

*Nourish Me*<sup>TM</sup>  
THE LIFESTYLE PROGRAM

# 14 DAY RESET

A GUIDE TO RESET YOUR LIFESTYLE IN 14 DAYS



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Welcome to the JBT Reset Challenge! Over the next 14 days we invite you to focus on forming some new healthy habits with us. For the next 2 weeks we recommend you avoid our short list of 'sometimes' habits that may have crept into your daily routine- it's really that SIMPLE! This will help you to re-establish new habits for a healthier lifestyle and a better, BRIGHTER version of you in just 14 days. You can revisit this program as often as you like.

Recommended JBT resources you may like to use during your Reset:

- 🍊 Gourmet Cleanse recipes in our JBT lifestyle guide
- 🍊 Additional Cleanse Recipes in Volume 2 Recipes.
- 🍊 Juicy Body Pantry Guide
- 🍊 Food, Exercise and Gratitude Journal
- 🍊 Detox and/or Vegetarian meal guides - great guides for planning your meals

Over the next 14 days you may experience benefits such as:

- ✓ Decreased bloating
- ✓ Reduced cravings for junk food
- ✓ Increased cravings for healthy lifestyle
- ✓ More energy
- ✓ Glowing skin
- ✓ Weight loss



# 14 DAY RESET HABITS..

- 🍉 Eat an abundance of non starchy vegetables at every meal- especially **GREEN** things!
- 🍉 Include as many vegetarian meals as you are willing, ideally all 14 days- the guide is loaded with mouthwatering recipes for inspiration!
- 🍉 Drink 2-3L filtered water every day to flush the toxins away
- 🍉 Include liquid miracle broths such as soups, smoothies, green juices & herbal teas
- 🍉 Include lots of immunity enhancing foods such as ginger, fresh turmeric, coconut oil, lemon and grapefruit
- 🍉 If you need food inspiration follow the Gourmet Cleanse recipes in the JBT lifestyle guide and use the JBT Detox and Vegetarian meal plans to map out your meals
- 🍉 Sip herbal teas including green tea
- 🍉 Start your day with warm water and lemon OR our immunity elixir
- 🍉 Take Juice Plus capsules daily
- 🍉 Include 1 tbsp cold pressed coconut oil per day- try adding it to your tea, coffee, food or smoothies
- 🍉 Try our Reset elixirs for better digestion, enhanced immunity and reduced bloating
- 🍉 Move every day- gentle walk, yoga, pilates, gym, ride a bike- what ever you fancy. Just **MOVE**
- 🍉 Start a Gratitude practise- write 3 things each day that you are grateful for and why
- 🍉 Lighten up- Meditate, listen to a self development podcast, do something kind, dance like no one is watching!



# RESET HABITS TO AVOID...



All Wheat and similar gluten containing grains



Dairy



Sugar



Alcohol



Red meat, processed meat and pork



Coffee - if this is not an option reduce to 1 dairy free coffee per day



All processed and fast foods



# RESET ELIXIRS

We recommend adding these elixirs during your reset for even better results!



## IMMUNITY TONIC

Juice 1 large cluster of fresh ginger, 1 large cluster of fresh turmeric, 2-3 large pink grapefruits -or lemon and/or orange.

Store in a glass bottle for up to 3 days. Enjoy 1 cup of tonic each morning to kickstart your digestion and immune system.

TIPS: if you find it too strong water down to taste when serving. Serve warm in winter if preferred. If you do not have a juicer then blend ingredients with a little water and strain.

## GREEN GLOW ELIXIR

Juice 1 large cucumber, 1 lemon or lime, 1/2 fennel bulb, 2 stalks of celery, 1 piece of ginger, small handful mint leaves, then stir through 2 tbsp aloe vera juice (optional for added digestive benefits).

These ingredients have natural diuretic properties, combat inflammation and help to stimulate digestion. Everything you need to get your GLOW on!



## MORNING GLORY

1 tbsp psyllium husk

1 tsp slippery elm

Squeeze fresh lemon or orange juice to flavour, optional  
1 glass filtered water

Mix ingredients together well and drink immediately. This elixir will sooth your stomach and get your bowels moving. Add 1 tsp chia seeds to the mix for extra effectiveness if you dare!





We recommend taking a before and after photo so you can see your transformation, and we can't wait to hear about your results in the group. Feel free to interact as you go. Remember- as with EVERYTHING in life, what you put in is what you will get out of this program.

In the first few days of the Reset it is common to experience symptoms of detox, this is usually a good sign that your body is overcoming food addictions and shifting toxins out. You may feel tired and sluggish and you may have bloating, gas, diarrhea, constipation, flu-like symptoms, bad breath etc. Don't worry, this means you are on your way to a better version of you. Drink lots of water to help eliminate the toxins faster.

On completion of your 14 days, we hope you reflect on your progress and reassess what habits you will continue for a healthy lifestyle and even better results.

Please consult your health practitioner before commencing any exercise or health programs.