Mean Green Juice #1:

This is the official recipe used by Joe Cross and Phil Staples according to the Reboot Program.

6 - Kale Leaves
1 - Cucumber
4 - Celery Stalks
2 - Green Apples
1/2 - Lemon
1 - Piece of Ginger

Mean Green Juice #2:

1 - Handful of Spinach
3 - Stalks of Kale
2 - Golden Delicious Apples
1 - Small Handful Parsley
1 - Lemon
1 - Cucumber
Mean Green Juice #3:

2 - Stalks Celery
1/2 - Cucumber
1/2 - Apple
1/2 - Lemon
1 - Small Piece Ginger
1/2 - Green Swiss Chard Leaf
1 - Bunch Cilantro
5 - Kale Leaves
1 - Handful Spinach

Mean Green Juice #4:

1/2 - Pear
1/2 - Green Apple
1 - Handful of Spinach
1 - Handful of Parsley
2 - Celery Stalks
1/2 - Cucumber
1 - Small Piece Ginger
1 - Slice of Papaya

NOTES FOR MAKING JUICE:

Peel or slice off lemon rind leaving some of the white pith to juice small leaves such as parsley and cilantro, roll them up into a ball to compact the leaves wash all vegetables and fruits before making juice buy organic if possible.
Breville JE98XL Juice Fountain Plus 850-Watt Juice Extractor:

- Countertop juicing machine with extra-wide 3-inch feeder chute
- 850-watt dual-speed motor; powerful stainless-steel cutting disc for fast results
- Safety locking arm; overload protection LED; large-capacity pulp collector
- Dishwasher-safe parts; includes 1-liter juice jug with froth separator, filter basket, and cleaning brush
- Measures approximately 13-1/5 by 16-1/2 by 18-1/5 inches; 1-year limited warranty
- features:
  - Heavy-duty 850 watt motor with dual speed control: a low speed (6,500rpm) for softer fruits and vegetables and a high speed (12,000rpm) for harder fruits and vegetables
  - Patented extra-wide feed chute (3” wide): juice large fruits and vegetables with little to no cutting or preparation
  - Patented direct central feed system for maximum juice extraction
  - Nutri Disc with stainless steel blades and stainless steel mesh filter basket for spinning out the pulp
  - Heavy grade polymer body for durability
  - 1 liter juice jug (34 fl. oz.) with froth separator
  - Large capacity pulp container with integrated handle
  - Cord storage: the power cord wraps around feet and clips into position under the base for a reduced counter-top footprint
  - Safety Locking Arm prevents the juicer from operating without the cover locked into place
  - Overload protection prevents over-heating, automatically shutting the machine down when it senses that the machine is overloaded
  - All materials that come in contact with food are BPA-free, ensuring safe use
  - Easy clean-up with the included cleaning brush. All parts except for the mesh filter basket/Nutri Disc and food pusher can be washed on the top shelf of the dishwasher.

Breville:

Centrifugal juice - always buy a masticating (gear) juicer
Tips for a 60 Day Juice Fast:

1. If you are on any medications or have any health problems, have a **Medical Professional** monitor your progress.

2. Start out with a small goal, say 10 days. This makes the task more manageable mentally and makes it easier to chart daily progress. Not everyone needs to fast for a full 60 days. As in #1, a **Medical Professional** can help you determine what is right for you.

3. Though it would appear in the film that Joe just woke up one morning and started juicing, it is best to prepare mentally and physically for at least a week prior to the cleanse. You can read about my preparation process here.

4. Easy does it. This is not the time to multi task. Take a few days off or lighten your work and responsibilities. Your body will be hyper focused on cleansing during this period, so relax and let your body work it’s magic. Light stretching or walking is all you need to do to assist.

5. **Continue drinking water.** Water has an important function of flushing out the toxins and waste. You still need to **drink plenty of water**.

6. If you experience any adverse effects besides light headache and fatigue in the first few days, **consult a Medical Professional**.

7. Congratulate yourself on ANY progress made!

**Happy Juicing!** Joe’s Mean Green Juice!
Guidelines to consider when planning your meals during and after your Reboot.

**Oils:**
- Olive Oil cold press virgin
- Coconut Oil
- Flaxseed Oil
- Sesame Oil
- Sunflower Oil
- Pumpkin Oil
- Walnut Oil

**Herbal Teas:**
- Chamomile
- Dandelion
- Fennel
- Raspberry
- Peppermint
- Ginger
- Blackberry
- Wildberry
- Sleeptyme
- Rosehip

**Herbs and Spices:**
- All Spice
- Basil
- Caraway
- Cardamom
- Cayenne
- Chives
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry
- Dandelion
- Dill
- Fennel
- Fenugreek
- Ginger
- Horseradish
- Leeks
- Lemongrass
- Mint
- Mustard
- Nutmeg
- Oregano
- Parsley
- Pepper
- Pumpkin
- Rosemary
- Sage
- Star Anise
- Tarragon
- Thyme
- Turmeric
- Vanilla Bean

**Others:**
- Apple Cider Vinegar
- Soy Sauce, Raw Organic
- Raw Honey
- Sea Salt
- Himalayan Salt
- Stevia

**Dried Fruits: (Unsulphured Raw)**
- Apricots
- Dates
- Figs
- Prunes
- Raisins
## Fresh Fruits:
- Apple
- Apricots
- Avocado
- Banana
- Berries
- Cantaloupe
- Cherries
- Fresh Fig
- Grapes
- Grapefruit
- Guava
- Kiwi
- Lemon
- Lime
- Leeches
- Mandarin
- Mango
- Melon
- Nectarine
- Orange
- Papaya
- Passion fruit
- Paw Paw
- Pineapple
- Peach
- Pear
- Persimmon
- Plums
- Pomegranate
- Rhubarb
- Strawberry
- Tangerine
- Watermelon

## Fresh Vegetables:
- Asparagus
- Beet
- Broccoli
- Brussels
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collards
- Cucumber
- Endive
- Fennel
- Garlic
- Green Beans
- Jerusalem Artichoke
- Kale
- Leeks
- Mustard Greens
- Onion
- Parsnip
- Pumpkin
- Radish
- Peppers
- Romaine
- Scallion
- Snap Peas
- Spinach
- Sprouts
- Squash - All Types
- Sweet Potato
- Swiss Chard
- Tomato
- Watercress
- Yam
- Zucchini
**DISCLAIMER:** This is not legal or medical advice as I am NOT a doctor nor trained in the medical field or an attorney. These are simply things that I have discovered along the way, and that you can talk about with your medical provider or with his/her attorney, I am just a caring person. The information I am presenting is from both personal experience and internet studies and research. I am advocating knowledge, general information, good health, and that should remain a personal preference. Everyone reading this article should research more about this topic first and consider asking their attorney and/or doctor if it is safe to do with your current medications before even thinking of trying it, if the subject is covering health.

This is not any medical advice; it is an opinion of my personal experiences. No medical claims can be made by this article, subject, and/or information, under Federal law. Otherwise, the FDA can take care of the ones involved with marketing and distributing said cures all the way to the store if they make drug like claims. Food products are not regulated by the FDA, as of yet, as a cure and/or aid for better health.

This information is solely for informational purposes. It is not intended to provide medical advice. Before engaging in any complementary medical technique, including the use of natural and/or herbal remedies, you should do your own research, and then consult your present physician. If your doctor does not believe in alternative medicines and you would like to give them a try then find a reputable doctor familiar with natural herbal remedies for your needs that can assist you in deciding what treatments might meet your specific needs.

This is not a replacement for medical diagnosis, treatment, and/or professional medical advice. The statements contained on this article have not been reviewed and/or approved by the Food & Drug Administration for their validity. Nothing contained on or in this article is meant to infer and/or state that any products are for the treatment of any disease and/or ailment and/or diagnose, treat, cure, and/or prevent any disease.

This article is for information and education purposes only and/or does not constitute advice. The information in this article strives to provide content that is true and accurate; however, I give no guarantee the accuracy of the contents, as some information changes constantly. Always consult your attorney and/or doctor before starting a new diet and/or exercise if you have any known medical conditions and/or diseases.

This has no connection with any Churches and/or Religions, just purely for informational purposes, just information found on the internet, just doing my own research. Some of the above data may be religious in nature. You may find more supporting information or information contrary to the subject or material. This subject or material is just to make you think how you can live or survive in this great world. Much of the data is copied from website with URL address.