

A close-up photograph of a bowl filled with a vibrant green salad. The salad includes dark green leafy vegetables, bright green bell pepper strips, large chunks of ripe yellow-orange mango, and thick slices of creamy green avocado. It is garnished with numerous sliced almonds and a sprinkle of black seeds. A wooden-handled knife is visible on the right side of the bowl. In the background, a glass of yellow juice and a banana are partially visible.

LEAN, MEAN AND VERY

GREEN

Our favorite green drinks, salads, soups and more.

 Reboot with Joe



At Reboot with Joe, we have a thing for green. When Joe Cross embarked on his epic 60-day juice fast (he calls it a Reboot), on his way to losing 100 pounds, he dubbed his favorite juice “Joe’s Mean Green.” Even now, Joe and his team get their greens every day, whether it’s green juice, a crisp salad, a creamy soup, or even a dessert.

Here are 10 brand new green-themed recipes for you to enjoy along with Joe. They’re all quick, easy and delicious!

- Pear Turmeric Colada
- In the Limelight
- Frozen Green Chai
- Minty Mango Smoothie
- Green Crunch Salad
- Sweet on Blueberries Salad
- No-Cream of Broccoli Soup
- Greens & Beans Hearty Soup
- Broccoli Chips
- Pistachio Chia Pudding

Want more plant-based recipes in every color of the rainbow? Check out our [Reboot with Joe website](#).



Want to follow in Joe’s footsteps, change your attitude towards food, improve your health and lose weight?

Start a juice Reboot of your own.

You’ll find **FREE 3- and 15-Day** Reboot Plans on [our website](#).



Looking for a more personal experience?

Sign up for a 15-, 30- or 60-Day Guided Reboot. You’ll work with a certified Reboot Nutritionist in a private, online group to help you reach your health goals. Programs include daily meal plans, recipes, shopping lists, live webinars with your coach, and a private forum to interact with other participants.

**15 Day
Guided
Reboot**



**30 Day
Guided
Reboot**



**Guided
Reboot
Diabetes**



**Guided
Reboot
THYROID**



Praise for Guided Reboots:

* “Thank you for the first step in a lifetime change. 12 pounds 15 days and I was never hungry. Cravings? Gone. Arthritis pain? Gone. Thank you so much. A precious gift to myself. If you are thinking of doing this? Dive in!”

Gayle H.

* “Highly recommended. I could not have done this on my own. Our coach was super... she responded quickly to questions and issues between teleconferences and did a great job on presenting helpful information. I have lost 14 lbs in two weeks and feel better than I have in a long while. Thank you for your help.”

Poses P.

[Read more testimonials here](#) ►

*Individual results may vary. Reboots are not intended to treat, cure or prevent any medical or health condition.



Pears offer an amazing amount of soluble fiber. Greens and celery are all highly alkalizing, and turmeric is used extensively for its anti-inflammatory benefits.



For information on our Reboot with Joe Protein Powder, specially formulated to dissolve in juice, please visit RebootWithJoe.com.

Pear Turmeric Colada

Serves 1

Total time: 5 minutes

Ingredients:

- 1 pear, cored
- ¼ pineapple, rind removed
- 2 celery stalks
- 2 collard green leaves
- 1 in (2.5 cm) piece of fresh turmeric
- 1 lemon, peeled
- 1 scoop [Reboot with Joe Protein Powder](http://RebootWithJoe.com) (optional)

Directions:

1. Wash and prepare all produce.
2. Add all ingredients through juicer and enjoy.

NOTE: If your pineapple is organic, there's no need to peel it before juicing.



In the Limelight

Serves 1

Total time: 5 minutes

Ingredients:

- 1 apple, cored
- ½ cucumber
- 2 celery stalks
- 3 chard (silverbeet) leaves
- 1 lime, peeled
- ½ in (1.25 cm) piece of ginger
- 1 scoop [Reboot with Joe Protein Powder](#) (optional)

Directions:

1. Wash and prepare all produce.
2. Add all ingredients through juicer and enjoy

Note: Use any variety of chard you like, and if chard isn't available, feel free to substitute kale, spinach or romaine lettuce. This is also a very economical juice, since cucumber, celery, apple and chard are all high-yield vegetables.

For information on our [Reboot with Joe Protein Powder](#), specially formulated to dissolve in juice, please visit RebootWithJoe.com.



With ginger and lime, this clean green juice has a spicy tropical taste.



JUICE

Frozen Green Chai

Serves 1

Total time: 5 minutes

Ingredients:

- 1 cup (250 ml) almond milk
- 1 banana, frozen and peeled
- 1 tbsp chia seeds
- 2 tbsp hemp seeds
- 1 large handful of spinach
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{4}$ tsp ginger
- 1 date
- $\frac{1}{4}$ tsp ground cloves (optional)

Directions:

1. Wash spinach well.
2. Add all ingredients to blender and blend on high 45 to 60 seconds until smooth.



If you love fall spices, you'll love this milkshake-like green smoothie.



Minty Mango

Serves 1

Total time: 5 minutes

Ingredients:

- 1 cup (250 ml) coconut water
- ½ mango (fresh, or 1/2 cup frozen), skin and stone removed
- ¼ avocado, peeled and pitted
- 1 handful of spinach
- 1 handful of mint

Directions:

1. Wash all produce well.
2. Add all ingredients to blender and blend on high 45 to 60 seconds until smooth.

NOTE: Use coconut water for its beneficial electrolytes, or just use water if you don't have coconut water on hand.



SMOOTHIE

Talk about smooth: This beautiful green smoothie gets its creaminess from mango and avocado, which adds a dose of healthy fats.





Green Crunch Salad

Serves 4

Total time: 10 minutes

Ingredients:

- 1 bunch of lacinato kale (Tuscan cabbage), torn into bite-sized pieces
- ½ pineapple, rind removed and cubed
- 4 tbsp almonds, roughly chopped
- 1 green bell pepper (capsicum), tops and seeds removed and chopped
- 1 avocado, peeled and diced

Dressing:

- 4 tbsp extra virgin olive oil
- 1 lemon, juice only
- dash of sea salt and pepper, to taste

Directions:

1. Wash and prepare all produce.
2. Combine salad ingredients into a large bowl.
3. In a jar with a tight-fitting lid, add the dressing ingredients. Shake until emulsified.
4. Toss the salad with the dressing and serve.

This incredibly satisfying salad is a green symphony of flavors and textures.



Sweet on Blueberries

Serves 2

Total time: 35 minutes

Ingredients:

- 1 bunch of romaine lettuce, torn into bite-sized pieces
- ½ cup (75 g) blueberries
- ¼ cup (35 g) cashews (whole or pieces)
- 1 sweet potato, roasted and cut into cubes
- 1 tbsp extra virgin olive oil (for roasting potato)
- dash of sea salt

Dressing:

- ½ ripe avocado, peeled and pitted
- ¼ cup (60 ml) extra virgin olive oil
- 1 lemon, juice only
- dash of sea salt and pepper, to taste

Directions:

1. Pre-heat oven to 425 F (218 C).
2. Wash and prepare all produce.
3. To roast the sweet potato, cut it into small cubes. Add to baking pan and toss with olive oil and salt. Roast in the oven for 25 to 30 minutes, tossing in the middle for even cooking.
4. While sweet potato is cooking, combine all salad ingredients into a large bowl.
5. In a food processor or blender, add the dressing ingredients and process until smooth.
6. Toss the dressing with the salad ingredients.
7. Once the sweet potato is cooked, add to the salad and toss again.



SALAD

It's no secret that blueberries are antioxidant powerhouses, but have you tried them on a salad?



No-Cream of Broccoli Soup

Serves 6 to 8

Total time: 25 minutes

Ingredients:

- 1 tbsp coconut oil, to sauté vegetables
- 1 yellow onion, chopped
- 4 fresh garlic cloves, crushed
- 2 heads of broccoli, chopped coarsely
- 1 large zucchini (courgette), chopped coarsely
- 6 cups (1.5 l) low-sodium vegetable broth or stock
- 1 tsp dried turmeric powder
- dash of sea salt and pepper, to taste

Directions:

1. Wash all produce.
2. Heat oil over medium heat, then sauté onion and garlic until translucent, about 4 minutes.
3. Add in the broccoli and zucchini and stir for a few minutes until slightly soft.
4. Add the vegetable stock, salt and pepper, and turmeric and bring to a boil. Then turn down the heat and simmer for 10 to 15 minutes or until the vegetables are soft.
5. Once cooked, use a stick blender or normal blender to puree.
6. Add in any fresh herbs for garnish (optional) and serve immediately.



This dairy-free soup is a guilt-free green wonder. Top with some fresh herbs and/or a sprinkle of sunflowers seeds if you like.



Greens & Beans Hearty Soup

Serves 4 to 6

Total time: 45 minutes

Ingredients:

- 1 large bunch of collard greens
- 1-2 tbsp extra virgin olive oil
- 1 sprig of fresh rosemary, leaves stripped and chopped
- 1 medium onion, diced
- 1 large carrot, diced
- 1 medium potato, diced
- 1 garlic clove, chopped
- 1 can (430 g) white beans, drained and rinsed well
- 9 cups (2.25 l) low-sodium vegetable broth or stock
- 1 tbsp parsley, chopped

Directions:

1. Wash all produce.
2. Cut collard greens into bite-sized pieces and set aside.
3. In a large pan or Dutch oven, heat the oil over a medium-high then add the rosemary. Let it sizzle for a moment, then add the onion, carrot and potato, cooking for about 4 minutes or until onions are translucent.
4. Turn the heat down to medium-low and cover the vegetables for 8-10 minutes until they are soft and the onion is slightly golden. Stir every so often to prevent burning.
5. Turn the heat back up to medium-high then add the chopped garlic. Stir and cook for another 2 minutes until fragrant then add the collard greens and sauté until they start to wilt and soften.
6. Add the vegetable stock and white beans. The beans and vegetables should be well covered with liquid but not drowned. Add a little extra water if needed. Bring the soup to a boil. Partially cover and turn the heat down to low. Simmer, stirring from time to time, for 20 to 25 minutes or until the greens are very tender.
7. Adjust seasoning, then cook 5 minutes more. Mash some of the beans against the sides of the pan to thicken the soup slightly. Stir in the chopped parsley and remaining rosemary. Cook 1 minute, then turn off the heat. Let the soup sit, covered, for 5 minutes. Serve drizzled with a little olive oil, if desired.



Use any greens you like in this chunky, satisfying soup (we used collard greens).



SOUP



Broccoli Chips

Serves 2 to 4

Total time: 30 minutes

Ingredients:

1 head of broccoli, chopped into small florets

2 tbsp extra virgin olive oil

½ tsp sea salt

Directions:

1. Preheat oven to 450 F (230 C).
2. Wash and chop broccoli.
3. Place broccoli into large bowl and toss with oil, salt and pepper.
4. Transfer to a single layer on a large rimmed baking sheet and bake for at least 25 minutes or until the broccoli is crispy and crunchy, but not completely burned.

Move over kale chips. Try these simple and crunchy broccoli chips.



Pistachio Chia Pudding

Serves 2

Total time: 65 minutes

(includes 1 hour refrigerator time)

Ingredients:

- 1 cup (250 ml) unsweetened almond milk
- 3 tbsp chia seeds
- 1/3 cup (40 g) pistachios, shelled
- 1/4 cup (30 g) pistachios, chopped, for garnish
- 1 tsp pure vanilla extract
- 1 - 2 tbsp pure maple syrup

Directions:

1. Add all ingredients, except for the chopped pistachios for garnish, to a blender or food processor and blend until a smooth consistency is formed.
2. Pour the pudding into small ramekins or individual serving dishes and allow to set for at least one hour in the refrigerator.
3. Just before serving, garnish with chopped pistachios



The pistachios in this chia pudding give it a subtle green hue, and a boost of healthy fats.

SWEET

