

Your Reboot Lite 10-Day Plan

If just juicing isn't right for you, maybe due to health issues or a rigorous workout routine, but you want to reap the benefits of adding more fruits and vegetables through juice and eating, then our 10 Day program is right for you.

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 10-day Reboot Lite plan involves eating and juicing only fruits and vegetables for 10 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 10-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 10-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 10-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 do just that with this 10-Day Reboot plan that consists of eating, blending and juicing fruits and vegetables. 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 ►

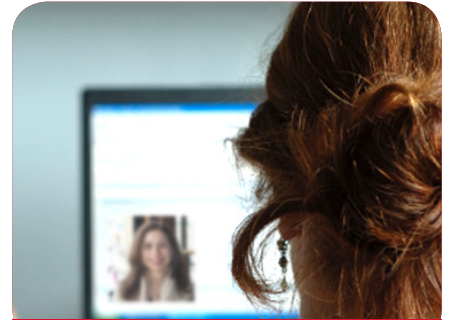
After Your Reboot

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	Cherry/Berry Apple Cinnamon BakeMeal	Cherry/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 Carrot & Sweet Potato "Fries"	Kale Avocado Salad w/ Vinaigrette Raw Carrot Ginger Soup	Squash & Apple Soup Sautéed Greens w/ Garlic	Green Detox Soup Reboot Green Salad	Squash & Apple Soup
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 Carrot & Sweet Potato "Fries" Sautéed Greens w/ Garlic	Green Detox Soup Roasted Acorn Squash Stuffed w/ Mushroom & Sage	Raw Carrot Ginger Soup Roasted Acorn Squash Stuffed w/ Mushroom & Sage	Squash & Apple Soup	Green Detox Soup

Days 1 - 5: Shopping List

Fruit

- 1 basket berries
- 12 red apples
- 2 green apples
- 2 bananas
- 5 lemons

Veggies

- 34 carrots
- 1 large bunch 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 big 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 oz./235 ml. coconut water
- 3 quarts/3 L vegetable stock+
- raisins (3 Tbsp./45 g.)
- 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 RECIPES:

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!

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
- 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.

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!

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, 1/4 tomato chopped, 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. 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:

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.

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
Pinch 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.

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
- pinch 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.
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- 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.



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Your Reboot Lite
10-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	Tasty Tart Treat	Tasty Tart Treat	Morning Green Glory Juice	Great Green Fruit Blend Smoothie	Great Green Fruit Blend Smoothie
Morning Snack	Morning Green Glory Juice	Sporty Spice Juice	Coconut water	Sunrise Juice	Un-beet-able Juice
Lunch	Roasted Beet Salad Harvest Roasted Vegetables	Sweet Potato & Bok Choy Soup Harvest Roasted Vegetables	Thai Reboot Salad Harvest Roasted Vegetables	Green Vegetable Soup Apples, Parsnips, and Sweet Potatoes	Roasted Veggie Salad
Afternoon Snack	Morning Green Glory Juice	Sporty Spice Juice	Morning Green Glory Juice	Sunrise Juice	Un-beet-able Juice
Dinner	Sweet Potato & Bok Choy Soup Harvest Roasted Vegetables	Thai Reboot Salad	Green Vegetable Soup Apples, Parsnips, and Sweet Potatoes	Roasted Veggie Salad	Vegetable Stir Fry
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

- 10 red apples
- 4 green apples
- 4 oranges
- 6 ripe peaches or pears
- 3 pints / 1.4 liters blueberries
- 8 lemons
- 1 large bunch purple/black/red grapes
- 1 grapefruit
- 1 small pineapple
- 2 kiwis
- 1 mango
- 2 bananas
- 1 pear
- 2 pints / .95 liter strawberries

Veggies

- 14 carrots
- 2 bunches celery
- 5 cucumbers
- 3 bunches kale (Australian Tuscan Cabbage)
- 4 bunches leafy greens (collards, kale/Australian Tuscan Cabbage, chard)
- 2 bunches spinach
- 1 large head romaine lettuce
- 3 bunches / 2.75 lbs /1.25 kg mixed salad greens
- 3 bunches / 2.75 lbs /1.25 kg arugula (Australian Rocket)
- 1 small cabbage (red or green)
- 1 large bok choy or 3 baby bok choy
- 1 bunch scallions (Australian shallots)
- 4 leeks
- 1 red onion
- 5 onions
- 2 bunches of broccoli
- 3 cups mushrooms
- 10 sweet potatoes
- 4 parsnips
- 7 beets (Australian beetroots)
- 1 butternut squash (Australian butternut pumpkin)
- 4 summer squash
- 2 medium zucchini
- 2 red peppers
- 3 green peppers
- 2 Japanese eggplants or 1 medium eggplant
- 1 avocado
- 2 chilies

Fresh Herbs

- 1 bunch basil
- 1 large bunch mint
- 2 bulbs garlic cloves
- 1 big hunk of gingerroot
- 1 small bunch thyme

Other

- 24 oz. /.75 liter coconut water
- herbal teas
- olive oil
- balsamic vinegar
- rice vinegar
- low sodium soy sauce
- red pepper flakes
- paprika
- dried thyme
- dried basil
- cinnamon
- salt
- pepper
- Stevia/coconut sugar (optional)

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.

BREAKFAST:

Great Green Fruit Blend Smoothie

This recipe makes 1 serving.

Ingredients:

2 c./200 g. beet greens, red swiss chard, kale, spinach or a combination, roughly chopped and packed

1 banana

1 red apple, cored

1/2 pear, cored

10 strawberries, green tops cut off

1 c./250 ml. coconut water

Directions:

Add all ingredients in blender and blend until smooth.

Tasty Tart Treat

This recipe makes 1 serving.

Ingredients:

1/2 grapefruit

1 c./200 g. pineapple

1 orange, peeled and sliced into wedges

1 kiwi

1/2 mango

Fresh mint (to taste)

Directions:

Mix together in a bowl. Enjoy!

JUICES:

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!

Juices continued:

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!

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!

Soups cont. next page.

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
2¹/₅ 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!

SALADS

Roasted Beet Salad

This recipe makes 1 serving.

Ingredients:

1 medium beet, roasted and sliced
1 medium carrot, shredded
1/2 c./35 g. broccoli, chopped
1/2 c./45 g. cabbage, shredded (green or red)
1/2 medium apple, chopped
1 1/2 c./150 g. mixed greens
1/2 c./50 g. arugula (Australian rocket)
1/2 c./50 g. kale (Australian tuscan cabbage), chopped
1 tsp./5 ml. olive oil
2 tsp./5 ml. balsamic vinegar

(After your Reboot or for a complete meal, you can enjoy add 1/2 c./80 g. garbanzo beans, 1/4 c./45 g. wheat berries or quinoa and 1 Tbsp./15 ml. raw sunflower seeds. If you choose to include dairy, add 1 oz./25 g. organic goat or feta cheese)

Directions:

1. Preheat oven to 450° F/230° C.
- 2.) Wash all vegetables well, especially beets including the ends of the root.
- 3.) Place washed beets into aluminum foil, drizzle olive oil over beets (Australian beet root), wrap foil around beets (Australian beetroot) tightly.
- 4.) Place foil wrapped beets (Australian beet root) on top rack in oven. Cook for 50-60 minutes, until beets (Australian beetroot) are tender. Pierce with fork to test.
- 5.) Remove from oven and let cool. (In the meantime, prepare the rest of your salad: Cut skin off of beets (Australian beetroot), slice and add to salad.)

Soups cont. next page.

Roasted Veggie Salad

This recipe makes 2 servings.

Ingredients:

2 Japanese eggplants
or 1 medium eggplant
4 summer squash
2 green peppers
1 onion
1 bunch scallions (Australian shallots)
1 tsp./5 g. paprika
1 tsp./5 g. thyme
2 cloves garlic, minced
1/4 c./60 ml. extra virgin olive oil
Ground black pepper and sea salt to taste
4 c./400 g. arugula (Australian rocket)
4 c./400 g. mixed salad greens

Directions:

- 1.) Whisk together olive oil, paprika, thyme, garlic, salt and pepper in a bowl.
- 2.) Chop veggies, add to bowl and mix well.
- 3.) Refrigerate to marinate for at least 1 hour.
- 4.) Heat oven to 400°F /205°C.
- 5.) Roast veggies for 40 minutes or until tender. Let cool.
- 6.) Add to mixed greens and arugula (Australian rocket).
- 7.) Toss with your favorite Reboot salad dressing.

Thai Reboot Salad

This recipe makes 2 servings.

Salad Ingredients:

1 cucumber, sliced or chopped
1/2 red onion, sliced
1 small red capsicum (red pepper),
sliced in strips
1 carrot, chopped in matchbox strips
2 leaves of romaine lettuce, chopped
1 kale leaf, chopped
1 c./100 g. mint leaves, chopped
1 avocado, sliced

You can mix and match any vegetables you like such as snow peas, bean sprouts, asparagus, lettuce, green capsicum (pepper), tomato, broccoli or anything else you like.

Dressing Ingredients:

2 cloves garlic
2 chilies (any type)
2 inches/ 5 cm. ginger, grated
2 Tbsp./30 ml. tamari
1-2 lemons juiced, plus some zest
(2 tsp./10 g.)
Pinch of stevia or 2 Tbsp./30 g.
coconut sugar
Bunch of roots coriander/cilantro (keep
the leaves for the salad)

Directions:

- 1.) In a food processor blend coriander roots, garlic, ginger, chilies, lemon zest and juice, tamari and stevia or coconut sugar until well combined and finely chopped.
- 2.) Combine the salad ingredients in a bowl. Add the coriander leaves.
- 3.) Pour dressing over salad ingredients, season with salt and pepper and toss to combine.
- 4.) Add avocado sliced up on top.

SOUPS:

Green Vegetable Soup

This recipe makes 3 servings.

Ingredients:

- 2 Tbsp. olive oil
- 2 leeks, white and light green parts, thinly sliced
- 3 cloves garlic, minced
- 1 head broccoli, trimmed to small florets
- 2 medium zucchini, cut into half-moons
- 1 head spinach, roughly chopped
- 4 leaves basil
- 1 tsp. sea salt
- 1/2 tsp./2.5 g. fresh ground pepper
- 6 c./1.4 L water
- 3 Tbsp./45 g. fresh basil, chopped

Directions:

- 1.) In a large stock pot or Dutch oven, heat the olive oil over medium high heat.
- 2.) Add the leeks and garlic and sauté for 3 minutes.
- 3.) Add the broccoli, zucchini, spinach, basil, salt and pepper.
- 4.) Stir and cook for 5 minutes.
- 5.) Add the water and bring to a boil. Lower the heat and simmer for 15 minutes.
- 6.) Remove from the heat and stir in the chopped basil.

Soups continued:

Sweet Potato and Bok Choy Soup

Ingredients:

- 3 Tbsp./45 ml. olive oil
- 1 medium onion, diced
- 2 leeks, white part only, roughly chopped
- 2 cloves garlic, minced
- Pinch red pepper flakes
- 2 medium carrots, sliced into 1/4-inch/.5 cm. thick rounds
- 2 celery stalks, diced
- 1 large sweet potato, peeled and roughly chopped
- 2 sprigs thyme
- 2 sprigs parsley
- 1 tsp./5 grams salt
- 4 c./1 liter water
- 1 large bok choy or 3 baby bok choy, cleaned and torn in pieces
- 1/2 tsp./2.5 g. fresh ground pepper

Directions:

- 1.) Heat the oil in a large pot over medium heat.
- 2.) Add the onion, leeks, garlic and red pepper flakes and sauté until the vegetables soften, about 3 minutes.
- 3.) Add the carrots, celery, sweet potato, thyme, parsley and salt and sauté 3 minutes.
- 4.) Add the water and increase the heat to high.
- 5.) Bring the mixture to a boil, then return to a simmer and cook until the vegetables soften about 30 minutes.
- 6.) Stir in the bok choy and cook for another 5 minutes.
- 7.) Stir in the pepper and any additional salt if necessary.
- 8.) Remove the thyme and parsley sprigs and serve.

Soups cont. next page.

VEGETABLE DISHES:

Apple, Parsnips and Sweet Potatoes

This recipe makes 2 servings.

Ingredients:

4 parsnips, peeled and cut into bite size pieces
2 medium sweet potatoes, peeled and cut into bite size pieces
1 small onion, sliced
2 red apples, cored and diced
2 cloves garlic
Black pepper to taste

Directions:

- 1.) Preheat oven to 450°F/230°C.
- 2.) Place sweet potatoes, parsnips and apples with garlic and onions in a covered baking dish and spray with olive oil, add pepper to taste.
- 3.) Roast for 40-50 minutes until tender

Soups continued:

Harvest Roasted Vegetables

This recipe makes 4 servings.

Ingredients:

1 butternut squash (Australia butternut pumpkin) – peeled, seeded and chopped
4 medium sweet potatoes – peeled and chopped
2 c. baby bella mushrooms washed and cut into quarters
1 yellow onion peeled, cut into thick slices
4 garlic cloves – peeled and whole
Olive oil, lightly drizzled over vegetables
1/2 tsp./2.5 g. sea salt
1 tsp./5 g. fresh ground black pepper
Dried basil, to taste
Dried thyme, to taste

Directions:

- 1.) Preheat oven to 450°F/230°C degrees.
- 2.) Place all veggies on a baking sheet with parchment paper.
- 3.) Bake for 40 minutes, turning them over half way. Onions and mushrooms will finish around 30 minutes – remove from tray and finish roasting squash and sweet potato.

Soups cont. next page.

Vegetable Stir Fry

This recipe makes 1 serving.

Ingredients:

1 cup/225 g. chopped broccoli
1/2 red pepper, julienne
1/2 green pepper, julienne
2 medium carrots, julienne
1 cup/225 g. mushrooms, sliced
1/2 medium onion, sliced
1 Tbsp./15 grams ginger root, finely sliced
1 clove garlic, finely chopped
1 Tbsp./15 ml. olive oil
2 Tbsp./30 ml. water
Ground black Pepper to taste
1 Tbsp./15 ml. low sodium soy sauce
1 tsp./5 g. rice vinegar
Red pepper flakes to taste

Directions:

- 1.) Mix soy sauce, vinegar, black pepper and red pepper flakes and set aside.
- 2.) Heat oil and sauté veggies – add onion first and cook about 2-3 minutes until clear, then add garlic and ginger, then the rest of the vegetables.
- 3.) When veggies are almost cooked (retain bright color and are still crunchy), add the sauce and stir into veggies. Cook briefly.



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