

# ORGANIC 1-DAY RENEWAL



**3 BOTTLES OF ORGANIC JUICE & 1-DAY WHOLE FOOD MEAL PLAN**

by Annie Lawless, Co-Founder of Suja Juice & Certified Holistic Health Coach (CHHC)







## About

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At Suja Juice, we believe in living the most optimal way through healthy choices that leave us feeling energized, bright, and alive. Sometimes, those healthy choices can be difficult to make and it's not uncommon for the demands of everyday life to get in the way of our good intentions.

We know how that goes, so we've developed a meal plan to help you get your diet back on track and feel your best by enjoying nutritious and delicious wholesome whole foods like fruits and veggies, whole grains, and lean proteins. At the end of the Suja Organic 1-Day Renewal, you will feel recharged, restored, and renewed in your healthy habits.

LIVE COLORFULLY

## How do I do this?

The Suja 1-Day Renewal is a hydration and whole food centered plan created to give you the nutrition your body needs through wholesome organic fruits and vegetables, whole grains, healthy fats, and lean proteins.

You will consume 3 delicious organic Suja cold-pressed beverages that will provide the healthful hydration and vitamins, minerals, and beneficial antioxidants present in the fruits and vegetables that go into our juices. In addition, you will consume 3 supplemental mini meals designed by Suja Co-Founder Annie Lawless.

All meals are designed to be mix-and-match as they provide similar calories and macronutrients. We've also included 6 meal options for breakfast, lunch, and dinner so you can pick foods you love! If you want to eat a suggested lunch for dinner or vice versa, that's fine too. Portion control is essential to keep calorie counts in check, so try to stick to the recommended amounts for the suggested meals.



EAT WELL. LIVE WELL.

## 1-Day Renewal tips

- If you have a health condition of any sort, are pregnant, nursing, or elderly, please consult your doctor to ensure the Suja 1-Day Renewal is right for you.
- Two to three days before beginning the Suja 1-Day Renewal, try to cut back on or eliminate processed foods, added sugars, caffeine, and alcohol.
- Avoid eating out and drink plenty of water to keep your metabolic rate high and to improve digestion.
- Strive to get at least 30 minutes of physical activity each day.



## The Meal Plan — Meal 1

**Upon Waking on an Empty Stomach** — Suja Organic Daybreak Probiotic (110 cal) – Wake up and rehydrate with this first Fresh Start drink of the day.

**30 minutes later, or when hunger appears** — Morning Mini Meal (approx. 200-230 cal)

### OPTION 1



-OR-



Raw Oatmeal (See Recipes. **Please Note This Must Be Made The Night Before!**)

Grab n' Go 1 medium apple + 20 almonds

### OPTION 2



-OR-



Homemade Granola Bar (See Recipes)

Grab n' Go: ½ avocado sprinkled with cayenne and 1T pumpkin seeds

### OPTION 3



-OR-



Spiced Quinoa (See Recipes)

Grab n' Go: 1 grapefruit with cinnamon and stevia or 1 tsp honey + 1T almonds

### NON-VEGAN PROTEIN OPTIONS

- 2 hardboiled eggs + 1 cup steamed asparagus + 1 oz avocado
- 1 apple chopped in 1 cup plain goat or Greek yogurt mixed with 1 tsp cinnamon (can also add a sprinkle of stevia sweetener, if desired)





## The Meal Plan — Meal 2

Midday when you feel the need for something — Suja Organic Noon Greens (110 cal)

30 Minutes later, or when hunger appears — Midday Mini Meal  
(approx. 220-255 cal)

### OPTION 1



White Bean Salad (See Recipes)

-OR-



Grab n' Go: 1 medium banana + 1 ½ T nut butter

### OPTION 2



Refreshing Salad (See Recipes)

-OR-



Grab n' Go: 1 veggie burger (no bun) topped with baby greens, tomato, onion, mustard, and 1/8 avocado

### OPTION 3



Quinoa Flax Tabouleh (See Recipes)

-OR-



Grab n' Go: 2T almonds + baby carrot snack pack



### NON-VEGAN PROTEIN OPTIONS

- 4 oz low sodium turkey slices rolled around slices of 1 tomato + ¼ avocado slices + 1T hummus
- 1 can unsalted tuna + 1T Dijon + 1/4 avocado + 1 tsp garlic powder + 1 tsp no salt seasoning mashed together into a tuna salad over a bed of baby greens

BE YOUR OWN ROLE MODEL






## The Meal Plan — Meal 3


**Late Afternoon/Early Evening when you start to feel hungry** — Suja Organic Twilight Protein (250 cals)

**30 Minutes later, or when hunger appears** — Evening Mini Meal (230-250 cals)

Please consume this final mini meal a minimum of 3 hours before bed to allow your body to fully digest before sleep.


### OPTION 1

 White Kidney Bean Lettuce Cups (See Recipes)

 **-OR-** Grab n' Go: baked sweet potato topped with 1T unroasted almond butter and sprinkle of cinnamon


### OPTION 2

 Kale Salad (See Recipes)

 **-OR-** Grab n' Go: 2 unsalted brown rice cakes + ¼ cup dairy free guacamole

### OPTION 3

 Black Bean Salad (See Recipes)

 **-OR-** Grab n' Go: 1 frozen veggie burger (no bun) topped with baby greens, tomato, 2T hummus

### NON-VEGAN PROTEIN OPTIONS

- Using the White Bean Lettuce Cups recipe, sub 2-3 oz baked chicken breast for the white beans
- 4 oz salmon baked with 1T Dijon, 1 tsp garlic powder, 1 tsp no salt seasoning over a bed of baby greens dressed with 1T apple cider vinegar + 1 tsp garlic powder + 1 tsp no salt seasoning + 1 tsp flax or olive oil + 1 cup sliced cherry tomatoes



← MAKE POSITIVE CHANGES



## Shopping List — If you have chosen the “In-Home” Options

### Whole Grains:

Rolled Oats  
Quinoa

### Beans/Legumes:

1 Can Unsalted  
White Kidney Beans  
1 Can Unsalted  
Black Beans

### Spices:

Cinnamon  
Garlic Powder  
No Salt Seasoning  
Cayenne Pepper

### Sweeteners:

Stevia  
Maple Syrup

### Oils/Vinegars:

Flax Oil or  
Extra Virgin Olive Oil  
Apple Cider Vinegar  
Balsamic Vinegar  
Coconut Oil

### Nuts/Seeds:

Chia Seeds  
Unroasted Almond Butter  
Ground Flax Seed

### Beverages:

Unsweetened  
Almond Milk

### Produce

#### (preferably organic):

2 Pints Cherry Tomatoes  
1 Cucumber  
1 Red Onion  
1 Head Butter Lettuce  
1 Head Lacinato Kale  
1 Tomato  
1 Mango  
1 Medium Apple  
2 Lemons  
1 Lime  
1 Bunch Cilantro  
1 Bunch Parsley  
2 Avocados  
1 Cup Baby Greens  
1 Bag Arugula  
1 Orange  
¼ Cup Blueberries



## Shopping List — If you have chosen “Grab n’ Go” Options

### Nuts/Seeds:

40 Unroasted Almonds  
Almond, Cashew, or Peanut Butter  
Pumpkin Seeds

### Sweeteners:

Stevia

### Spices:

Cinnamon  
Cayenne Pepper

### Whole Grains:

Unsalted Brown Rice Cakes

### Condiments:

Dijon Mustard

### Frozen:

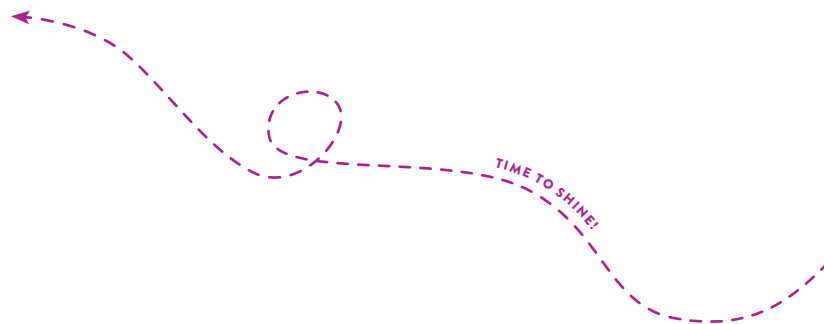
2 Veggie Burgers (preferably a lower  
sodium option)

### Prepared Foods:

Dairy Free Guacamole  
Hummus

### Produce:

1 Medium Apple  
2 Avocados  
1 Grapefruit  
1 Medium Banana  
2 Tomatoes  
1 Onion  
1 Bag Baby Greens  
1 Baby Carrot Snack Pack  
1 Medium Sweet Potato







# RECIPES

## Recipes — Meal 1, Option #1

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### RAW OATMEAL

#### Equipment:

Measuring cups, measuring spoons, small bowl

#### Ingredients:

1/3 cup raw oats

1 cup unsweetened almond milk

1 tablespoon chia seeds

1 teaspoon cinnamon

Sprinkle of stevia to taste (optional)

¼ cup blueberries (fresh or frozen)

#### Directions:

Combine the first 5 ingredients in a bowl and mix well to distribute the chia seeds evenly. Place in the fridge overnight, allowing the chia seeds to gel and the oats to soften. Remove from the fridge in the morning and add the blueberries or another berry of your choice (raspberries and strawberries are acceptable) and enjoy.

### DID YOU KNOW?

Just a one ounce serving of chia has 11 grams of dietary fiber, or 1/3 of the recommended daily intake for adults.

SHOW OFF THE RADIANCE INSIDE YOU!



EAT CLEAN. LIVE LEAN.

## Recipes — Meal 1, Option #2

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### NO BAKE ALMOND GRANOLA BARS

#### Equipment:

Measuring spoons, small bowl, small plate

#### Ingredients:

3 tablespoons raw oats

1½ teaspoons maple syrup

2 teaspoons unroasted almond butter

¾ teaspoon ground flax seeds

Sprinkle of cinnamon to taste

#### Directions:

Combine all ingredients well until the maple syrup and almond butter have coated the oats well. Press into a small dish and refrigerate until firm.

#### DID YOU KNOW?

One tablespoon of ground flaxseed contains approximately 1.8 grams of plant based omega-3s.

STRETCH YOUR LIMITS

## Recipes — Meal 1, Option #3

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### SPICED QUINOA

#### Equipment:

Saucepan, measuring cups, measuring spoons, knife

#### Ingredients:

½ cup cooked quinoa

1 small diced apple

1 teaspoon cinnamon

1½ teaspoon coconut oil (if you prefer a bit of silkiness)

or

1 tablespoon maple syrup (if you prefer a bit of sweetness)

#### Directions:

Cook quinoa according to package. While still warm in saucepan, turn heat to low and add the apple, cinnamon, and coconut oil or maple syrup. Stir for a couple minutes over low heat until evenly combined and cinnamon is fragrant.

**\*\*Renewal Tip:** Make extra quinoa to have on hand for the Quinoa Flax Tabouleh lunch option.

#### DID YOU KNOW?

Cinnamon has been shown in numerous studies to lower blood sugar.

## Recipes — Meal 2, Option #1

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### WHITE BEAN SALAD

**Equipment:**

Knife, measuring spoons, medium bowl

**Ingredients:**

½ cup unsalted white kidney beans, rinsed and drained

1 cup sliced cherry tomatoes

1 cup mixed baby greens, or leafy green of your choice

1 tablespoon fresh parsley, chopped

⅓ avocado, diced

1 tablespoon lemon juice

¼ teaspoon garlic powder

¼ teaspoon no salt seasoning

**Directions:**

Combine all ingredients in a bowl and mix well. This dish is best when made ahead and allowed to marinate for several hours, but may be consumed immediately.

**DID YOU KNOW?**

Beans help control blood sugar levels to help keep cravings in check.

## Recipes — Meal 2, Option #2

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### REFRESHING SALAD

**Equipment:**

Knife, measuring spoons, medium bowl, small bowl

**Ingredients:**

2 cups arugula, or leafy green of your choice

Segments of ½ an orange

¼ avocado, chopped

1 tablespoon flax oil or extra virgin olive oil

1 tablespoon apple cider vinegar

2 tsp no salt seasoning

**Directions:**

Combine the first three ingredients in a bowl and mix until evenly distributed.

Combine the oil, vinegar, and seasoning in a bowl until mixed well and pour over greens. Mix well and enjoy.

**DID YOU KNOW?**

Arugula is considered a cruciferous vegetable, which contain glucosinolates—compounds that have been shown in research to have anti-cancer properties.



## Recipes — Meal 2, Option #3

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### QUINOA FLAX TABOULEH

#### Equipment:

Saucepan, measuring cups, knife, measuring spoons, medium bowl

#### Ingredients:

½ cup cooked quinoa (chilled)  
1 cup sliced cherry tomatoes  
3 tablespoons fresh parsley, chopped  
½ cup cucumber, diced  
2 tablespoons red onion, diced  
1 tablespoon ground flaxseed  
1 teaspoon garlic powder  
1 tablespoon lemon juice  
1 tablespoon apple cider vinegar

#### Directions:

Combine all ingredients in a bowl and mix well. This dish is best when made ahead and allowed to marinate for several hours, but may be consumed immediately.

#### DID YOU KNOW?

Quinoa is not a grain. It is a seed containing all nine essential amino acids, making it a complete plant source of protein.

## Recipes — Meal 3, Option #1

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### WHITE KIDNEY BEAN LETTUCE CUPS

#### Equipment:

Measuring cups, measuring spoons, small bowl

#### Ingredients:

##### Lettuce Cups -

2 butter lettuce cups, rinsed  
½ cup unsalted white kidney beans, drained and rinsed

##### Cayenne Guacamole -

½ cup diced avocado  
2 tablespoons fresh cilantro, chopped  
½ tomato, diced  
⅛ – ¼ teaspoon cayenne pepper (depending on your heat preference)  
¼ teaspoon garlic powder  
2 teaspoons lime juice

#### Directions:

Place ¼ cup white kidney beans in each butter lettuce cup. For the guacamole, in a bowl mash the avocado, cilantro, tomato, cayenne pepper, lime juice, and garlic together. Place ¼ cup of the guacamole in each butter lettuce cup and enjoy.

#### DID YOU KNOW?

Avocados contain lutein and zeaxanthin, two phytonutrients important for eye health along with beneficial monounsaturated fats.

SOAK UP THE SUJA

EVERY DAY IS BRAND NEW



## Recipes — Meal 3, Option #2

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### KALE SALAD

#### Equipment:

Knife, measuring cups, measuring spoons, medium bowl

#### Ingredients:

1 cup lacinto kale, chopped  
1 cup cherry tomatoes, halved  
½ avocado, cubed  
1 tablespoon apple cider vinegar  
1 tablespoon lemon juice  
1 tablespoon balsamic vinegar  
½ teaspoon no salt seasoning  
¼ teaspoon garlic powder

#### Directions:

Place all ingredients, except the cherry tomatoes, in a bowl and massage well with hands until kale is softened and the avocado is mashed evenly throughout. Add the cherry tomatoes and mix together with a spoon.

#### DID YOU KNOW?

Per calorie, kale has more iron than beef. One cup also contains 10% of the recommended daily value of omega-3 fatty acids which have been shown to have anti-inflammatory effects.

## Recipes — Meal 3, Option #3

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### BLACK BEAN SALAD

#### Equipment:

Knife, measuring cups, measuring spoons, medium bowl

#### Ingredients:

½ cup unsalted black beans, drained and rinsed  
¼ mango, diced  
¼ avocado  
1 tablespoon fresh parsley, chopped  
⅛ – ¼ teaspoon cayenne pepper (depending on your heat preference)  
¼ teaspoon garlic powder  
1 tablespoon red onion, diced

#### Directions:

Combine all ingredients in a bowl and mix well. This dish is best when made ahead and allowed to marinate for several hours, but may be consumed immediately.

#### DID YOU KNOW?

One cup of black beans supply approximately 75% of the recommended daily value for dietary fiber.





## About Annie

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**ANNIE LAWLESS**  
Suja Co-Founder and  
Certified Holistic Health  
Coach (CHHC)

Annie Lawless, Co-Founder of Suja Juice and Certified Holistic Health Coach (CHHC), developed a passion for health and nutrition as a teenager after years of managing her own food sensitivities. She saw her health vastly improve when she began juicing and following a modified organic diet. Annie strengthened her knowledge for health and nutrition through her work as a yoga instructor and during her training at the Integrative Institute for Nutrition to become a Certified Holistic Health Coach.

When not in the kitchen or on the road, Annie spearheads consumer education for Suja, which ranges from blogging on behalf of the brand to sharing her innovating recipe creations on Suja's social media platforms, and her personal favorite, one-on-one interaction with Suja fans.

At Suja our passion is sharing the highest quality Organic & Non-GMO juices and smoothies. We use Cold Pressure, also known as High Pressure Processing (HPP), instead of high heat, to extend shelf life & to help maintain essential vitamins, minerals & enzymes.

Head on over to [ColdPressured.org](http://ColdPressured.org) to learn more.



Created & Made by Suja Life, LLC  
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