This 3-Day Reboot Plan is an easy, delicious way to adopt a plant-based diet, retrain your taste buds, and program your body to crave more fruits and vegetables. 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 kick-start healthy habits. 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 over weight or active)

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. Check out RebootwithJoe.com for exercise plans.

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, in “The Reboot with Joe Juice Diet” book, or in our Guided Reboot Programs.
DON’T GO IT ALONE!

Our Guided Reboot Programs give you the support and personal attention you need. Work with a certified nutritionist in a supervised, online weight-loss program, with everything you need to succeed.

I could not have done this on my own. I have lost 14 lbs. in two weeks and feel better than I have in a long while.

– Poses P.*

*Individual results may vary. Reboots are not intended to treat, cure or prevent any medical or health condition.
Daily Menu
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 our color-coded chart below 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 5 color-coded recipes here. If you need more inspiration you can find hundreds on RebootwithJoe.com and in our 101 Juice Recipes book or 101 Juice Recipes app for iOS and Android.

Reboot Daily Guide

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 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.

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
2 handfuls of basil

© 2016 Reboot Holdings Pty Ltd. All rights reserved.
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
1½ cups (150 g/6 oz) blueberries, fresh or frozen (thawed)
Dash of cinnamon

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

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; 861 kJ; 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

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:* 65 kCal; 272 kJ; 2 g protein; 13 g carbohydrates; 1 g fat; 0 g saturated fat; 1 g fiber; 3 g sugars, 88 mg sodium

*Ingredients:*
½ medium pineapple, peeled if not organic
1 apple, cored
1 lime
½ jalapeno, seeded
1 small handful of cilantro (coriander)

**Pine-Lime-Lemon**
Makes 1 serving
*Nutrition per serving:* 60 kCal; 251 kJ; 1 g protein; 7 g carbohydrates; 0 g fat; 0 g saturated fat; 3 g fiber; 4 g sugars; 11 mg sodium

*Ingredients:*
½ 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 stalks
4 apples, cored
1 lemon, peeled if desired
2 in (5 cm) piece of fresh root ginger
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.

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>For each recipe I need</th>
<th>Qty to buy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn Squash (Baby Pumpkin)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arugula (Rocket)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avocado</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets (Beetroots)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bell Peppers (Capsicum, Sweet)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peppers) Red/Yellow/Green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bok Choy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butternut Squash (Butternut Pumpkin)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage, Green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage, Red</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery stalks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery Root (Celeriac)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chard (Silverbeet)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collards</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant (Aubergine)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fennel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kale (Lacinato Cabbage)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leafy Greens</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leek</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushroom</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parsnip</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Portobello Mushroom</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red Chili Peppers (Chillies)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Romaine Lettuce (Cos Lettuce)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scallions (Spring Onion)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Squash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potato</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zucchini (Courgette)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>For each recipe I need</th>
<th>Qty to buy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, Green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples, Red</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bananas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coconut</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh / Frozen Berries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapefruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honeydew Melon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kiwi Fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Limes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mango</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pear</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watermelon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OTHER</th>
<th>Qty to buy</th>
<th>OTHER CONT.</th>
<th>Qty to buy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balsamic Vinegar</td>
<td></td>
<td>Mint</td>
<td></td>
</tr>
<tr>
<td>Basil</td>
<td></td>
<td>Nutmeg</td>
<td></td>
</tr>
<tr>
<td>Black Pepper</td>
<td></td>
<td>Olive Oil</td>
<td></td>
</tr>
<tr>
<td>Cayenne Pepper</td>
<td></td>
<td>Parchment Paper</td>
<td></td>
</tr>
<tr>
<td>Cilantro (Coriander)</td>
<td></td>
<td>Parsley</td>
<td></td>
</tr>
<tr>
<td>Cinnamon</td>
<td></td>
<td>Plant-Based Protein Powder</td>
<td></td>
</tr>
<tr>
<td>Coconut Oil (Virgin/Unrefined)</td>
<td></td>
<td>Raisins</td>
<td></td>
</tr>
<tr>
<td>Coconut Water</td>
<td></td>
<td>Red Pepper Flakes</td>
<td></td>
</tr>
<tr>
<td>Cumin</td>
<td></td>
<td>Rice Vinegar</td>
<td></td>
</tr>
<tr>
<td>Dates</td>
<td></td>
<td>Sage</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td></td>
<td>Sea Salt</td>
<td></td>
</tr>
<tr>
<td>Ginger Root</td>
<td></td>
<td>Stevia/Coconut Sugar</td>
<td></td>
</tr>
<tr>
<td>Hemp Seeds</td>
<td></td>
<td>Sweet Paprika</td>
<td></td>
</tr>
<tr>
<td>Herbal Teas (whichever you enjoy)</td>
<td></td>
<td>Tamarind</td>
<td></td>
</tr>
<tr>
<td>Honey</td>
<td></td>
<td>Thyme</td>
<td></td>
</tr>
<tr>
<td>Low Sodium Soy Sauce</td>
<td></td>
<td>Vegetable Stock</td>
<td></td>
</tr>
</tbody>
</table>

NOTES: