

3-Day Quick-Start Reboot

This 3-Day Reboot Plan is an easy, delicious way to adopt a plant-based diet, recondition your palate, 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 that recharge your body and get your diet back in alignment for optimal wellness. The 3-Day Reboot involves drinking only juice for 3 days. You will find juicing plus eating plans and longer Reboot plans at rebootwithjoe.com.

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 phytonutrients—plant compounds that help your body stay strong, look beautiful 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?

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 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 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 3-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 over weight 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.



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 [rebootwithjoe.com](#) 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, 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 and severe diarrhea. Take care to evaluate how you are responding to the Reboot before driving or operating any heavy machinery.

After Your Reboot:

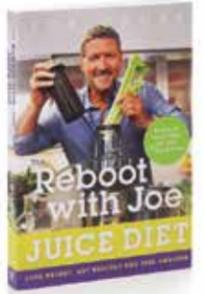
The Reboot doesn't stop here. Going forward, you can keep juicing by including a juice a day to enjoy more fruits and vegetables. If you have moderate or significant weight loss goals, consider

a longer Reboot. The first 3 days of a Reboot are typically the hardest, and now that you've completed 3 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](#).

Guide to Juicing

Everything you need for a successful Reboot!

[Learn more](#) ►



101 Juice Recipes

Book and iPhone app



[Learn more](#) ►

Reboot with a coach!

Achieve your weight loss goals. Look and feel great.

Sign up for a **Guided Reboot**

Register now ►



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. This color-coded approach to selecting your juices works best to satisfy your individual palate.

To get you started, you'll find 5 color-coded recipes below. If you need more inspiration you can find hundreds on rebootwithjoe.com and in the [101 Juice Recipe Book](#) and [iPhone app!](#) Once you select the juices, you can add the ingredients into the Shopping List Guideline on pages 12 & 13.

Reboot Daily Guide

Wake up:	8 oz (250 ml) hot water with lemon and/or ginger
Breakfast :	Go Orange or Red
Mid-Morning:	Drink 16 oz (500 ml) coconut water
Lunch:	Go Green
Afternoon snack:	Go Yellow or Red
Dinner:	Go Green
Dessert:	Go Purple or Orange
Bedtime:	Drink herbal tea
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)

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 salt

Ingredients:

2 beets (beetroot)
6 carrots
2 apples
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 salt

Ingredients:

4 beets (beetroot)
2 carrots
6 celery sticks
2 oranges
2 lemons
2 handfuls of basil

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 salt

Ingredients:

1 sweet potato
2 ripe peaches, pitted (or pears if peaches are not in season)
1 red apple
1 1/3 cups (150 g/6 oz) blueberries
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 salt

Ingredients:

2 beets (beetroot)
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 salt

Ingredients:

30 black/purple or red grapes
2 cups (300 g/11 oz) blueberries
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 salt

Ingredients:

½ watermelon (about 4 cups (400 g/6 oz) chopped)
4 cups (550 g/20 oz) blueberries
16 chard leaves (silverbeet)

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 salt

Ingredients:

4 apples
4 carrots
2 lemons

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 salt

Ingredients:

6 carrots
4 apples
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 salt

Ingredients:

3 beets (beetroot)
9 carrots
3 oranges

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 salt

Ingredients:

½ medium pineapple

1 yellow (bell) pepper (capsicum)

1 lemon

1 in (2.5 cm) piece of fresh root ginger

Mexi Cali

Makes 1 serving

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

Ingredients:

¾ medium pineapple

1 green apple

1 lime

½ jalapeno

1 small handful of cilantro (coriander)

Pine-Lime-Lemon

Makes 1 serving

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

Ingredients

¼ medium pineapple

2 celery sticks

1 lemon

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 salt

Ingredients:

4 apples

4 cucumbers

16 kale leaves (Tuscan cabbage)

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 salt

Ingredients:

2 apples

4 handfuls of spinach

16 kale leaves (Tuscan cabbage)

1 cucumber

4 celery sticks

2 lemons

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 salt

Ingredients:

16 kale leaves (Tuscan cabbage)

2 cucumbers

8 celery sticks

4 apples

1 lemon

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.

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

FRUIT	For each recipe I need	Qty. to buy
Apples, Green		
Apples, Red		
Bananas		
Blueberries		
Coconut		
Fresh / Frozen Berries		
Grapefruit		
Grapes		
Honeydew Melon		
Kiwi Fruit		
Lemons		
Limes		
Mango		
Orange		
Peach		
Pear		
Pineapple		
Strawberries		
Watermelon		

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

NOTES: