



THE JOE CROSS

3 Day Quick-Start Plan

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This 3 Day Plan is an easy, delicious way to infuse your diet with more fruits and vegetables, retrain your taste buds, and kick-start healthy habits to recharge your body.

Whether your goal is to lose weight, reclaim your vitality or give your system a rest, a Reboot can help you achieve it.

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 feel great. During this 3 Day Reboot, you'll consume only fruit and vegetable juices for 3 days. You can also find a free **10 Day Juicing and Eating plan** at rebootwithjoe.com, along with longer Guided Reboot Programs, led by a certified nutritionist.

Why Reboot?

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

A 3 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?

A Reboot 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:

This 3 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 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 3 Day Reboot, you may be 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 or borrow a juicer if you don't already have one. See our [Juicer Buying Guide](#).

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.

Exercise:

Physical activity is important during your Reboot but we recommend you take it easy for three days. When you 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. Walking, gentle yoga, tai chi, Pilates, and easy cycling are all examples of good activities to do during your Reboot.

Possible Side Effects or Symptoms:

While there are many potential benefits of consuming a plant-based diet, there are some 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 after a few days, or 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. Increasing your fluid intake by drinking more water, coconut water or another juice, can often resolve these side effects.

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.

After Your Reboot:

After your 3 Day Reboot, 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 made it to that point, feel free to keep going if you feel good. If you have specific health issues, check out our website to find fruit, veggie and juice recipes that can help. You can find more plans at rebootwithjoe.com/plans, or in "The Reboot with Joe Juice Diet" book.



DAILY GUIDE

On your 3 Day Reboot you will consume only juice, coconut water, water, and herbal teas. Reboot-friendly juices (those that are 80% veggies and 20% fruit) come in a wide variety of flavors, colors, and nutritional properties and we want you to choose which ones you like to drink. Follow the chart at right to ensure you are drinking all the colors of the rainbow – red, purple, orange, yellow, green – and consuming the wide variety of nutrients that each juice offers.

To get you started, you'll find juice recipes here organized by color. If you need more inspiration you can find hundreds more recipes on rebootwithjoe.com and in our [101 Juice Recipes book](#) or the [101 Juice Recipes app](#) for iOS and Android.

Wake up:	8 oz (250 ml) hot water with lemon and/or ginger
Breakfast:	Orange or red juice
Mid-Morning:	16 oz (500 ml) coconut water or vegetable broth
Lunch:	Green juice
Afternoon snack:	Yellow or red juice
Dinner:	Green juice
Dessert:	Purple or orange juice
Bedtime:	Herbal tea (add pure stevia for sweetness if desired)
Throughout the day:	Drink lots of water

This plan was adapted from [the Reboot with Joe Juice Diet Book](#).

RECIPES

One serving is about 16 oz (500 ml/2 cups) If you have leftover juice, store it in a glass jar with a tightly fitting lid. Juice keeps in the refrigerator for about two days, or in the freezer for five days.

To make these juice recipes, wash produce well, peel produce (when suggested), add all ingredients through juicer and enjoy!

RED JUICES

Un-Beet-Able

Makes 2 servings

Nutrition per serving: 202 kCal; 844 kJ; 5 g protein; 42 g carbohydrates; 1 g fat; 0 g saturated fat; 4 g fiber; 21 g sugar; 161 mg sodium

Ingredients:

- 2 beets (beetroot), peeled if desired
- 6 carrots
- 2 apples, cored
- 15 kale leaves (Tuscan cabbage)
- 2 in (5 cm) piece of fresh root ginger

Sporty Spice

Makes 2 servings

Nutrition per serving: 146 kCal; 610 kJ; 5 g protein; 31 g carbohydrates; 1 g fat; 0 g saturated fat; 5 g fiber; 20 g sugar; 175 mg sodium

Ingredients:

- 4 beets (beetroot), peeled if desired
- 2 carrots
- 6 celery stalks
- 2 oranges, peeled
- 2 lemons, peeled if desired

Peach Or Pear Pie Delight

Makes 1 serving

Nutrition per serving: 352 kCal; 1471 kJ; 3 g protein; 83 g carbohydrates; 1 g fat; 0 g saturated fat; 3 g fiber; 48 g sugar; 51 mg sodium

Ingredients:

- 1 sweet potato
- 2 ripe peaches, pitted (or pears if peaches are not in season)
- 1 red apple, cored
- 1 ⅓ cups (150 g/6 oz) blueberries, fresh or frozen (thawed)
- Dash of cinnamon

PURPLE JUICES

Just Beet It

Makes 1 serving

Nutrition per serving: 212 kCal; 888 kJ; 4 g protein; 54 g carbohydrates; 0 g fat; 0 g saturated fat; 4 g fiber; 34 g sugar; 138 mg sodium

Ingredients:

- 2 beets (beetroot), peeled if desired
- 2 pears
- 1 cucumber
- 1 in (2.5 cm) piece of fresh root ginger

Purple Passion

Makes 1 serving

Nutrition per serving: 206 kCal; kJ 861; 1 g protein; 30 g carbohydrates; 0 g fat; 0 g saturated fat; 1 g fiber; 17 g sugar; 5 mg sodium

Ingredients:

- 30 black/purple or red grapes
- 2 cups (300g/11 oz) blueberries, fresh or frozen (thawed)
- 1 handful of mint

Red, White, Blue, and Green

Makes 2 servings

Nutrition per serving: 136 kCal; 568 kJ; 3 g protein; 30 g carbohydrates; 1 g fat; 0 g saturated fat; 1 g fiber; 22 g sugar; 103 mg sodium

Ingredients:

- 4 cups (400 g) chopped watermelon, rind included
- 4 cups (550 g/20 oz) blueberries, fresh or frozen (thawed)
- 16 chard leaves (silverbeet) with stems

ORANGE JUICES

Carrot-Apple-Lemon

Makes 2 servings

Nutrition per serving: 188 kCal; 786 kJ; 2 g protein; 44 g carbohydrates; 1 g fat; 0 g saturated fat; 3 g fiber; 29 g sugar; 58 mg sodium

Ingredients:

- 4 apples, cored
- 4 carrots
- 2 lemons, peeled if desired

Carrot-Apple-Ginger

Makes 2 servings

Nutrition per serving: 196 kCal; 819 kJ; 2 g protein; 46 g carbohydrates; 1 g fat; 0 g saturated fat; 3 g fiber; 31 g sugar; 85 mg sodium

Ingredients:

- 6 carrots
- 4 apples, cored
- 2 in (5 cm) piece of fresh root ginger

Sunrise

Makes 2 servings

Nutrition per serving: 172 kCal; 594 kJ; 4 g protein; 38 g carbohydrates; 1 g fat; 0 g saturated fat; 7 g fiber; 25 g sugar; 172 mg sodium

Ingredients:

- 3 beets (beetroot), peeled if desired
- 9 carrots
- 3 oranges, peeled

YELLOW JUICES

Australian Gold

Makes 1 serving

Nutrition per serving: 222 kCal; 928 kJ; 3 g protein; 51 g carbohydrates; 1 g fat; 0 g saturated fat; 1 g fiber; 30 g sugar; 7 mg sodium

Ingredients:

- ½ medium pineapple, peeled if not organic
- 1 yellow (bell) pepper (capsicum)
- 1 lemon, peeled if desired
- 1 in (2.5 cm) piece of fresh root ginger

Mexi Cali

Makes 1 serving

Nutrition per serving: 65kCal; 272kj; 2g protein; 13g carbohydrates; 1g fat; 0g saturated fat; 1g fiber; 3g sugars, 88mg sodium

Ingredients:

- ⅔ medium pineapple, peeled if not organic
- 1 apple, cored
- 1 lime
- ½ jalapeño, seeded
- 1 small handful of cilantro (coriander)

Pine-Lime-Lemon

Makes 1 serving

Nutrition per serving: 60 kCal; kj 251; 1 g protein; 7 g carbohydrates; 0 g fat; 0 g saturated fat; 3 g fiber; 4 g sugars; 11 mg sodium

Ingredients

- ¼ medium pineapple, peeled if not organic
- 2 celery stalks
- 1 lemon, peeled if desired
- 1 lime
- 1 in (2.5 cm) piece of fresh root ginger

GREEN JUICES

Garden Variety

Makes 2 servings

Nutrition per serving: 278 kCal; 1162 kJ; 7 g protein; 58 g carbohydrates; 2 g fat; 0 g saturated fat; 2 g fiber; 31 g sugar; 70 mg sodium

Ingredients:

- 4 apples, cored
- 4 cucumbers
- 16 kale leaves (Tuscan cabbage) with stems
- 2 handfuls of parsley

Green Lemonade

Makes 2 servings

Nutrition per serving: 176 kCal; 736 kJ; 6 g protein; 35 g carbohydrates; 1 g fat; 0 g saturated fat; 2 g fiber; 16 g sugar; 114 mg sodium

Ingredients:

- 2 apples, cored
- 4 handfuls of spinach
- 16 kale leaves (Tuscan cabbage) with stems
- 1 cucumber
- 4 celery stalks
- 2 lemons, peeled if desired

Joe's Mean Green

Makes 2 servings

Nutrition per serving: 251 kCal; 1049 kJ; 6 g protein; 54 g carbohydrates; 1 g fat; 0 g saturated fat; 2 g fiber; 30 g sugar; 128 mg sodium

Ingredients:

- 16 kale leaves (Tuscan cabbage) peeled if desired
- 2 cucumbers
- 8 celery stalks
- 4 apples, cored
- 1 lemon, peeled if desired
- 2 in (5 cm) piece of fresh root ginger

The Reboot with Joe Juice Diet Book.



Joe Cross summarizes all he's learned during his incredible journey of transformation in this New York Times bestseller. The book offers a step-by-step guide to conducting your own Reboot, detailing how to overcome poor health and bad habits, and regain and maintain your vitality. It offers seven different diet plans for 3, 5, 10, 15 and 30 Day Reboots with shopping lists and recipes. It includes success stories from people who have been inspired by Joe. Book includes: juice only as well as eating and juicing plans.

Track your progress on your iPhone with the companion [Reboot with Joe Juice Diet app](#).

REBOOT SHOPPING LIST

To prepare your grocery list while Rebooting, select your juices, decide how many days you are shopping for, print the Shopping List Template and use it to write down the quantity of each ingredient you will need to make your recipes. Add up the amount of each ingredient to create your shopping list.

VEGETABLES	Qty. per recipe	Total to buy	OTHER	Qty. per recipe	Total to buy
Beets (Beetroot)			Basil		
Bell Peppers (Capsicum, Sweet)			Black Pepper		
Carrots			Cilantro (Coriander)		
Celery stalks			Cinnamon		
Chard (Silverbeet)			Coconut Water		
Collards			Ginger Root		
Cucumber			Herbal Teas (whichever you enjoy)		
Kale (Tuscan Cabbage)			Jalapeno		
Leafy Greens			Parsley		
			Plant-Based Protein Powder		
FRUIT			Sea Salt		
Apples, Green			Stevia		
Apples, Red			Vegetable Stock		
Bananas			Water		
Blueberries					
Grapes			Notes		
Lemons					
Limes					
Orange					
Peach					
Pear					
Pineapple					
Watermelon					

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