



THE JOE CROSS
10 Day Juicing & Eating Plan

10-DAY PLAN

Experience the benefits of juicing while also consuming some plant-based meals in this 10-day combo plan. Including meals as part of a Reboot allows flexibility for families, busy people and those who travel—and for those who aren't quite ready to commit to a 100% juicing plan.

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. During this 10-Day Reboot plan, you'll consume both juices and plant-based meals for 10 days. You can find a free 3-day juice-only 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.
- Transition off meat
- Transition off dairy
- Reduce caffeine and work to eliminate alcohol
- Stay hydrated (at least 64-72 ounces (2-2.5 Litres) a day, or more if you are over weight 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 such as 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 10-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, once you've completed 10 days, feel free to keep going if you are feeling 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](#), in the "Reboot with Joe Juice Diet" book.



DAILY GUIDE

We always say “eat a rainbow every day.” Well, here’s your chance to do just that! Follow the meal plans, shopping lists and recipes on the following pages or choose from additional Reboot-friendly recipes at [Rebootwithjoe.com](https://rebootwithjoe.com).

Wake up:	8 oz (250 ml) hot water with lemon and/or ginger
Breakfast :	Plant-based juice, smoothie or snack
Mid-Morning:	Green, orange or red juice
Lunch:	Reboot soup or salad
Afternoon snack:	Green, orange or red juice
Dinner:	Reboot plant-based meal
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](#)".

Meal at a Glance, Days 1- 5

	Day 1	Day 2	Day 3	Day 4	Day 5
When You Wake Up	8 oz (250 ml) hot water with lemon and/or ginger	8 oz (250 ml) hot water with lemon and/or ginger	8 oz (250 ml) hot water with lemon and/or ginger	8 oz (250 ml) hot water with lemon and/or ginger	8 oz (250 ml) hot water with lemon and/or ginger
Breakfast	Berry-Apple-Cinnamon Bake	Berry-Apple-Cinnamon Bake	Get Your Greens Smoothie	Get Your Greens Smoothie	Island Green Smoothie
Morning Snack	Carrot-Apple Ginger Juice	Celery-Pear Cucumber Juice	Green Lemonade Juice	Carrot-Apple Lemon Juice	Joe's Mean Green Juice
Lunch	Reboot Green Salad + Carrot and Sweet Potato "Fries"	Kale and Avocado Salad w/ Vinaigrette + Raw Carrot Ginger Soup	Squash and Apple Soup	Reboot Green Salad + Green Detox Soup	Squash and Apple Soup
Afternoon Snack	Carrot Apple Ginger Juice	Celery Pear Cucumber Juice	Green Lemonade Juice	Carrot Apple Lemon Juice	Joe's Mean Green Juice
Dinner	Kale and Avocado Salad w/ Vinaigrette + Carrot & Sweet Potato "Fries"	Green Detox Soup + Sautéed Greens with Garlic	Raw Carrot Ginger Soup + Roasted Acorn Squash Stuffed w/ Mushroom & Sage	Squash and Apple Soup + Roasted Acorn Squash Stuffed with Mushroom and Sage	Green Detox Soup
Before Bed	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea

Meal at a Glance, Days 6 - 10

	Day 6	Day 7	Day 8	Day 9	Day 10
When You Wake Up	8 oz (250 ml) hot water with lemon and/or ginger	8 oz (250 ml) hot water with lemon and/or ginger	8 oz (250 ml) hot water with lemon and/or ginger	8 oz (250 ml) hot water with lemon and/or ginger	8 oz (250 ml) hot water with lemon and/or ginger
Breakfast	Tasty Tart Treat Juice	Tasty Tart Treat Juice	Island Green Smoothie	Great Green Fruit-Blend Smoothie	Great Green Fruit-Blend Smoothie
Morning Snack	Morning Green Glory Juice	Sporty Spice Juice	Morning Green Glory Juice	Sunrise Juice	Un-Beet-Able Juice
Lunch	Roasted Beet Salad + Harvest Roasted Vegetables	Sweet Potato and Bok Choy Soup + Harvest Roasted Vegetables	Thai Reboot Salad	Green Vegetable Soup + Apple, 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 and Bok Choy Soup + Harvest Roasted Vegetables	Thai Reboot Salad	Green Vegetable Soup + Apple, Parsnips, and Sweet Potatoes	Roasted Veggie Salad	Vegetable Stir-Fry
Before Bed	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea	Herbal Tea

SHOPPING LIST, DAYS 1 - 5

FRUIT	VEGETABLES	OTHER
20 apples	2 acorn squash or baby pumpkins	1 bunch of cilantro (optional)
2 bananas (peel and freeze 1)	3 avocados	1 bunch of parsley
1 cup (150 g/5 oz) of fresh or frozen berries of (any kind)	1 small head broccoli	1 small bunch of sage
1 fresh coconut (optional)	34 carrots	Black pepper
6 lemons	27 celery stalks	Cayenne pepper
1 mango	6 cucumbers	Ground cumin
2 pears	2 bunches salad greens (any but iceberg)	Ground cinnamon
	1 head romaine lettuce	Dried basil
	3 bunches spinach	Ground nutmeg
	6 bunches kale	Red pepper flakes (optional)
	1 leek	Sea salt
	3 small yellow onions	5-inch piece fresh ginger root
	1 large Portobello mushroom	Balsamic vinegar
	1 head red cabbage	Olive oil
	2 sweet potatoes	Coconut oil
	2 tomatoes	Honey
	1 large or 2 small zucchini	3 tsp raisins
	Enough of your favorite veggies to add to 2 salads, such as bean sprouts, grated beet, carrot, celery, cucumber,	1 dried date (optional)
		Herbal teas (enough for 10 days, caffeine-free)
		96 oz (3 liters) vegetable stock

SHOPPING LIST, DAYS 6 -10

FRUIT	VEGETABLE	OTHER
2 red apples	1 large or 2 small heads bok choy	2 bunches basil
4 green apples	6 bunches kale	1 bunch parsley
8 additional apples	5 bunches salad greens (any except iceberg)	1 bunch thyme
(any variety)	3 bunches spinach	2 bunches mint
3 bananas	2 heads romaine lettuce	2 bulbs garlic
1 cup (150 g/5 oz) fresh or frozen blueberries	3 cups baby Portobello mushrooms	9-inch piece fresh ginger root
1 grapefruit	2 avocados	Ground cinnamon
2 kiwi fruit	9 beets	Black pepper
9 lemons	2 heads broccoli	Sea salt
2 mangoes	1 butternut squash	Sweet paprika
1 pineapple	½ cabbage	Red pepper flakes
20 strawberries	28 carrots	Balsamic vinegar
8 oranges	20 celery stalks	Rice vinegar
1 pear	2 red chilies	Olive oil
2 ripe peaches (if unavailable, use pears)	5 cucumbers	Tamari or low-sodium soy sauce
	1 eggplant	Stevia or coconut sugar
	3 green bell peppers	
	1 red bell pepper	
	5 yellow onions	
	1 red onion	
	4 parsnips	
	1 bunch scallions	
	4 summer squash (yellow crookneck)	
	2 zucchini	
	10 sweet potatoes	

RECIPES

Starting the Day

Our plans all recommend starting every morning with a cup of hot water. Adding fresh lemon and/or ginger to the water helps get the digestive tract going and provides a warm, soothing way to ease into the day with that can aid digestion and metabolism.

Hot Water with Lemon and/or Ginger

Makes 1 serving

Ingredients:

- 1 cup water (250 ml/8 oz)
- ½ inch (1 cm) piece of fresh root ginger, thinly sliced
- juice of 1/4 lemon

Directions:

1. Boil the water.
2. Place the ginger slices in a mug and pour in the water. Add the lemon juice.
3. Allow to steep for 3–5 minutes, depending on the strength of flavor desired.
4. Strain if you like, and drink.

BREAKFAST

Berry Apple Cinnamon Bake

Makes 2 servings

Nutrition per serving: 180 kCal; 752 kJ; 1 g protein; 41 g carbohydrates; 3 g fat; 2 g saturated fat; 7 g fiber; 32 g sugar; 5 mg sodium

Ingredients:

- coconut oil, for greasing
- 1 cup (150 g/5 oz) fresh or frozen berries, cut in half if large
- 2 apples, cored and chopped
- 3 tbsp raisins or sultanas (golden raisins)
- 1 tsp ground cinnamon, or to taste
- ½ tsp ground nutmeg

Directions:

1. Preheat the oven to 375°F (190°C). Lightly coat a baking dish with coconut oil.
2. Place all the ingredients in the prepared dish and cover with foil.
3. Bake for 45 minutes, or until the apples are soft. Cool and enjoy.

Tasty Tart Treat

Makes 2 servings

Nutrition per serving: 330 kCal; 1379 kJ; 4 g protein; 82 g carbohydrates; 1 g fat; 0 g saturated fat; 10 g fiber; 50 g sugar; 0 mg sodium

Nutrition per serving:

- 1 grapefruit, segmented
- ½ pineapple, chopped
- 2 oranges, segmented
- 2 kiwi fruit, sliced
- 1 mango, chopped
- fresh mint, to taste

Directions:

1. Place all the ingredients in a bowl and mix well.

JUICES

Method

The method for making all the juices is the same throughout. Wash and prepare the ingredients, and cut to size for your juicer. Run through your juicer, then pour into a glass and enjoy.

Yield

Single serving recipes should yield 2–2½ ½ cups (16–20 oz/500–600 ml) of juice, but the amount will vary, depending on the size of your produce and the efficiency of your juicer.

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

Nutrition per serving:

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

Sunrise

Makes 2 servings

Nutrition per serving: 72 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
- 8 carrots
- 3 oranges

RED JUICES

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 ½ cups (150 g/6 oz) blueberries, fresh or frozen (thawed) Dash of cinnamon

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
- 6 carrots
- 2 apples, cored
- 15 kale leaves
- 2 inch (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
- 2 carrots
- 6 celery stalks
- 2 oranges
- 2 lemon, peeled if desired
- 2 handfuls of basil

GREEN JUICES

Celery-Pear-Cucumber

Makes 2 servings

Nutrition per serving: 151 kCal; 631 kJ; 4 g protein; 33 g carbohydrates; 1 g fat; 0 g saturated fat; 2 g fiber; 16 g sugar; 91 mg sodium

Ingredients:

- 10 kale leaves
- 2 cucumbers
- 6 celery stalks
- 2 pears

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

Morning Green Glory

Makes 2 servings

Nutrition per serving: 183 kCal; 765 kJ; 6 g protein; 37 g carbohydrates; 1 g fat; 0 g saturated fat; 2 g fiber; 18 g sugar; 111 mg sodium

Ingredients:

- 10 kale leaves
- 2 large handfuls of spinach, with stems
- 6 romaine lettuce leaves
- 2 cucumbers
- 6 celery stalks
- 2 green apples, cored
- 2 lemons, peeled if desired

SALADS

Kale and Avocado Salad

Makes 2 servings

Nutrition per serving: 327 kCal; 1367 kJ; 16 g protein; 56 g carbohydrates; 10 g fat; 1 g saturated fat; 18 g fiber; 11 g sugar; 212 mg sodium

Ingredients:

- 15 kale leaves, chopped
- ½ head of red cabbage, chopped
- 1 tomato, chopped
- ½ avocado, diced
- For the vinaigrette
- ½ cup (125 ml/4 oz) olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- ½ tsp dried basil or 15 fresh basil leaves
- 4 garlic cloves, chopped
- sea salt and freshly ground pepper

Directions:

1. First make the vinaigrette. Combine all the ingredients for it in a bowl.
2. In a separate bowl, combine all the other ingredients.
3. Add 1 tbsp of the vinaigrette to the salad and toss well. Save the remaining dressing for other salads, or use as a marinade for grilled or roasted veggies.

Note: If you want to save a serving for later, store the chopped ingredients separately in your fridge, and toss with the dressing just before eating.

Reboot Green Salad

Makes 1 serving

Nutrition per serving: 219 kCal; 915 kJ; 5 g protein; 21 g carbohydrates; 15 g fat; 2 g saturated fat; 9 g fiber; 10 g sugar; 83 mg sodium

Ingredients:

- 10–12 large leaves from whatever greens you fancy (enough to make a large salad)
- veggies of your choice, including at least 4 of the following: ¼ cucumber, sliced;
1 celery stalk, chopped; ½ carrot, sliced; ½ tomato, chopped;
½ cup (100g/4 oz) chopped red cabbage; 1 radish, sliced; ¼ onion, sliced;
¼ avocado, chopped

For the dressing

- 1 tbsp olive oil
- 1 tbsp vinegar
- sea salt and freshly ground pepper

Directions:

1. Combine all your salad ingredients in a bowl.
2. Dress with olive oil and vinegar and toss well.
3. Add salt and pepper to taste.

Roasted Beet Salad

Makes 1 serving

Nutrition per serving: 320 kCal; 133 kJ; 18 g protein; 65 g carbohydrates; 3 g fat; 0 g saturated fat; 22 g fiber; 21 g sugar; 857 mg sodium

Ingredients:

- 1 beet, roasted and sliced
- 1 carrot, shredded
- ½ cup (50 g/2 oz) broccoli, finely chopped
- ½ cup (50 g/2 oz) green or red cabbage, shredded
- ½ apple, chopped
- large handful of mixed greens
- large handful of arugula
- 4 kale leaves, chopped

For the dressing

- 1 tsp olive oil
- 2 tsp balsamic vinegar

Directions:

1. Preheat the oven to 450°F (230°C).
2. Place the beet on a sheet of foil, drizzle with olive oil, then wrap tightly.
3. Bake on the top shelf in the oven for 50–60 minutes, until the beets are tender when pierced with a fork. Set aside to cool.
4. In the meantime, combine the rest of the salad ingredients in a bowl and mix with the dressing.
5. Peel the cooled beet, then slice and add to the salad.
6. Toss the salad well before serving.

Roasted Veggie Salad

Makes 2 servings

Nutrition per serving: 372 kCal; 1555 kJ; 8 g protein; 30 g carbohydrates; 28 g fat; 4 g saturated fat; 14 g fiber; 15 g sugar; 14 mg sodium

Ingredients:

- 4 tbsp extra virgin olive oil
- 1 tsp sweet paprika
- 1 tsp fresh thyme leaves
- 2 garlic cloves, crushed (minced)
- 1 eggplant
- 4 summer squashes (yellow crookneck)
- 2 sweet green (bell) peppers
- 1 onion
- bunch of scallions
- 2 large handfuls of mixed greens, chopped
- 2 large handfuls of arugula
- sea salt and freshly ground pepper

Directions:

1. Put the oil, paprika, thyme, and garlic in a bowl. Add salt and pepper and mix well.
2. Chop the eggplant, squash, peppers, onions, and scallions. Add them to the bowl, mix well, then cover and refrigerate for at least 1 hour.
3. Preheat the oven to 400°F (200°C).
4. Transfer the contents of the bowl to a roasting pan and roast for 40 minutes, or until tender. Set aside to cool.
5. Place the mixed greens and arugula in a bowl, add the cooled veggies, and toss with your favorite Reboot salad dressing.

Thai Reboot Salad

Makes 2 servings

Nutrition per serving: 82 kCal; 343 kJ; 2 g protein; 20 g carbohydrates; 0 g fat; 0 g saturated fat; 1 g fiber; 16 g sugar; 1014 mg sodium

Ingredients:

- 1 cucumber, sliced or chopped
- ½ red onion, sliced
- 1 small sweet red (bell) pepper, sliced into strips
- 1 carrot, chopped into match-sized sticks
- 2 romaine lettuce leaves, chopped
- 1 kale leaf, chopped
- handful of mint leaves, chopped
- mixed vegetables, such as snow peas, bean sprouts, asparagus, lettuce, green
- sweet (bell) pepper, tomatoes, or broccoli
- 1 avocado, sliced

For the dressing

- 2 garlic cloves
- 2 chili peppers (any type)
- 2 inch (5 cm) piece of fresh root ginger, grated
- 2 tbsp tamari (wheat-free soy sauce)
- juice of 1–2 lemons, plus 2 tsp zest
- pinch of stevia or 2 tbsp coconut sugar
- small handful of cilantro

Directions:

1. Place all the dressing ingredients in a food processor or blender and whiz until finely chopped.
2. Combine all the remaining ingredients, apart from the avocado and seasoning, in a bowl and pour the dressing over them. Add salt and pepper to taste, and toss to combine.
3. Arrange the avocado slices on top and eat straight away.

SMOOTHIES

Get Your Greens Smoothie

Makes 2 servings

Nutrition per serving: 136 kCal; 568 kJ; 5 g protein; 31 g carbohydrates; 1 g fat; 0 g saturated fat; 7 g fiber; 13 g sugar; 65 mg sodium

Ingredients:

- ½ cucumber
- 1 celery stalk
- 1 apple, cored
- 1 cup (8 oz/250 ml) water
- 3 kale leaves
- 3 romaine lettuce leaves
- ½ frozen banana
- handful of ice cubes
- 1 date, for extra sweetness (optional)

Directions:

1. Cut the cucumber and celery in half or quarters and place in your blender.
2. Add the apple, water, and all the greens. Blend on high until well mixed.
3. Add the remaining ingredients and blend for at least 1–1½ minutes, or until a smooth consistency is reached.

Great Green Fruit-Blend Smoothie

Makes 1 serving

Nutrition per serving: 366 kCal; 1530 kJ; 7 g protein; 90 g carbohydrates; 2 g fat; 1 g saturated fat; 2 g fiber; 54 g sugar; 272 mg sodium

Ingredients:

- 6 kale leaves, or beet greens, or chard leaves, or spinach, or a combination
- 1 banana
- 1 apple, cored
- ½ pear, cored
- 10 strawberries
- 1 cup (8 oz/250 ml) coconut water

Directions:

1. Place all the ingredients in a blender and whiz until smooth.

Island Green Smoothie

Makes 1 serving

Nutrition per serving: 496 kCal; 2073 kJ; 8 g protein; 91 g carbohydrates; 17 g fat; 3 g saturated fat; 17 g fiber; 63 g sugar; 154 mg salt

Ingredients:

- 1 mango, chopped
- 1 banana
- ½ avocado
- handful of spinach
- ½ cup (125 ml/4 oz) coconut water
- ice cubes (optional)

Directions:

1. Place all the ingredients in a blender and whiz until smooth.

SOUPS

Green Detox Soup

Makes 4 servings

Nutrition per serving: 205 kCal; 857 kJ; 9 g protein; 30 g carbohydrates; 8 g fat; 1 g saturated fat; 7 g fiber; 7 g sugar; 673 mg sodium

Ingredients:

- 2 garlic cloves
- 1 leek
- small head of broccoli
- 6 kale leaves
- 1 zucchini
- 2 celery stalks
- 2 tbsp olive oil
- 4 cups (1 liter/32 oz) vegetable stock
- handful of parsley, chopped
- sea salt and freshly ground pepper

Directions:

1. Chop the garlic and all the veggies.
2. Warm the oil on low heat, then add the leek and garlic and cook slowly for 3–5 minutes.
3. Add the stock and the remaining vegetables and bring slowly to a boil. Cook for just a few minutes, until the zucchini is soft. The less you cook the vegetables, the better.
4. Add salt and pepper to taste, then blend or process the soup to the desired consistency, from smooth to chunky.
5. Serve the soup in bowls and sprinkle with parsley.

Note: You can make your own veggie stock using leftover pulp from your juicer. Visit the soup recipe section of our website (rebootwithjoe.com) to find instructions.

Green Vegetable Soup

Makes 3 servings

Nutrition per serving: 136 kCal; 568 kJ; 9 g protein; 28 g carbohydrates; 1 g fat; 0 g saturated fat; 9 g fiber; 9 g sugar; 106 mg sodium

Ingredients:

- 2 tbsp (30 ml) olive oil
- 2 leeks, white and pale green parts only, thinly sliced
- 3 garlic cloves, crushed (minced)
- head of broccoli, cut into small florets
- 2 zucchini, cut into half-moons about ¼ inch (5 mm) thick
- 2 large handfuls of spinach, roughly chopped
- 6 cups (1.4 liters/30 oz) water
- 4 basil leaves, chopped
- sea salt and freshly ground pepper

Directions:

1. Place the olive oil in a large stockpot or Dutch oven over medium-high heat.
2. Add the leeks and garlic and sauté for 3 minutes.
3. Add the remaining veggies. Season to taste, then stir and cook for 5 minutes.
4. Add the water and bring to a boil, then cover and simmer for 15 minutes.
5. Remove from heat and stir in the chopped basil.

Raw Carrot and Ginger Soup

Makes 2 servings

Nutrition per serving: 559 kCal; 2337 kJ; 6 g protein; 62 g carbohydrates; 35 g fat; 10 g saturated fat; 12 g fiber; 33 g sugar; 246 mg sodium

Ingredients:

- 3 cups (720 ml/24 oz) carrot juice (about 20 carrots)
- 1 avocado
- ½ cup (120 g/4½ oz) fresh coconut meat (optional)
- 2 tbsp honey
- 1 tbsp finely chopped fresh root ginger
- ground cayenne pepper
- sea salt

2 tbsp cold-pressed avocado or olive oil, to drizzle

2 tbsp chopped fresh cilantro, to garnish (optional)

Directions:

1. Put the carrot juice, avocado, coconut (if using), honey, ginger, cayenne pepper, and salt into a blender and whiz until completely smooth.
2. Taste and adjust the seasoning if necessary.
3. Before serving, garnish the soup with a drizzle of oil and some chopped cilantro.

Squash and Apple Soup

Makes 4 servings

Nutrition per serving: 148 kCal; 619 kJ; 2 g protein; 30 g carbohydrates; 4 g fat; 1 g saturated fat; 5 g fiber; 17 g sugar; 1272 mg sodium

Ingredients:

- 1 acorn or butternut squash
- 1 small onion, diced
- 2 carrots, diced
- 1 tbsp olive oil
- 9 cups (2 liters/70 oz) vegetable stock
- 2 apples, sliced
- freshly ground black pepper

Directions:

1. Preheat the oven to 450°F (230°C).
2. Cut the squash in half and remove the seeds. Place both halves flesh-side down in a baking dish with 1–2 cups (250–475ml/8–16 oz) water. Place in the oven and bake for 40–50 minutes, until the flesh is bright orange and a fork punctures it easily. Set aside until cool enough to handle.
3. Meanwhile, put the oil in a pan and sauté the onion and carrots for 5 minutes, until the onion is translucent.
4. Add the stock and apple, then simmer for 10 minutes, or until the apple is soft.
5. Peel the cooled squash and add to the stock. Heat until warmed through.
6. Blend to a purée, then add pepper to taste.

Note: You can make your own veggie stock using leftover pulp from your juicer. Visit the soup recipe section of our website (rebootwithjoe.com) to find instructions.

Sweet Potato and Bok Choy Soup

Makes 2 servings

Nutrition per serving: 412 kCal; 1722 kJ; 11 g protein; 50 g carbohydrates; 22 g fat; 3 g saturated fat; 12 g fiber; 19 g sugar; 1587 mg sodium

Ingredients:

- 3 tbsp olive oil
- 1 onion, diced
- 2 leeks, white parts only, roughly chopped
- 2 garlic cloves, crushed (minced)
- dash of red pepper flakes
- 2 carrots, sliced into circles ¼ inch (5 mm) thick
- 2 celery stalks, diced
- 1 large sweet potato, roughly chopped
- 2 sprigs of thyme
- 2 sprigs of parsley
- 1 tsp (5 g) salt
- 4 cups (1 liter/32 oz) water
- 1 large head of bok choy or 3 heads of baby bok choy, torn into pieces
- ½ tsp freshly ground pepper

Directions:

1. Heat the oil in a large pan 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, herbs, and salt and sauté 3 minutes.
4. Add the water and bring to a boil, then cover and simmer for about 30 minutes, until the vegetables have softened.
5. Stir in the bok choy and cook for another 5 minutes.
6. Stir in the pepper and any additional salt, if necessary.
7. Discard the herb sprigs and serve the soup immediately.

VEGETABLE DISHES

Apple, Parsnips, and Sweet Potatoes

Makes 2 servings

Nutrition per serving: 475 kCal; 1986 kJ; 6 g protein; 101 g carbohydrates; 8 g fat; 1 g saturated fat; 26 g fiber; 36 g sugar; 102 mg sodium

Ingredients:

- 4 parsnips, cut into bite-sized pieces
- 2 sweet potatoes, cut into bite-sized pieces
- 1 small onion, sliced
- 2 garlic cloves
- 2 apples, cored and diced
- olive oil, for drizzling
- freshly ground black pepper

Directions:

1. Preheat the oven to 450°F (230°C).
2. Place the veggies, garlic, and apples in a baking dish and drizzle with olive oil. Add pepper to taste.
3. Cover the dish with a lid or foil and roast for 40–50 minutes, until tender.

Carrot and Sweet Potato “Fries”

Makes 2 servings

Nutrition per serving: 265 kCal; 1108 kJ; 3 g protein; 34 g carbohydrates; 14 g fat; 2 g saturated fat; 6 g fiber; 10 g sugar; 133 mg sodium

Ingredients:

- 2 sweet potatoes
- 2 large carrots
- 2 tbsp olive oil
- 1 tsp ground cumin
- sea salt and freshly ground pepper

Directions:

1. Preheat the oven to 425°F (220°C).
2. Cut the potatoes in half lengthways, and slice each half into 4 equal wedges.
3. Cut the carrots in half crossways, then lengthways, and cut each piece into 2 or 3 wedges making them roughly the same size as the potatoes.
4. Put all the wedges in a bowl and toss with the oil, cumin, and salt and pepper to taste.
5. Place all the wedges on a baking sheet lined with baking parchment and bake for 30 minutes, or until tender and lightly browned, with slightly crisp edges.

Harvest Roasted Vegetables

Makes 4 servings

Nutrition per serving: 216 kCal; 903 kJ; 6 g protein; 42 g carbohydrates; 4 g fat; 0 g saturated fat; 8 g fiber; 11 g sugar; 87 mg sodium

Ingredients:

- 1 butternut squash, chopped
- 4 sweet potatoes, chopped
- 2 cups (500 g/1.25 lb) baby Portobello mushrooms, cut into quarters
- 1 onion, thickly sliced
- 4 garlic cloves
- olive oil, for drizzling
- a little fresh basil
- a little fresh thyme
- sea salt and freshly ground pepper

Directions:

1. Preheat the oven to 450°F (230°C).
2. Place all the veggies and garlic on a baking sheet lined with baking parchment and drizzle lightly with olive oil. Season with salt and pepper and sprinkle with the chopped herbs.
3. Bake for 40 minutes, turning veggies over halfway through. The mushrooms and onions will take only about 30 minutes, so set them aside and keep warm while the squash and sweet potatoes finish roasting.

Roasted Acorn Squash Stuffed with Mushroom and Sage

Makes 2 servings

Nutrition per serving: 229 kCal; 958 kJ; 3 g protein; 28 g carbohydrates; 14 g fat; 2 g saturated fat; 4 g fiber; 2 g sugar; 11 mg sodium

Ingredients:

- 1 acorn squash
- 2 tbsp olive oil, plus extra for brushing
- 1 small onion, chopped
- 2 garlic cloves, crushed (minced)
- 1 large Portobello mushroom, chopped
- 2 tsp finely chopped fresh sage
- dash of crushed red pepper or chili flakes (optional)
- sea salt and freshly ground pepper

Directions:

1. Preheat the oven to 450°F (230°C).
2. Trim off each end of the squash, then stand it upright and cut in half lengthways. Scoop out and discard the pulp and seeds.
3. Brush each squash half with olive oil and sprinkle with salt and pepper. on a baking sheet lined with baking parchment and roast until the flesh is tender and the edges are golden brown, about 25–35 minutes.
4. Meanwhile, place the olive oil in a saucepan over medium heat. Add the onion and garlic and sauté for 2 minutes, or until the onion is just translucent.
5. Add the mushrooms, sage, salt and pepper, and a few of the pepper or chili flakes (if using). Sauté until the mushrooms begin to soften—about 5 minutes.
6. Remove the baked squash from the oven and turn cut-side up. Fill with the mushroom mixture and bake again for another 10 minutes.

Sautéed Greens with Garlic

Makes 1 serving

Nutrition per serving: 236 kCal; 986 kJ; 12 g protein; 20 g carbohydrates; 16 g fat; 2 g saturated fat; 12 g fiber; 10 g sugar; 546 mg sodium

Ingredients:

- large bunch of leafy greens (e.g., chard, collards, kale)
- 1 tbsp olive oil
- 2 garlic cloves, chopped
- sea salt and freshly ground pepper

Directions:

1. Chop the stems off the greens. (Any water still clinging to them will cook off.)
2. Place half the greens in a stack and roll up. Slice crossways into ribbons. Repeat with the remaining greens.
3. Heat the olive oil in frying pan over medium heat and add the garlic. Sauté for about 1 minute, then add the greens in batches, waiting for each batch to wilt slightly before adding the next.
4. Once all the greens have been added, increase the heat and keep stirring until they are tender and bright—about 5 minutes.
5. Season with salt and pepper to taste before serving.

Vegetable Stir-Fry

Makes 1 serving

Nutrition per serving: 298 kCal; 1246 kJ; 8 g protein; 39 g carbohydrates; 15 g fat; 2 g saturated fat; 12 g fiber; 16 g sugar; 13 g sodium

Ingredients:

1 tbsp olive oil
½ onion, sliced
1 garlic clove, finely chopped
2 inch (5 cm) piece of fresh root ginger, finely sliced
1 cup (100 g/3.6 oz) chopped broccoli
½ sweet red (bell) pepper
½ green sweet (bell) pepper
2 carrots
1 cup (225 g/8 oz) mushrooms, sliced
For the sauce
1 tbsp low-sodium soy sauce
1 tsp rice vinegar
dash of crushed red pepper or chili flakes, to taste
freshly ground black pepper, to taste

Directions:

1. Combine the soy sauce, vinegar, and the pepper or chili flakes in a bowl. Season to taste with black pepper, then set aside.
2. Heat the oil in a pan and cook the onion for about 2–3 minutes, until translucent. Add the garlic and ginger and cook for another 2–3 minutes, then add the rest of the vegetables. Cook for about 5 minutes to retain the bright color and some crunch.
3. Pour the sauce mixture into the veggies and cook for about 1–2 minutes, until well combined. Serve warm.

Keep up the good work!



Looking to continue your Reboot? Get the “[Reboot with Joe Juice Diet](#)” book. If you are looking for more support try a Guided Reboot learn more at rebootwithjoe.com/plans,

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