At Suja, our passion is in sharing the highest quality organic, non-gmo juices & smoothies. We use a new way to preserve the awesomeness of what’s bottled called cold-pressure, instead of heat to protect the safety of the product and extend the shelf life. Head on over to coldpressured.org to learn more.

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 juice, we believe living in 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 Essentials 3 Day Fresh Start, you will feel recharged, restored, and renewed in your healthy habits.
The Suja 3 Day Fresh Start 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. For example, if you love the suggested breakfast on Day 1, but not Day 2, you can eat Day 1 again. Or, 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.

**How do I do this?**

**UPON WAKING**

00:30 MINUTES LATER OR WHEN HUNGER ARRIVES

**MID DAY**

00:30 MINUTES LATER OR WHEN HUNGER ARRIVES

**EARLY EVENING**

00:30 MINUTES LATER OR WHEN HUNGER ARRIVES

**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 Essentials 3 Day Fresh Start is right for you.
- Two to three days before beginning the Suja Essentials 3 Day Fresh Start, 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.
Upon Waking on an Empty Stomach – Suja Essentials Spicy Lemonade (120 cals)
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 cals)

Day 1
- Raw Oatmeal (See Recipes. Please Note This Must Be Made The Night Before!)
- Grab n’ Go 1 Medium Apple + 20 almonds

Day 2
- Homemade Granola Bar (See Recipes)
- Grab n’ Go: ½ avocado sprinkled with cayenne and 1T pumpkin seeds

Day 3
- Spiced Quinoa (See Recipes)
- Grab n’ Go: 1 grapefruit w/ 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 Essentials Green Greatness (115 cals)
30 Minutes later, or when hunger appears — Midday Mini Meal (approx. 220–255 cals)

Day 1
- White Bean Salad (See Recipes)
- Grab n’ Go: 1 medium banana + 1 ½ T Nut Butter

Day 2
- Refreshing Salad (See Recipes)
- Grab n’ Go: 1 veggie burger with no bun topped with baby greens, tomato, onion, mustard, and 1/8 avocado

Day 3
- Quinoa Flax Tabouleh (See Recipes)
- 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
Late Afternoon/Early Evening when you start to feel hungry — Suja Essentials Vanilla Nutz (230 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.

Day 1
White Kidney Bean Lettuce Cups (See Recipes)

Grab n’ Go: Baked sweet potato topped with 1T unroasted almond butter and sprinkle of cinnamon

Day 2
Kale Salad (See Recipes)

Grab n’ Go: 2 Unsalted Brown Rice Cakes + ¼ cup dairy free guacamole

Day 3
Black Bean Salad (See Recipes)

Grab n’ Go: 1 frozen veggie burger with 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
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

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
  - ¼c Blueberries

Beverages:
- Unsweetened Almond Milk

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**We recommend the Kirkland Signature version of these items, which may be found at your local Costco.

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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)

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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

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**We recommend the Kirkland Signature version of these items, which may be found at your local Costco.
RAW OATMEAL (approx. 250 calories)

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.
Recipes — Meal 1

SPICED QUINOA

Equipment:
Saucepan, measuring cups, measuring spoons, knife

Ingredients:
½ cup cooked quinoa
1 small diced apple
1 teaspoon cinnamon
1-1/2 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.

** Fresh Start 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 1

NO BAKE ALMOND GRANOLA BARS

Equipment:
Measuring spoons, small bowl, small plate

Ingredients:
3 tablespoons raw oats
1-1/2 teaspoons maple syrup
2 teaspoons unroasted almond butter
1/4 teaspoon ground flax seeds
Sprinkle of cinnamon to taste

Directions:
Combine all ingredients well until the maple and almond 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.
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—COMPpounds THAT HAVE BEEN SHOWN IN RESEARCH TO HAVE ANTICANCER PROPERTIES.

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
⅛ 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

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

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.
Recipes — Meal 3

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.

BLACK BEAN SALAD

Equipment:
Knife, measuring cups, measuring spoons, medium bowl

Ingredients:
½ cup unsalted black beans
¼ mango, diced
¼ avocado
1 tablespoon fresh parsley, chopped
1/8 – 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.