulbs Juice, Pour over ice, Enjoy!
Lunch	Afternoon Snack
Baked Zucchini with Tomatoes and Herbs (Use recipe from Day 4) Reboot Green Salad (Use recipe from Day 1) Add your favorite Reboot Dressing	Crunch & Munch 2 lg Carrots 4 Celery stalks ¼ lg Cucumber ½ cup Broccoli florets ½ cup Cauliflower florets Cut carrots, celery, cucumber up into stalks. Dip veggies in your favorite Reboot Dressing.
Dinner	
Garam Masala Spiced Collard Greens 2 bunches Collard Greens (ribs removed and chopped, about 2 lbs.) 1 ½ tsp Garam Masala 1 tsp Turmeric 4 tbsp Grape Seed Oil or Olive Oil 2 tbsp Mustard Seed Oil 1 tsp Sea Salt or Himalayan Salt 6 tbsp chopped fresh Cilantro Heat a large saucepan or Dutch oven over medium high heat. Add the garam masala and turmeric and heat until fragrant, about 2 minutes, stirring to make sure that the spices do not burn. Add both oils into the pan, stirring to make sure that the spices and oils completely mix. Add the collard greens and salt and toss to coat in the oil. Cover the pan and cook until the greens are wilted, about 5 minutes. Remove from the heat and mix in the chopped cilantro. Use store bought spice blend, or use the recipe below to make your own: Garam Masala 1 tsp whole Cloves 2 tbsp Black Peppercorns 1 sm stick Cinnamon Grind all ingredients in a spice grinder or mortar and pestle.	Sweet Potato and Bok Choy Soup 3 tbsp Olive Oil 1 med Onion (diced) 2 Leeks (white part only, roughly chopped) 2 Garlic cloves (minced) Pinch Red Pepper Flakes 2 med Carrots, sliced into ¼" thick rounds 2 Celery stalks (diced) 1 lg Sweet Potato (peeled and roughly chopped) 2 sprigs Thyme 2 sprigs Parsley 1 tsp Salt 4 cups water 1 lg Bok Choy (or 3 Baby Bok Choy, cleaned and torn in pieces) ½ tsp fresh ground Pepper Heat the oil in a large pot over medium heat. Add the onion, leeks, garlic and red pepper flakes and sauté until the vegetables soften, about 3 minutes. Add the carrots, celery, sweet potato, thyme, parsley and salt and sauté 3 minutes. Add the water and increase the heat to high. Bring the mixture to a boil, then return to a simmer and cook until the vegetables soften, about 30 minutes. Stir in the bok choy and cook for another 5 minutes. Stir in the pepper and any additional salt if necessary. Remove the thyme and parsley sprigs and serve.

Quick Start Reboot - Day 6

Topic: Tips for Juicing

Hello Rebooters,

Today begins the second part of your Reboot – where juicing is quickly becoming an important part of your day-to-day diet. Review these tips to help get you into drinking delicious, nutrient dense juice once or twice a day. Make juice in batches in the morning and bring enough with you to have between or with meals. Bring juice in any BPA free container and store in a refrigerator.

Strive to have juice made from fruits only in the morning. You can add a vegetable to your morning fruit juice as desired. For the rest of the day, juice should be made from mostly vegetables – about 80% veggies and 20% fruits. While adding a little fruit to the vegetable juice is a great way of improving the taste, relying too heavily on fruits will diminish the health benefits of the Reboot because you'll be missing out on the wealth of micronutrients locked away in vegetables. Also, drinking a substantial amount of fruit juice will lead to rapidly absorbed sugars resulting in an energy crash and a boost in insulin (an inflammation promoting hormone we need to metabolize sugars that in excess can promote diabetes, heart disease and cancer).

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Juicing Tips

How to Prepare a Juice:

- Select fruits or vegetables you'll be using for your juice.
- Wash thoroughly.
- Line juicer's pulp basket with plastic bag for easy cleanup.
- Cut or tear produce into pieces that will fit in juicer.
- Turn juicer on and start juicing!
- Each juice should be at least 16 oz.
- If your juicer has more than one speed, don't forget to downshift from high to low for softer fruits. Most juicers come with a chart in the instruction manual to help guide you on speeds. Usually hard produce like apples, beets are on High and soft ones like spinach or cabbage are set to Low.
- Enjoy!

Juicing Tips:

- Remember to drink water throughout the day. Juices do not replace water intake.
- Green Apple/Pear is optional in all juices - use 1 to 2 apples or pears per juice.
- Lemon, lime, mint and ginger root can be added to any juice.
- Make juice in big batches in the morning and bring enough with you to get you through the day until you return home. Bring juice in any BPA free container and store in a refrigerator. Shake well before drinking.
- Have celery juice or coconut water after a workout or sauna, to re-hydrate.
- Once you've got the hang of it, feel free to experiment and decide what you like best!

Produce NOT to use in your juicer:

Avocado	Bananas	Bean Sprouts
Bok Choy	Figs	Mushrooms
White Potatoes		

Daily Juicing Tips

- First thing in the morning have 8-16oz. of hot water, add lemon.
- Follow with 16oz. of water.
- Before bed have hot herbal tea, you can add stevia for sweetness if desired.

Meal Plan: Day 6

Breakfast	Mid Morning Juice
Purple Power Juice 6 cups Concord Grapes 1 Golden Delicious Apple 2, 2x2" pieces Ginger ½ cup Blackberries Juice, Pour over ice, Enjoy!	Green Lemonade 1 Green Apple 1 ½ cups Spinach 6-8 Kale leaves ½ Cucumber 4 Celery stalks ½ Lemon Juice, Pour over ice, Enjoy!
Lunch	Afternoon Snack
ABCs 2 Asian Pears 2 Apples (choose any varitey!) 2 Beets 2 Carrots 1 cup Cabbage (choose any variety!) 10 leaves Swiss Chard Juice, Pour over ice, Enjoy!	16 oz Coconut Water, unsweetened.
Dinner	
16 oz Coconut Water, unsweetened. V28 3 lg Red Beets 2 med Carrots 2 Celery stalks 4 Plum Tomatoes 4 cups Parsley (leaves and stems, roughly chopped) 1 Jalapeno (ribs and seeds removed) 12 Red Radishes	

Quick Start Reboot - Day 7

Topic: Plant-Based, Anti-Inflammatory Diets and Health

Hello Rebooters,

As we near the end of the Reboot, it's important to gain insight on some of the reasons why fruits and vegetables are simply so good for us. One such reason is that a plant-based diet contains many anti-inflammatory micronutrients. This is a very hot topic and one that can seem rather complicated; but it is actually very simple to understand.



Inflammation is an important process that allows our bodies to defend itself from foreign substances - especially those that can make us sick. For example, when we get a cut on our finger, our body's inflammatory response begins right away. The area swells and white blood cells and other immune cells do their jobs to seal off the cut, and attack any pathogens trying to get into our bloodstream.

This same process happens inside our digestive system – every time we eat. Our body mobilizes its defenses to prepare for an invasion of a pathogen or disease so foods that are perceived as dangerous elicit a strong inflammatory response in the intestinal tract. When this is done, the pathogen is neutralized and the body is spared from infection.

So when eating fruits and vegetables that our bodies have seen for thousands and thousands of years, it's more familiar, and the immune response is mild compared to the response that we'd see after eating heavily processed foods. In fact, a significant amount of our immune defense system, called the lymphatic system, lies just behind our small intestine where we absorb most of our nutrients. Just like a country putting its strongest defenses at its ports and borders, our immune system has many of its 'big guns' at the intestine. Having an immune system that is constantly challenged by 'foreign' processed foods will wear it out over time, and make us more vulnerable to disease and infection as we age. Let's take a closer look at this process from the micro level.

The cells that make up the border of our small intestine – called enterocytes – are lined up next to each other like a line of kids playing Red Rover. Like the children's interlocking elbows in Red Rover, the spaces between the cells, called “tight junctions,” are the points of attack for anything wishing to get through. Over time, if we eat a lot of unhealthy foods, our tight junctions can become porous, weak or “leaky,” allowing things that we don't want in to get in and things we want to stay in to leak out. One result is less efficient absorption of nutrients as well as more efficient invasion by pathogens. Some research suggests this idea of “leaky gut” and inflammation can cause diseases and infection. Research on chronic conditions including heart disease, diabetes, cancer, auto-immune disorders like multiple sclerosis, rheumatoid arthritis and obesity is highlighting the underlying inflammatory aspects shared among them.

This is a primary reason why eating fruits and vegetables, and avoiding foods like red meat, in your diet may not only help discourage the development of ailments but generally help reduce day-to-day aches and pains in our joints and muscles. Hopefully you have witnessed some of this day-to-day benefit first hand during your Reboot thus far. A Reboot can be a powerful vehicle to reap many significant health benefits and get you on your way to feeling well for life.

Pro-Inflammatory Foods	Anti-Inflammatory Foods
Processed Foods	Healthy Fats
Fried Foods	Olive Oil
Foods with Saturated & Trans-Fats	Canola Oil
Red Meat	Nuts
Whole Milk Dairy	Natural Nut Butters
Shortening	Avocado
Omega-6 Fats	Fish (i.e. Wild Salmon)
Soybean Oil	Fruits
Corn Oil	Vegetables
Vegetable Oil	Whole Grains

Eat Well, Be Well,

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Daily Juicing Tips

- First thing in the morning have 8-16oz. of hot water, add lemon.
- Follow with 16oz. of water.
- Before bed have hot herbal tea, you can add stevia for sweetness if desired.
- Leave peel on citrus fruits for more zest

Meal Plan: Day 7

Breakfast	Mid Morning Juice
Minty-Fresh Berry 2 cups Blueberries 2 Kiwi Fruit 16 Strawberries 2 cups Mint Leaves Juice, Pour over ice, Enjoy!	16 oz Coconut Water, unsweetened Refreshing Fennel-Pear 2 Comice Pears 2 med Fennel Bulbs Juice, Pour over ice, Enjoy!
Lunch	Afternoon Snack
Green Lemonade 1 Green Apple 1 ½ cups Spinach 6-8 Kale leaves ½ Cucumber 4 Celery stalks ½ Lemon Juice, Pour over ice, Enjoy!	16 oz Coconut Water, unsweetened.
Dinner	
16 oz Coconut Water, unsweetened. Lemon Lime 1 Lemon 1 Lime 2 Asian Pears 2 Green Apples 2 Carrots 2 wedges Purple Cabbage 1" Ginger Juice, Pour over ice, Enjoy!	

Quick Start Reboot - Day 8

TOPIC: Fruits and Vegetables After the Reboot

Hello Rebooters,

Now is a good time to start planning how you will keep up with fruits and vegetables in your everyday diet after your Reboot finishes. Here are a few suggestions.

Salads, smoothies and soups made from fresh, seasonal, local and mostly organic produce are excellent ways to prepare for and ramp down from a Reboot as well as boost the variety of micronutrient rich foods in your day-to-day diet.



Salads can add a variety of colors, textures and flavors to your diet. Here's your chance to bring back some of those healthy ingredients you missed while juicing such as avocado and figs (be careful with the amounts of both of these for the first week post-Reboot - too much fat or fiber will be difficult for you to digest). Add ingredients such as beans, legumes and whole grains like lentils, organic soybeans, black beans, quinoa and wheat berries as well as tofu, edamame, nuts like walnuts, almonds, sunflower seeds, organic hard boiled eggs, or wild baked or grilled salmon to get some protein in a healthy way.

Smoothies are essentially blended fruits paired with some type of liquid. Begin your smoothie by adding fresh vegetable/fruit juice from your juicer or some type of milk product - however this need not be dairy (although, low fat organic dairy is still a healthy choice). You can choose almond, rice or organic soymilk as a liquid for your smoothie as well as fresh-juiced veggies. Then add whole fruits, fresh or frozen and additional liquid as needed to get to a texture you enjoy. You can bring back bananas into your life- they are excellent for thickening up a smoothie. Choose a ripe, yellow banana and consider using half at a time. Add frozen, organic fruit, especially for items out of season in your area, to make your smoothie cold and thicker with nutrients rather than ice. Greens such as swiss chard and spinach mix very well into smoothies and are an easy way to add some veggies to balance out your mix. Smoothies are a healthy breakfast or snack.

Soups are an excellent way to warm up in cool months with nutrient packed but light food. Start with a vegetable broth from scratch or choose an organic pre-made brand. Then, add lots and lots of veggies! Even though vegetables in soups are cooked for longer periods of time and become softer, the whole soup retains much of the original nutrient content from the fresh raw vegetables. While the water soluble vitamins may decrease within the actual vegetable, most "fall off" into the liquid of the soup, which you then drink allowing you to receive these vital nutrients. For anyone having digestive challenges with eating a large amount of raw vegetables, incorporating homemade soups can help remedy this problem. Cold soups such as avocado or gazpacho are a pleasurable addition to your diet in warm weather. Add frozen vegetables for items out of season in your area. Don't forget about protein - try beans like lentils or black/kidney beans, or wild fish.

Eat Well, Be Well,

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Daily Juicing Tips

- First thing in the morning have 8-16oz. of hot water, add lemon and fresh ginger root.
- Follow with 16oz. of water.
- Before bed have hot herbal tea, you can add stevia for sweetness if desired.
- Leave peel on citrus fruits for more zest.

Meal Plan: Day 8

Breakfast	Mid Morning Juice
Sweet N Tart Citrus 3 cups Cranberries 2, 2 x 2" pieces Ginger 3 Oranges 2 sm Ruby Red Grapefruit 2 Limes Juice, Pour over ice, Enjoy!	Green Juice 6 leaves Kale 2 cups Spinach ½ Cucumber 4 Celery stalks 2 Apples 1" Ginger root Juice, Pour over ice, Enjoy!

Lunch	Afternoon Snack
Apple-Beet-Carrot Juice 1 Apple 2 Beets 3 lg Carrots 1" Ginger 4 cups Spinach (substitute for Kale, or mix them together!)	16 oz Coconut Water, unsweetened.
Dinner	
16 oz Coconut Water, unsweetened Carrot-Kale Combo 1 Green Apple 1 ½ cups Spinach 6-8 Kale leaves 4 lg Carrots 1" Ginger Juice, Pour over ice, Enjoy!	

Quick Start Reboot - Day 9

Topic: Committing to a Healthy Diet for the Long Term

Hello Rebooters,

Tomorrow is the last day of this Reboot, can you believe it! Hopefully this has been an informative process for you in many ways. Do you find you are craving more fruits and veggies and less junk food?

We hope this process has enabled you to change in many ways:

- Physically: You are craving healthy foods and enjoying the tastes of new fruits and vegetables.
- Behaviorally: You are now in the habit of juicing and eating lots of fruits and vegetables daily.
- Emotionally: You feel a sense of accomplishment for completing your Reboot and knowing it's a start or continuation of a lifetime of healthy eating.

Tomorrow, we will tackle how to reintroduce other healthy foods into your diet as you come off a Reboot. But for today, let's take a broader look at how you can maintain healthy eating habits. Let's make it simple and set you up for success. Here are four things you can implement easily.

1. Juice daily
2. Keep your plate colorful with fruits and veggies at every meal
3. Continue to shop for produce at least twice a week
4. Eat a green salad daily

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Daily Juicing Tips

- First Thing in the Morning have 8-16oz. of hot water or Herbal Tea, add lemon
- Before Bed have hot herbal tea
- For your Corn & Tomato Salsa, there's no need to cook, boil or roast when using fresh, in season corn. Just take it straight from the ear and Enjoy!

Meal Plan: Day 9

Breakfast	Mid Morning Juice
Melon Mania 1 cup cubed Watermelon ¼ Cantaloupe ¼ Honeydew Add Fresh Mint as garnish (optional) Place all ingredients into a bowl. Enjoy!	Beet, Celeriac, Carrot Juice 4 Carrot ½ -1 Apple ½ Celeriac root 1 Beet ¼" Ginger root (optional)
Lunch	Afternoon Snack
Squash & Apple Soup (Double to make extra for Day 14) 1 Acorn or Butternut Squash 2 Apples (peeled and sliced) 1 sm Onion (diced) 2 Carrots (washed, peeled and diced) 1 tbsp Olive Oil Ground Black Pepper (to taste) 2 qts organic Vegetable Broth (or make your own) Roast squash: Cut squash in half, and remove seeds. Place flesh side down in baking dish with 1-2 cups water. Cook at 450 degrees for 40-50 minutes until flesh is bright orange and soft. Sauté onion and carrot in olive oil for 5 minutes until onion is clear. Add broth and apple, simmer for 10 minutes until apple is soft. Add squash (remove skin) and puree in blender or use hand blender. Add pepper to taste, Enjoy!	Crunch & Munch 2 lg Carrots 4 Celery stalks ¼ lg Cucumber ½ cup Broccoli florets ½ cup Cauliflower florets Cut carrots, celery, cucumber up into stalks. Dip veggies in your favorite Reboot Dressing.
Dinner	
Reboot Green Salad Make it big! Any greens you like such as Romaine Hearts, Baby Romaine, Baby Spinach, Baby Arugula, add any veggies you like. Such as Cucumber, Carrot, Celery, Pepper, Tomato, Fennel, Radish, Sprouts (not Bean Sprouts), Onion, fresh Herbs. Avocado may also be added for more substance. And finish with your favorite Reboot Dressing.	Corn & Tomato Salsa (Makes extra for lunch Day 15) 4 ears of Corn 2 Tomatoes (chopped) 1 sm Onion (chopped) 1 Red Bell Pepper (seeded and chopped) 1 Avocado (diced) ½ cup fresh Cilantro (chopped) 2 tbsp fresh Lime juice 2 tsp Cumin 2 tbsp Olive Oil 1 Jalapeno pepper (optional) Boil corn for 5 minutes (or roast on grill). Remove kernels from ear. Combine all ingredients in a bowl – refrigerate for at least 1 hour or overnight. Once it's cold, Enjoy!



Quick Start Reboot - Day 10

Topic: After Your Reboot

Hello Rebooters,

Today is day 15 – way to go! You have truly done a wonderful thing for your body, mind and spirit. I hope you have enjoyed this process.

I suggest that you transition by gradually digesting more complex foods in order to feed your body gently and wisely. Here are some overall concepts to consider when planning your post Reboot meals for the first week.

- Be prepared to avoid processed “junk” foods including fast food, packaged foods and high fat foods this first week, and frankly the longer you can limit them in your diet, the better you will feel. After two weeks of healthy, fresh juice, your body will not be happy if you decide to jump right back into a diet of processed foods. The result will likely be stomach pain, bloating, indigestion and fatigue. Essentially the opposite of how wonderful you felt at the end of your Reboot.
- Choose as many local, seasonal, organic foods as possible. Include a lot of whole fruits and vegetables in your diet.
- Start with soups, smoothies and salads. These will give you body healthy foods in a variety of forms to retrain your digestive system for handling a regular, yet healthy diet.
- Eat smaller amounts more often. This will be essential to retraining your digestive system to process complex combinations of foods. Eating just enough to nourish yourself without going beyond what is comfortable is at the heart of being gentle to your body.

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Daily Juicing Tips

- First thing in the morning have 8-16oz. of hot water, add lemon and ginger (optional).
- Follow with 16oz. of water.
- Before bed, have hot herbal tea, you can add stevia for sweetness if desired.
- Leave peel on citrus fruits for more zest.

Meal Plan: Day 10

Breakfast	Mid Morning Juice
<p>Blackberry Kiwi Blend</p> <p>¼ lg Pineapple (core removed and roughly cubed)</p> <p>1 cup Blackberries</p> <p>1 Kiwi Fruit</p> <p>1 Banana</p> <p>½ Comice Pear</p> <p>½ cup Coconut Water</p> <p>1 bunch Mint (~ 30 leaves)</p> <p>1 tbsp Flax seed oil (optional)</p> <p>Combine all ingredients in a blender and Enjoy!</p>	<p>Spinach-Fennel-Cucumber</p> <p>1 Fennel Bulb</p> <p>1 Cucumber</p> <p>3 Celery stalks</p> <p>3 cups Spinach</p> <p>Juice, Pour over ice, Enjoy!</p>
Lunch	Afternoon Snack
<p>Sunset Blend Juice</p> <p>1 lg Sweet Potato</p> <p>1 med Carrot</p> <p>1 Red Bell Pepper</p> <p>2 lg Red Beets</p> <p>2 Golden Delicious Apples</p> <p>1 Orange (optional)</p> <p>Juice, Pour over ice, Enjoy!</p>	<p>16 oz Coconut Water, unsweetened.</p>
Dinner	
<p>16 oz Coconut Water, unsweetened</p> <p>Gazpacho Juice</p> <p>4 Plum Tomatoes</p> <p>1 lg Cucumber</p> <p>2 Celery stalks</p> <p>1 Red Bell Pepper</p> <p>¼ sm Red Onion</p> <p>2 cups Parsley (leaves and stems, roughly chopped)</p> <p>1 Lime</p> <p>Juice, Pour over ice, Enjoy!</p>	