

Fresh Start Cleanse:

7 Day Meal Program + Habit Tracker

suja
ORGANIC

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Welcome!

Welcome to your Fresh Start Cleanse: 7 Day Meal Program + Habit Tracker! We are so excited that you decided to join us here and are incredibly proud of you for showing up and committing to yourself!

Our physical bodies work so incredibly hard for us each day and it's easy to forget just how much support and nourishment they need to function at optimal levels. Food and nutrition are two of the largest and most influential pillars towards transforming your body and the way that you feel every single day. The food that we eat and the beverages that we consume have the power to fuel our bodies if we use them effectively.

It's our responsibility to keep it optimally nourished. We are excited to provide a routine for you that feeds and nourishes your body with an abundance of nutrient-dense foods.

For this program, we are focusing on and incorporating an abundance of fruits, vegetables, plant proteins, healthy fats, high quality animal proteins, organic greens powder and nourishing juices. While this plan was designed for 7 day increments, it was built in a way where you can turn it into a lifestyle and continue to practice some of these daily routines all year round. Have fun and enjoy!



Meet our juices:



Citrus Pineapple

- 2B CFU of live probiotics support immune health
- Juice with a boost of vitamin C, D & zinc
- No added sugar*

*NOT A LOW CALORIE FOOD

Nutrition Facts

Serving size 1 bottle (354mL)

Amount per serving

Calories 105

	% Daily Value*
Total Fat 0g	**0%**
Sodium 25mg	**1%**
Total Carb. 24g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 21g	
Incl. 0g Added Sugars	**0%**
Protein 2g	

Vit. D 3.7mcg 20% • Calcium 150mg 12%

Iron 1mg 6% • Potas. 320mg 6%

Vit. C 203mg 230% • Zinc 9mg 80%

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, and Iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Purified Water, Organic Orange Juice, Organic Pineapple Juice, Organic Mango Puree, Organic Coconut Water, Organic Lemon Juice, Organic Ginger Juice, Calcium Lactate, Organic Acerola Cherry Extract, Zinc Gluconate, *Bacillus coagulans* SNZ 1969, Organic Vitamin D3 (VegD3™).
CONTAINS: Tree Nuts (Coconut)



Berry Lemon

- 2B CFU of live probiotics to support gut health.*
- Antioxidant vitamin C
- Tart & Berry-Forward

*AS PART OF A BALANCED DIET

Nutrition Facts

Serving size 1 bottle (354mL)

Amount per serving

Calories 56

	% Daily Value*
Total Fat 0g	**0%**
Sodium 5mg	**0%**
Total Carb. 13g	**5%**
Dietary Fiber 5g	**18%**
Total Sugars 5g	
Incl. 0g Added Sugars	**0%**
Protein 1g	

Potas. 80mg 2% • Vit. C 36mg 40%

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Vit. D, Calcium, and Iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Purified Water, Organic Strawberry Puree, Organic Raspberry Puree, Organic Lemon Juice, Organic Tart Cherry Juice, Organic Jerusalem Artichoke Inulin, Organic Stevia Leaf Extract, Probiotic Blend (*Bacillus coagulans* SNZ 1969, *Bacillus clausii* SNZ 1971, *Bacillus subtilis* SNZ 1972).



Turmeric Pineapple

- Live probiotics, ginger, turmeric & echinacea
- Organic ingredients pack a punch of wellness
- Sweet with a kick

Nutrition Facts

10 servings per container

Serving size 1 bottle (59mL)

Amount per serving

Calories 15

	% Daily Value*
Total Fat 0g	**0%**
Sodium 10mg	**0%**
Total Carb. 4g	**1%**
Total Sugars 3g	
Incl. 0g Added Sugars	**0%**
Protein 0g	

Potas. 70mg 2% • Vit. C 32mcg 35%

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin D, Calcium, and Iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Organic Coconut Water, Organic Pineapple Juice, Organic Ginger Juice, Organic Turmeric Juice, Organic Echinacea Tea (Purified Water, Organic Echinacea Extract), Organic Orange Juice, Organic Lemon Juice, Organic Acerola Cherry Extract, *Bacillus coagulans* SNZ 1969, Organic Ground Black Pepper.
CONTAINS: Tree Nuts (Coconut)

Meet our Organic Greens Powder:



40+ functional ingredients. 1 scoop. Every morning. Our Organic Greens Powder is easy to blend and easy to drink, delivering essential vitamins & minerals to support energy, digestion and immunity.

- **Full servings of organic greens**
- **15+ Vitamins & Minerals**
- **Clean and Balanced Taste**

Supplement Facts

Serving Size 1 Scoop (12g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	40	
Total Fat	0.5g	1%**
Total Carbohydrate	8g	3%**
Dietary Fiber	3g	9%**
Soluble Fiber	2g	***
Total Sugars	2g	***
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin A (from Vitamin A Palmitate)	900mcg	100%
Vitamin C (from Ascorbic Acid)	90mg	100%
Vitamin D (as Cholecalciferol from Organic VegD3™ Powder)	20mcg	100%
Vitamin E (from dl-α-Tocopheryl Acetate)	15mg	100%
Thiamin (from Thiamine Mononitrate)	1.2mg	100%
Riboflavin	1.3mg	100%
Niacin (from Niacinamide)	40mg	250%
Vitamin B_6 (from Pyridoxine Hydrochloride)	4.25mg	250%
Folate (from Folic Acid)	1000mcg DFE (600 mcg folic acid)	250%
Vitamin B_{12} (from Cyanocobalamin)	6mcg	250%
Biotin	30mcg	100%
Pantothenic Acid (from Calcium D-Pantothenate)	5mg	100%
Calcium (from Calcium D-Pantothenate)	10mg	<1%
Iron	1mg	6%
Zinc (from Zinc Gluconate)	6mg	55%
Sodium	15mg	1%
Potassium	150mg	3%

Greens & Superfood Blend 4854.5mg ***
Kale*, Broccoli*, Spinach*, Coconut Water Powder*, Spirulina*, Lemon Juice Powder*, Acacia Powder*, Whole Coffee (Fruit) Extract (Coffeeberry™)*, Green Tea (Leaf) Extract*, Turmeric (Root) Extract*, Broccoli Sprouts*, Açai (*Euterpe oleracea*) (Fruit)*, Cassia Cinnamon (Bark)*, Garlic (Bulb)*, Tomato*, Blueberry*, Carrot*, Beet*, Raspberry*, Tart Cherry*, Blackberry*, Wheatgrass Juice Powder*, Alfalfa Grass Juice Powder*, Barley Grass Juice Powder*, Oat Grass Juice Powder*, Klamath Lake Blue-Green Algae Powder (*Aphanizomenon flos-aquae*)*, *Moringa oleifera* (Leaf)*, Chlorella (Cracked Cell) Powder*.

Restoratives & Mushroom Blend 3782mg ***
Oat Milk Powder*, Pea Protein*, Turkey Tail Mushroom Extract (*Trametes versicolor*)*, Reishi Mushroom Extract (*Ganoderma lingzhi*)*, Maitake Mushroom Extract (*Grifola frondosa*)*, Shiitake Mushroom Extract (*Lentinula edodes*)*, Chaga Mushroom Extract (*Inonotus obliquus*)*.

Immune & Digestive Blend 2319.5mg ***
Jerusalem Artichoke*, Slippery Elm (Bark) Powder*, Dandelion (Root) Extract*, Zinc Gluconate, Green Coffee (Fruit) Extract (Svetol®)*, Digestive Enzymes (Alpha Galactosidase, Cellulase, Beta Glucanase, Amylase, Diastase, Lipase, Pectinase, Protease, Invertase), *Bacillus coagulans*.

*Organic
**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

How to use this guide:

1. Habit Tracker:

Stay on track and celebrate progress by checking off your daily goals.

2. Meals Planner

Plan balanced, nourishing meals that complement your juice cleanse journey.

3. Shopping List

Simplify your prep with a clear, curated list of wholesome essentials.

4. Cultivating Healthy Habits

We've included some tips for engaging your body and mind throughout your journey:

- **HYDRATION:** Prioritize water intake to keep your body refreshed and energized.
- **PHYSICAL ACTIVITY:** Incorporate gentle movement to enhance your cleanse experience.
- **MINDFULNESS:** Take moments to breathe, reflect, and stay present in your journey.
- **SLEEP:** Support recovery and restoration with consistent, quality sleep.

5. Continuing Wellness Journey

Build on your success with sustainable habits for a vibrant, healthier you.

Daily Schedule:

[MORNING]

- Greens powder stick
- Immunity Turmeric Pineapple Shot

[BREAKFAST]

- Protein
- Produce
- Starch
- Immunity Citrus Pineapple Juice

[LUNCH]

- Protein
- Produce
- Starch
- Immunity Turmeric Pineapple Shot

[SNACK]

- Protein
- Produce
- Gut Health Berry Juice

[DINNER]

- Protein
- Produce
- Starch

[OTHER HEALTHY HABITS]

- Practice mindfulness
- 6-8 hours of Sleep
- 9-13 cups of fluid
- 30 minutes of movement


Habit
Tracker

The Power of Habit Building and Tracking:

Building healthy habits is key to long-term holistic wellness. The foundation of habit building lies in consistency-- doing small, positive actions repeatedly until they become second nature.

The more you repeat actions, like drinking water or moving your body, the easier it becomes to keep doing them. Over time, these small changes add up, and before you know it, they're simply part of your routine!

Tracking these habits helps measure progress and provides a sense of accountability. It helps you stay on track, spot patterns, and celebrate your wins. When you see progress, no matter how small, it fuels your desire to keep going!





Every choice I make is a step toward a healthier, stronger me.

Weekly Habit Tracker:

	M	T	W	TH	F	S	SU
[START YOUR DAY]							
Greens Powder Stick Pack	○	○	○	○	○	○	○
Immunity Turmeric Pineapple Shot	○	/	/	○	/	/	○
[BREAKFAST]							
Protein	○	○	○	○	○	○	○
Produce	○	○	○	○	○	○	○
Starch	○	○	○	○	○	○	○
Immunity Citrus Pineapple Juice	○	○	○	○	○	○	/
[LUNCH]							
Protein	○	○	○	○	○	○	○
Produce	○	○	○	○	○	○	○
Starch	○	○	○	○	○	○	○
Immunity Turmeric Pineapple Shot	○	○	○	○	○	○	○
[SNACK] OPTIONAL							
Protein	○	○	○	○	○	○	○
Produce	○	○	○	○	○	○	○
Gut Health Berry Juice	○	○	○	/	○	○	○
[DINNER]							
Protein	○	○	○	○	○	○	○
Produce	○	○	○	○	○	○	○
Starch	○	○	○	○	○	○	○
[OTHER HEALTHY HABITS] *							
Practice Mindfulness	○	○	○	○	○	○	○
6-8 Hours of Sleep	○	○	○	○	○	○	○
9-13 Cups of Fluid	○	○	○	○	○	○	○
30 Minutes of Movement	○	○	○	○	○	○	○
Completed the Full Day	○	○	○	○	○	○	○

* Flip to the resources section for more information.

Weekly Meal Planner:

	PROTEINS	VEGETABLES & FRUITS	STARCHES
[MONDAY] Breakfast			
Lunch			
Snacks			
Dinner			
[TUESDAY] Breakfast			
Lunch			
Snacks			
Dinner			
[WEDNESDAY] Breakfast			
Lunch			
Snacks			
Dinner			
[THURSDAY] Breakfast			
Lunch			
Snacks			
Dinner			
[FRIDAY] Breakfast			
Lunch			
Snacks			
Dinner			
[SATURDAY] Breakfast			
Lunch			
Snacks			
Dinner			
[SUNDAY] Breakfast			
Lunch			
Snacks			
Dinner			

Weekly Shopping List:

PROTEINS	VEGETABLES & FRUITS	STARCHES


Meal
Guide

Why the Balanced Plate Method vs a Meal Plan?

Many people want a strict meal plan when overhauling their diet. We get it! It's tempting to have every meal pre-decided, eliminating the guesswork. But, here's the thing... a meal plan can feel very restrictive and unsustainable in the long term.

We'd rather "teach" you how to eat instead of just giving you meal ideas. Because what happens after the meal plan ends?

The balanced plate method ends up being a more effective choice because it teaches you how to create meals that work for your lifestyle. With this knowledge, you gain the flexibility to eat well regardless of circumstances. Unlike meal plans that often feel rigid, this approach allows you to enjoy a healthy meal regardless of where you are.

FOR EXAMPLE:

- On a road trip and the only options are fast food?
- Running low on groceries?
- At a restaurant for a family dinner?
- Attending parties, celebrations, baby showers, weddings, etc?

Regardless of circumstances, you can identify food items from what's available that align with the balanced plate proportions.



By Kristen Carli, MS, RD
Owner of Camelback Nutrition & Wellness & Registered Dietitian Nutritionist

What is a Balanced Plate?



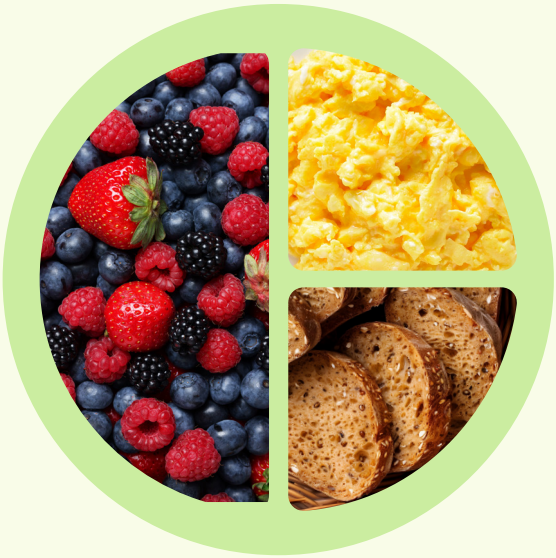
A balanced plate should contain roughly the following proportions for each meal:

- 1/2 plate produce (fruits or non-starchy veggies)
- 1/4 plate protein
- 1/4 plate starches (starchy vegetables or whole grains)

This means at breakfast, lunch, and dinner, you should aim for these rough proportions. No need to get out any measuring cups or scales, simply base the amounts on the visual of your plate.

Some people may find it easier to get fruits in at breakfast and veggies in at lunch and dinner. Others love their scrambled egg omelets with diced veggies. There is no wrong way to do this! The goal is to fill half of your plate with produce at each meal.

This will shift the majority of your meals to low calorie foods that are high in nutrients and fiber. By doing this, you are also crowding out the room on your plate for some of the other higher calorie foods. But don't get carried away! All of these components are needed - not just the produce! A truly balanced plate requires all of these food groups to be present and in their respective proportions. This will help you not only eat healthier, but experience sustained energy levels throughout the day.



Example of a breakfast following the balanced plate method.

Half of the plate is composed of produce, in this case berries. The other half of the plate is split evenly between protein, scrambled eggs, and starches, whole grain toast.



Example of a dinner following the balanced plate method.

Half of this plate is made up of a salad of non-starchy veggies. The other half of the plate is evenly divided between protein, in this case grilled chicken, and starches, in this case mashed potatoes.

We recognize that not every meal is separated so clearly by food group. What about pasta salad with veggies, beans, and cheese mixed in? Don't overcomplicate this. Simply look for the rough proportions at each meal. Is the majority of your pasta salad composed of veggies or pasta? If it's higher in pasta, maybe choose to have a side of grapes to bump up the produce count.

Remember, this isn't supposed to be super strict. Just aim to have ½ plate of produce, ¼ plate of protein, and ¼ plate of starches at each meal. We don't expect perfection!

Shopping List:

Animal-Based Proteins

- Meats: Chicken breast, turkey, lean beef, pork loin, lamb
- Seafood: Salmon, tuna, cod, shrimp, scallops, crab
- Dairy: Greek yogurt, cottage cheese, milk, cheese
- Eggs: Whole eggs, egg whites

Plant-Based Proteins

- Legumes: Lentils, chickpeas, black beans, kidney beans, hummus
- Soy Products: Tofu, tempeh, edamame, soy milk
- Grains: Quinoa, farro, bulgur
- Seeds: Chia seeds, flaxseeds, hemp seeds, sunflower seeds
- Nuts: Almonds, peanuts, cashews, walnuts
- Nut Butters: Peanut butter, almond butter

Protein-Rich Snacks and Powders

- Protein powders (whey, casein, pea, soy, etc.)
- Jerky (beef, turkey)
- Hard-boiled eggs

Other Protein Sources

- Seitan
- Spirulina
- Nutritional yeast

Starchy Vegetables:

1. Potatoes (white potatoes, sweet potatoes, red potatoes)
2. Corn
3. Peas
4. Butternut squash
5. Acorn squash
6. Pumpkin
7. Carrots
8. Beets
9. Yams
10. Cassava
11. Plantains
12. Taro
13. Parsnips
14. Jicama
15. Rutabaga

Whole Grains:

1. Brown rice
2. Quinoa
3. Oats
4. Barley
5. Whole wheat (whole wheat bread, pasta)
6. Millet
7. Farro
8. Bulgur
9. Buckwheat
10. Amaranth
11. Teff
12. Sorghum
13. Wild rice
14. Spelt
15. Rye

Shopping List: Produce

Non-starchy vegetables:

1. LEAFY GREENS:
- Spinach
- Kale
- Lettuce (romaine, iceberg, arugula)
- Swiss chard
- Collard greens
- Mustard greens

2. CRUCIFEROUS VEGETABLES:
- Broccoli
- Cauliflower
- Cabbage
- Brussels sprouts
- Bok choy
- Kohlrabi

3. OTHER VEGETABLES:
- Zucchini
- Cucumber
- Bell peppers
- Tomatoes
- Asparagus
- Green beans
- Mushrooms
- Radishes
- Celery
- Snow peas
- Snap peas
- Onion
- Garlic
- Jalapeños
- Eggplant
- Artichokes
- Squash
- Okra
- Avocado

Fruits:

1. CITRUS FRUITS:
- Oranges
- Lemons
- Limes
- Grapefruits
- Tangerines
- Clementines

2. BERRIES:
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Cranberries
- Acai berries

3. TROPICAL FRUITS:
- Bananas
- Pineapples
- Mangoes
- Papayas
- Kiwi
- Coconut
- Passion fruit

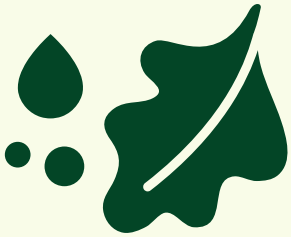
4. STONE FRUITS:
- Peaches
- Plums
- Cherries
- Apricots
- Nectarines

5. POME FRUITS:
- Apples
- Pears
- Quinces

6. MELONS:
- Watermelon
- Cantaloupe
- Honeydew melon
- Casaba melon

7. OTHER FRUITS:
- Grapes
- Fig
- Kiwi
- Pomegranate
- Lychee
- Guava
- Starfruit
- Dragon fruit

8. DRIED FRUITS:
- Raisins
- Dried apricots
- Dried figs
- Dates
- Prunes



Snacking

Between meals and wanting a little snack? Instead of reaching for a bag of potato chips, aim to find similar balance when plating your snack.

Since snacks are often much smaller than meals, we recommend following the snack formula: produce + protein. Simply pick a protein from the list above and pair it with a veggie or fruit. This will help keep you full and energized until your next meal.

With the snack formula, the options are truly endless. Here are a few snack ideas to get you inspired!

- BABY CARROTS + HUMMUS
- GRAPES + STRING CHEESE
- APPLES + PEANUT BUTTER
- CELERY + CREAM CHEESE
- ORANGES + MIXED NUTS





Resources

Stay Hydrated: Understanding Your Daily Fluid Needs

WHY HYDRATION MATTERS:

You likely have heard that water is important for your overall health, but what exactly does that mean? Well, water supports a healthy digestion, is involved in temperature regulation, joint lubrication, plays a role in managing energy levels, boosts skin health, and is imperative for cognitive function. It seriously has a part in every process in your body!

As a result, dehydration is very dangerous, leading to symptoms like fatigue, headaches, reduced physical performance, and many others.

GENERAL FLUID RECOMMENDATIONS

For most adults, we need anywhere from 9-13 cups of fluid per day, although this can vary. If you are a very active person, you will need even more fluids. If you live in hot or humid climates, you also will require more fluids than the average person. Keeping this in mind, come up with your daily goal for how much fluid you want to aim to drink per day.

SOURCES OF HYDRATION

Water is always the "best" choice when it comes to hydration, as it is calorie-free and widely available. However, other beverages can count towards this tally, including things like tea, coffee, milk, electrolyte drinks, and of course, juice! Make sure to include the recommended 21-day reset Suja juices and shots towards your fluid count in order to reach your daily goals.



Get Moving: Physical Activity

WHY PHYSICAL ACTIVITY MATTERS

When adopting a healthier lifestyle, nutrition is just one piece of the puzzle. It's also very important to include exercise into your weekly routine. However, this doesn't have to be strenuous, extreme, or something you dread. We're not asking you to become a marathoner!

Instead, try to get moving each and every day. Walking, dancing, running, lifting, even gardening counts! Yes, seriously!

PHYSICAL ACTIVITY RECOMMENDATIONS

For most adults, it's recommended to strive for 150 minutes of aerobic exercise per week.

Split this up however you like, but one easy way to achieve this would be to go on a 30 minute brisk walk, five times per week.

Additionally, you should also aim to include two strength training sessions per week. Such activities should include all major muscle groups and include both weight lifting and bodyweight exercise.

TIPS TO MEET ACTIVITY GOALS

Need some tips on how to actually achieve these goals? Here are few tips that can help:

- Take the stairs instead of the elevator.
- Walk or bike for short commutes.
- Schedule exercise sessions like appointments.
- Make it enjoyable: Try activities like dancing, hiking, or team sports! If you dread it, you probably won't commit to it long term.

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Mindfulness: Cultivating Peace in Daily Life

HOW MINDFULNESS IMPACTS OVERALL HEALTH

You likely know that mindfulness can benefit your mental health, by improving focus, and enhancing emotional regulation. But did you know that mindfulness has been shown to have physical health benefits as well? Because of the increased clarity that comes from mindfulness, many people find that it also can help to encourage healthier eating habits and enhance sleep quality. This makes mindfulness an essential foundation for building a healthier lifestyle.

MINDFULNESS IN EVERYDAY LIFE

Need a few ideas of how to start practicing mindfulness in your everyday life? Start small with deep breathing exercises or mindful eating practices. Simply savoring flavors and textures of your foods will help you be more present and tune into your hunger and fullness cues. Listen to guided meditations from apps like Calm or Headspace, or even free videos on YouTube.



Mindfulness: Cultivating Peace in Daily Life

MINDFULNESS TECHNIQUES

It's important to make time for fun and relaxation. If you regularly set aside time for self-care, you'll be in a better place to handle life's hurdles when they inevitably come.

Here's a comprehensive list of mindfulness techniques. As individuals, we each have different ways of finding joy and relaxing. What works for you might not work for others and that's okay. Pick a few self-care strategies from the following list that sound appealing to you and try to do one each day.

- Deep breathing exercises
- Meditation or mindfulness practices
- Yoga or tai chi
- Aromatherapy
- Taking warm baths or showers
- Play the piano
- Dancing or creative movement
- Stretching routines
- Outdoor activities like hiking or gardening
- Keeping a gratitude journal
- Call a friend
- Joining a support group
- Spending quality time with loved ones
- Pursuing hobbies or creative outlets (e.g., painting, writing, or crafting)
- Listening to calming or uplifting music
- Watching a favorite movie or reading a book
- Play with a pet
- Savor a cup of coffee or tea
- Go for a walk
- Light scented candles



Sleep:
Your Body's Secret Weapon for Health

Sleep is vastly underrated when it comes to health. Not only can sleep help to keep your body physically healthy, but it also has been shown to improve memory, focus, and decision making. Sleep is also vital for metabolic health.

So how much sleep do you need? Most health organizations recommend getting around 7-9 hours of sleep each night.



SLEEP HYGIENE

Reaching 7-9 hours of sleep per night may be a challenge. If you are struggling to meet this recommendation, you may need to overhaul your sleep hygiene. This includes the practices, habits, and environmental factors that are conducive to achieving quality sleep. Here are a few components of good sleep hygiene.

- **Stick to a Schedule:** Go to bed and wake up at the same time daily.
- **Create a Sleep-Friendly Environment:** Dark, cool, and quiet room.
- **Limit Stimulants:** Avoid caffeine and electronics before bed.
- **Stay Active:** Regular workouts can improve sleep. Just avoid vigorous workouts before bed.
- **Practice Relaxation:** Deep breathing, meditation, or reading before bed.

Continue Your Wellness Journey

Now you are equipped to continue your wellness journey with confidence and flexibility!

Instead of being confined to a rigid meal plan, you have the tools to create meals that work for your unique lifestyle, wherever life takes you.

Remember, balance is key -- filling half your plate with produce, adding in protein and starches in the right proportions, and enjoying meals that nourish both your body and your busy life.

Keep practicing, stay flexible, and enjoy the freedom to eat well everyday.



For more information and to visit our blog, scan below:

VIEW THE GUIDE

VISIT OUR BLOG


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