

Your Reboot Jump into Juicing 5-Day Juice Plan

Dive into a healthy lifestyle by committing to 5 days only drinking fresh fruits and vegetables. You'll jumpstart a weight loss goal and feel energized and refreshed.

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 5-day Reboot Jump into Juicing Plan involves drinking only juice for 5 days. You will find juicing plus eating 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 5-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 5-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 5-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 drink a rainbow! Follow the schedule below; selecting the **orange**, **green**, **red** and **purple** juices you want to drink. If you want more variety, there are more recipes to choose from on RebootwithJoe.com.

Reboot Daily Guide

Wake up:	Drink 2 glasses of hot water (we suggest adding lemon and/or ginger)
Breakfast :	Go Orange or Red
Mid-Morning:	Drink 16 oz. unflavored coconut water
Lunch:	Go Green
Afternoon snack:	Go Green or Red
Dinner:	Go Green
Dessert:	Go Purple or Orange
Bedtime:	Drink herbal tea (with pure stevia for sweetness if desired)
Throughout the day:	Drink lots of water

Recipes: All recipes create 12 ounces of juice or more.

Orange Juices

Carrot Apple Lemon

4 carrots
2 apples
1 lemon

Carrot-Apple-Ginger

3 carrots
2 apples
Small piece of ginger root (1"/2.5cm)

Sunrise

4 carrots
2 oranges
1 beet*

Green Juices

Garden Variety

2 apples
2 cucumbers
6-8 kale leaves
(Australian Tuscan cabbage)**
1 handful of parsley

Green Lemonade

6-8 kale leaves (
Australian Tuscan cabbage)**
3 handfuls of spinach
1 green apple
1 cucumber
2 celery stalks
1 lemon

Joe's Mean Green

6 kales leaves
(Australian Tuscan cabbage)
1 cucumber
2 celery stalks
1 green apple
1/2 lemon
Small piece of ginger root (1"/2.5cm)

Red Juices

Un-Beet-able

1 apple
1 beet*3 carrots
Small piece of ginger root
(1"/2.5cm)
3 cups leafy greens**

Sporty Spice

(a great pre/post workout juice)
2 beets*
1 carrot
3 stalks celery
1/2 lemon (peeled)
1 orange (peeled)
1 handful basil leaves

Watermelon Crush

1/2 watermelon
1 lime
1 handful basil leaves

Purple Juices

Peach (or Pear) Pie Delight

1 sweet potato
2 ripe peaches, pitted (or pears if peaches
are not in season)
1 red apple
1 handful of blueberries
Dash of cinnamon

Purple Passion

30 purple/black or red grapes
1 basket of blueberries
1 handful mint

Red, White, Blue (& Green!)

1/4 Watermelon
2 handfuls of blueberries
6-8 kale leaves
(Australian Tuscan cabbage)**

Shopping List

* To reduce bitterness peel citrus & beets

** Don't like beets? You can substitute red cabbage. For more substitutions, check out the list: rebootwithjoe.com/substitutions.

*** Joe likes to use kale, it is excellent for juicing and it packs a big nutritional punch, but if you can't find kale use spinach, collards, Swiss chard or a combo.

Herbs

1 bunch basil
1 bunch mint
1 bunch parsley
1 gingerroot

(cinnamon for your pantry)

Fruits

12 apples (green or other)
3 oranges
3 lemons
2 limes
2 peaches (or pears)1 small watermelon
(or half a watermelon)
1 bunch of grapes
2 baskets of blueberries
Vegetables

15 large carrots
1 bunch of kale/Australian Tuscan cabbage
(or other green**)
1 small bunch spinach
4 cucumbers
1 bunch celery
4 beets
1 sweet potato



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 5 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 ►



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