

# REFRESH REDEFINE RELAX RENEW REGROUP REBOOT

**CONGRATS**  
FRESHLY PREPARED FOR



## CHEERS TO REBOOTING

The Reboot is the perfect way to kick start your health journey with clean, plant based nutrition for the day. The Reboot should leave your body feeling satisfied and energized while detoxing you from your standard diet to help shift you towards healthier eating habits.



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If you have a medical condition or are taking medication, you should consult your doctor before doing the Reboot. Also, we DO NOT recommend the Reboot before the age of 18 or if you are pregnant or nursing. Nor is it recommended if you are underweight, have low blood pressure, or are closely watching your blood sugar.

## RISE AND SHINE

### HOT SHOT

LEMON, GINGER, COCONUT H2O, CAYENNE

Directions: Start your day by mixing a Hot Shot with 8oz of hot water. This will help wake up your metabolism and aid in digestion for the rest of the day.

Make sure to drink plenty of water during your Reboot. Here's a tip - use the bubbles on the right to keep track of your meals! Follow us, tag us, and #BeyondReboot on instagram along the way for a chance to win a \$50 gift card.

## BREAKFAST

### BRIGHT+BOOST

APPLE, GRAPEFRUIT, COLLARDS, KALE, SPINACH, GINGER

Directions: Drink Bright+Boost when you would normally eat breakfast for increased energy. Your body will get a boost of trace minerals and antioxidants to help prevent disease and promote healthy cell function. Wait 2 hours before preparing Meal Equivalent One.

### MEAL EQUIVALENT 1

YOUR PICK OF A SPROUT LIVING MEAL EQUIVALENT

Directions: After giving your body at least two hours to absorb all the vitamins and minerals of Bright+Boost, drink your first Sprout Living Meal Equivalent. Please drink as directed on the pouch. The Meal Equivalents have protein and healthy fats to help boost your metabolism, aid in concentration, and increase your energy.

## LUNCH FINISH DRINKING BEFORE 4PM

### EARTHY+ESSENTIAL

APPLE, CARROT, ORANGE, BEET, GINGER

Directions: Drink Earthy+Essential when you would normally eat lunch. Jump start your afternoon by drinking this juice which is specifically curated to help fight fatigue, increase brain function, and boost physical performance.

### CRISP+CULTIVATE

APPLE, CUCUMBER, CELERY, PARSLEY, COLLARDS, KALE, SPINACH, LEMON, GINGER

Directions: Drink Crisp+Cultivate as your afternoon snack. Fill your body with water-rich veggies which will help decrease your appetite, and keep you hydrated all the way up to dinner time. Wait 2 hours before preparing Meal Equivalent Two.

## DINNER DON'T FORGET TO DRINK WATER

### MEAL EQUIVALENT 2

YOUR PICK OF A SPROUT LIVING MEAL EQUIVALENT

Directions: After giving your body at least two hours to absorb all the vitamins and minerals of Crisp+Cultivate, drink your first Sprout Living Meal Equivalent. Please drink as directed on the pouch. The Meal Equivalents have protein and healthy fats to help boost your metabolism, aid in concentration, and increase your energy.

### PEPPER+POISE

PINEAPPLE, WATER, APPLE, LIME, BASIL, JALAPEÑO

Directions: Drink Pepper+Poise when you would normally have an after dinner treat. Relax and unwind right before bed. This juice reduces stress and inflammation, and has ingredients known to improve skin quality.

DON'T FORGET TO DRINK PLENTY OF WATER ALL DAY

