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, sharing her innovative recipe creations on Suja’s social media platforms and her personal favorite, one-on-one interaction with Suja fans.

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

Head on over to ColdPressed.org to learn more.
At Suja, we believe that living healthy can be delicious and convenient. The Suja Essentials 1-Day Renewal, available exclusively at Target, will help you jump start healthy eating habits by pairing Organic, Non-GMO & Cold-Pressured juices with whole food, leaving you feeling renewed and revitalized. You will consume three delicious Organic, Non-GMO & Cold-Pressured Suja Essentials beverages, one for morning, noon and night, that will provide the healthful nourishment your body craves. In addition, you will consume small healthy, whole food meals throughout the day to work harmoniously with all three beverages.

Suja Co-Founder and Certified Holistic Health Coach Annie Lawless has created a free, delicious meal plan to help you create satisfying, whole food meals. Choose between grab & go meal options for a busy lifestyle or meals to enjoy at home. Together, the three 1-Day Renewal beverages and whole food meal plan will provide your body with what it needs to kickstart or recommit to a healthy lifestyle.

About
Fresh start 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 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 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, vitamins, minerals and beneficial antioxidants present in the fruits and vegetables that go into our juices. In addition, you will consume 3 supplemental whole food meals.

All meals are designed to be mix-and-match, as they provide similar calories and macronutrients. 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.
The Meal Plan — Meal 1

Upon Waking on an Empty Stomach — Suja Sunrise Probiotic (290 cals)
Wake up and rehydrate with this first juice that promotes healthy gut bacteria to support digestion and immunity.

30 minutes later, or when hunger appears — Morning Mini Meal (approx. 200–230 cals)

Option 1
Avocado “Toast” with Egg (See Recipes)
Grab n’ Go: 1 grapefruit w/cinnamon and stevia or 1 teaspoon honey + 10 walnut halves

Option 2
2 Apple Pie Bites (See Recipes)
Grab n’ Go: 1 apple with 1 tablespoon almond butter and cinnamon
The Meal Plan — Meal 2

Midday when you start to feel hungry — Suja Mid Day Thrive (110 cals)

30 minutes later, or when hunger re-appears — Midday Mini Meal (approx. 220-255 cals)

Option 1
- Zucchini Noodles with Raw Vegan Pesto (See recipes)
- Grab n’ Go: 2 hard boiled eggs + 1/3 avocado sprinkled with cayenne

Option 2
- Quinoa Stir Fry (See Recipes)
- Grab n’ Go: 1 organic veggie burger with no bun topped with baby greens, tomato, onion, mustard, and 1/8 avocado
The Meal Plan — Meal 3

Late Afternoon/Early Evening when you start to feel hungry — Suja Sunset Protein (290 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
- Mexican Stuffed Sweet Potatoes (See Recipes)
- Grab n’ Go: Baked sweet potato topped with 1 tablespoon unroasted almond butter and a sprinkle of cinnamon

Option 2
- Omega Salad  (See Recipes)
- Grab n’ Go: 4 oz low sodium turkey slices rolled around slices of 1 tomato + ¼ avocado slices + 1 tablespoon dairy free hummus

make positive changes.
**Shopping List — If you have chosen the “In-Home” Options**

<table>
<thead>
<tr>
<th>Whole Grains:</th>
<th>Proteins:</th>
<th>Produce (preferably organic):</th>
<th>Oils/Vinegars:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quinoa</td>
<td>4oz Salmon Fillet</td>
<td>2 Pints Cherry Tomatoes</td>
<td>Balsamic Vinegar</td>
</tr>
<tr>
<td>Brown Rice Cakes</td>
<td>1 Egg</td>
<td>1 Avocado</td>
<td>Coconut Oil</td>
</tr>
<tr>
<td>Beans/Legumes:</td>
<td>1 Can unsalted Black Beans</td>
<td>1 Red Onion</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>1 Can unsalted Black Beans</td>
<td>2 Bell Peppers</td>
<td>2 Zucchinis</td>
<td>Flax Oil</td>
</tr>
<tr>
<td>Spices:</td>
<td>2 Zucchinis</td>
<td>1 Medium Sweet Potato</td>
<td>Low Sodium Tamari</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>1 Head of Broccoli</td>
<td>1 Bag of Baby Greens</td>
<td>Low Sodium Chicken Broth</td>
</tr>
<tr>
<td>Garlic Powder</td>
<td>1 Bunch or bag of Spinach</td>
<td>1 Bunch of fresh Cilantro</td>
<td>Coconut oil or olive oil non-stick spray</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Bunch of fresh Parsley</td>
<td>1 Lemon</td>
<td></td>
</tr>
<tr>
<td>Black Pepper</td>
<td>1 Lime</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rosemary</td>
<td>1.5 Cups Dried Apples</td>
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</tr>
<tr>
<td>Honey</td>
<td>1/4 Cup Pitted Dates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutmeg</td>
<td>1 Bunch fresh Basil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritional Yeast</td>
<td>1 Head fresh Garlic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Nuts/Seeds:***

- Walnuts
- Pine Nuts
- Pecans

**Frozen:**

- 1 Veggie Burger (preferably a lower sodium option)

**Prepared Foods:**

- Dairy Free Hummus

**Produce:**

- 1 Grapefruit
- 1 Apple
- 1 Avocado
- 1 Bag Baby Greens
- 2 Tomatoes
- 1 Onion
- 1 Sweet Potato

**Sweeteners:**

- Honey and/or Stevia

**Spices:**

- Cinnamon
- Cayenne Pepper

**Condiments:**

- Dijon Mustard

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

<table>
<thead>
<tr>
<th>Nuts/Seeds:</th>
<th>Frozen:</th>
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</thead>
<tbody>
<tr>
<td>Walnuts</td>
<td>1 Veggie Burger (preferably a lower sodium option)</td>
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<tr>
<td>Almond Butter, no oil or sugar added</td>
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</table>

<table>
<thead>
<tr>
<th>Proteins:</th>
<th>Prepared Foods:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Eggs</td>
<td>Dairy Free Hummus</td>
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<tr>
<td>Low Sodium Turkey Slices</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Produce:</th>
<th><strong>Sweeteners:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Grapefruit</td>
<td>Honey and/or Stevia</td>
</tr>
<tr>
<td>1 Apple</td>
<td></td>
</tr>
<tr>
<td>1 Avocado</td>
<td></td>
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<tr>
<td>1 Bag Baby Greens</td>
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<tr>
<td>2 Tomatoes</td>
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<td>1 Onion</td>
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<tr>
<td>1 Sweet Potato</td>
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</tr>
</tbody>
</table>

**Spices:**

- Cinnamon
- Cayenne Pepper

**Condiments:**

- Dijon Mustard
AVOCADO “TOAST” WITH EGG

Equipment:
Sautee Pan, Spatula, Knife

Ingredients:
1/3 avocado
1 brown rice cake
1 egg
Coconut oil or olive oil non-stick spray
Sea salt and pepper, to taste

Directions:
Heat up a pan over medium heat and place the rice cake in the pan, allowing it to “toast” for a minute or two. Flip and repeat on the other side. Remove from the pan, and mash 1/3 avocado on the rice cake. Spray your pan with a light coat of the non-stick spray or 1 teaspoon coconut oil and cook one egg as desired (scrambled, sunny side up, over easy, etc.) Place the egg on top of the avocado layer and sprinkle with salt and pepper to taste. Enjoy!

DID YOU KNOW?
AVOCADOS CONTAIN LUTEIN AND ZEAXANTHIN, TWO PHYTONUTRIENTS IMPORTANT FOR EYE HEALTH ALONG WITH BENEFICIAL MONOUNSATURATED FATS.
Recipes — Meal 1, Option #2

APPLE PIE BITES

Equipment:
Food processor, measuring cups, measuring spoons, spatula, small bowl, strainer

Ingredients:
1 ½ cups chopped dried apple
¼ cup pitted dates
½ tablespoon honey
1 teaspoon nutmeg
2 tablespoons cinnamon
¼ cup toasted pecans

Directions:
Soak dates in a small bowl of water for 10 minutes, then strain. Toast pecans until aromatic and slightly browned – be careful not to burn them! Process apples, dates and honey in a food processor until the mixture becomes a thick paste and the apples are in tiny pieces. Be sure to scrape the sides of your food processor with a spatula. Add the remaining ingredients and process until the pecans have been chopped into small pieces. Keep processing if you want a less crunchy mixture. Roll mixture into small, one-inch balls and cool in fridge to harden.

Did you know?
Cinnamon has been shown in numerous studies to lower blood sugar.

Recipes — Meal 2, Option #1

ZUCCHINI NOODLES WITH RAW VEGAN PESTO

Equipment:
Knife, veggie peeler, measuring spoons, measuring cups, food processor, spatula

Ingredients:
2 large zucchinis
1 cup cherry tomatoes
1 tablespoon fresh parsley, chopped
1 tablespoon pine nuts
1 ½ cup fresh basil leaves
½ cup raw walnuts
½ cup cold-pressed, extra-virgin olive oil
1 tablespoon nutritional yeast
2 medium garlic cloves
1 tablespoon fresh lemon juice
Salt to taste

Directions:
Use a veggie peeler to peel zucchini into thin ribbons and place in a bowl with cherry tomatoes, parsley and pine nuts. Put aside. In a food processor, process walnuts until broken into small pieces. Add basil & garlic and pulse a few more times. Add the rest of the ingredients and process as you pour olive oil into the bowl while everything is being blended. Remember to scrape the sides of the food processor with a spatula. Pulse until fully blended. If you want a smoother pesto, feel free to add more olive oil or add less if you want it thicker. Add a pinch of salt to taste. Pour pesto over bowl of zucchini and mix with all veggies. You will probably have a bit of extra pesto.

Did you know?
Zucchini is high in vitamin C, an antioxidant that boosts immunity & helps your metabolism.
Recipes — Meal 2, Option #2

QUINOA STIR FRY

Equipment:
Knife, sauté pan, measuring spoons, measuring cups

Ingredients:
½ cup cooked quinoa
1 cup spinach
1 cup broccoli florets
½ cup mushrooms, sliced
½ cup bell peppers, sliced
¼ cup chopped red onion
¼ avocado, chopped
1 tablespoon low sodium tamari
¼ cup low sodium chicken broth
2 teaspoon coconut oil
2 teaspoon garlic powder

Directions:
Place a pan over medium/high heat and add the coconut oil, tamari, chicken broth, and garlic powder. When the liquid is hot, add the spinach, broccoli, mushrooms, bell pepper, and onion and cook until softened and onions begin to turn translucent. Add the quinoa and avocado, mixing through to warm. Remove from heat and transfer the stir fry to a bowl. Enjoy!

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 2, Option #2

MEXICAN STUFFED SWEET POTATOES

Equipment:
Knife, fork, spatula, baking sheet, measuring cups, measuring spoons, small bowl

Ingredients:
1 sweet potato
½ cup black beans
¼ red onion, diced
¼ red pepper, diced
1 teaspoon garlic powder
Sea salt, to taste
Juice of ½ lime
Non-stick coconut oil spray
1 tablespoon fresh chopped cilantro

Directions:
Preheat your oven to 400 degrees. Poke the sweet potato with small holes using a fork. Bake the sweet potato for approximately 1 hour until soft. Remove from the oven and slice the sweet potato down the middle, length-wise. Scoop out the sweet potato flesh and chop into small pieces. Heat a pan that has been lightly sprayed with coconut oil non-stick spray over medium heat and cook the lime juice, chopped onion, pepper, black beans. Sauté for a couple minutes until the veggies have softened and add the chopped flesh of the sweet potato to the mixture. Mix until thoroughly combined and stuff the potato with the veggies and bean mixture. Garnish with fresh chopped cilantro and season with sea salt, to taste.

DID YOU KNOW?
1 CUP OF BLACK BEANS SUPPLY AROUND 75% OF THE RECOMMENDED DAILY VALUE FOR DIETARY FIBER.
OMEGA SALAD (APPROX. 220 CALORIES)

Equipment:
Baking sheet, parchment paper, measuring spoons, knife

Ingredients:
4oz. salmon fillet
¼ teaspoon sea salt
¼ teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon dried or fresh rosemary
2 cups baby greens
1 tablespoon balsamic vinegar
1 teaspoon flax oil
1 cup cherry tomatoes, sliced

Directions:
Preheat oven to 450 degrees. Line a baking sheet with parchment paper and
place salmon, skin side down, on the baking sheet. Sprinkle with sea salt, black
pepper, ½ teaspoon of garlic powder, and rosemary on the top and sides,
pressing the seasoning into the salmon so the spices stick. Bake the salmon for
12-15 minutes depending on your desired level of done-ness. While the salmon
bakes, dress the baby greens and cherry tomatoes with balsamic vinegar, flax
oil, and the other ½ teaspoon of garlic powder. Mix well and add the baked
salmon on top. Enjoy!

DID YOU KNOW?
ONE TABLESPOON OF GROUND FLAXSEED CONTAINS APPROXIMATELY 18 GRAMS OF PLANT BASED OMEGA-3S.
SUNRISE GRAPEFRUIT AND AVOCADO SALAD

Equipment:
Knife, bowl

Ingredients:
1 ruby red grapefruit
½ avocado, cubed
½ Persian cucumber, cubed, or 1 cup cubed jicama
Cinnamon, to taste
Stevia (optional)

Directions:
To segment the grapefruit, cut the top and bottom off so it stands upright on a cutting board. Using a knife, slice from the top to the bottom down the length of the grapefruit along the flesh, removing the peel and white pith. When this is completed on all sides, hold the grapefruit on its side over a bowl with your hand and cut along the white membrane lines into the center of the fruit, yielding V-shaped segments of grapefruit. Set the center and membrane scraps aside. Gentle halve the grapefruit segments and place them in a bowl. Add the avocado to the bowl. Take the grapefruit membrane scraps and squeeze over the salad Add the cinnamon and stevia, if desired, and mix everything together well.

Variation: Instead of cinnamon, use cayenne and sea salt for a savory twist.

DID YOU KNOW?
Ruby red grapefruit gets its vivid red and pink tones from lycopene, a carotenoid phytonutrient that can fight off free radicals.
KALE-IFORNIA SALAD

Equipment:
Knife, bowl

Ingredients:
1 head kale, de-stemmed
½ red onion, diced
1 whole avocado, cubed
1 ½ tablespoons tamari
2 tablespoons Dijon mustard
1 tablespoon garlic powder
1 pint cherry tomatoes

Directions:
Wash the kale and finely chop it using a good knife. Place the kale in a bowl. Add the red onion, avocado, tamari, Dijon, and garlic powder to the bowl. Using your hands, massage all of the ingredients together for 2 to 3 minutes, allowing the kale to soften and the avocado to form a creamy dressing with the tamari and Dijon. Halve the cherry tomatoes and gently toss them into the salad. Makes 2 servings.

DID YOU KNOW?
KALE IS ONE OF THE MOST NUTRIENT DENSE FOODS ON THE PLANET. IT’S PACKED WITH VITAMINS, MINERALS, FIBER, ANTIOXIDANTS, ~3G OF PROTEIN AND ONLY 33 CALORIES PER CUP.