

Healthy Living Revolution

Welcome! Congratulations on making your health a priority and taking this step. The Healthy Living Revolution is a simple system to creating profound results in your life. To participate in the Healthy Living Revolution, choose which option from below you are going to commit to. Ask the person who invited you to this Healthy Living Revolution to add you to their secret Facebook group for continued encouragement, support, resources and accountability.

Option 1- One Simple Change

- + Add Juice Plus+ Capsules and/or the Juice Plus+ Complete shakes to your diet

Detoxification and nourishment at a cellular level will happen as your body is flooded with micro nutrition from 30 different fruits, vegetables, and berries. Expect a healthier immune system, less inflammation, healthier gums & better skin, and all around increased awareness of health.

Option 2- Healthy Living Rules

- + Add Juice Plus+ Capsules and/or the Juice Plus+ Complete shakes to your diet, and
- + Follow one or more of the Healthy Living Rules:
 1. Eat real food (fruits, vegetables, wild/organic protein, nuts & seeds)
 2. Avoid dairy, gluten & sugar
 3. Drink ½ to 1 gallon of water daily
 4. Move 30-90 minutes most days
 5. Sleep a minimum of 7 hours a night (ideally 8 hours)

Option 3- Healthy Living Revolution Challenge *(do this for one month, then go to option 2)*

If you have chosen Option 3, we recommend downloading the "My Fitness Pal" app onto your smartphone or tablet, or use the desktop version at www.MyFitnessPal.com. This is a free program that will help you track *exactly* what you are eating to help you gauge your intake of proteins and sugars.

- + Add Juice Plus+ Capsules and/or the Juice Plus+ Complete shakes to your diet
- + Every morning (on an empty stomach) drink a glass of warm water with 1/2 a lemon squeezed into it, sprinkled with cayenne pepper on top. This is a powerful daily cleanse for your body. *(See page 4 for instructions)*
- + STRICTLY do the following:
 1. ONLY eat real food (NO processed food whatsoever, including alcohol). See page 3 of this guide for the correct foods to focus on eating.
 2. NO dairy, NO gluten, RESTRICT sugar *(limit sugar to 30g - 50g or less /day only from fruits, vegetables or Complete shakes)*
 3. Drink ½ to 1 gallon of water EVERY day
 4. Move 30-90 minutes EVERY day
 5. Sleep a minimum of 8 hours EVERY night.
- + Eat 3-4 different fruits each day *(remembering to not exceeding 30g-50g of sugar /day)*
- + Eat 7-13 servings or more of different vegetables each day
- + Eat 100g - 120g of protein each day

Getting Started Worksheet

Name _____

Start date _____

The plan I have chosen to commit to is:

- One Simple Change
- Healthy Living Rules
- Healthy Living Revolution Challenge

I have ordered my Juice Plus+ product(s):

Fruit, Vegetable, & Berry Capsules

Complete Shake



I have been added to the secret Facebook Group:

- Yes
- I am not active on Facebook

I have thought about my "WHY" for participating in the Healthy Living Revolution. Please write your "WHY" below, being as specific as possible.

I have taken measurements and "before" photos of myself (if changing them is important to you)

- Yes, I've taken a photo
- Yes, I've weighed myself: (_____ pounds/Kg)
- Yes, I've taken my measurements:

_____ Hips _____ Thigh _____ Waist _____ Chest _____ Arm

I have downloaded the "MyFitnessPal" app for my smartphone or tablet (only if you have chosen the "Healthy Living Revolution Challenge)

- Yes, I've downloaded the app



Protein

- **Meat & Eggs**

The best meat and egg choices are organic, lean meats from grass-fed animals.

Avoid: factory farmed or those with added sugar, hormones, MSG or sulfites

- **Plant-based proteins**

(beans, legumes, edamame*, tofu*, etc.)

Eat organic, non-GMO plant-based proteins as much as possible.

Avoid: processed plant protein sources

- **Poultry**

(chicken, turkey, duck, etc.)

The best poultry choices are skinless, organic meats from free-range animals.

Avoid: factory farmed, added sugar, MSG, sulfites or carrageenan

- **Seafood**

Seafood should be wild-caught and sustainable fished.

Avoid: farm-raised seafood

Vegetables

Acorn squash+	Broccoli+*	Delicata squash+	Okra+	Spirulina*
Alfalfa sprout*	Brussels sprouts+	Eggplant+	Onion/Shallots	Summer squash+
Anise/Fennel root	Butternut squash+	Garlic	Parsley+	Sweet potato/
Artichoke+	Cabbage	Green beans+	Pumpkin+*	Yams
Arugula+	Carrots	Greens (beet, etc.)	Radish (sprout*)	Swiss chard+
Asparagus+	Cauliflower+	Kale+	Rhubarb+	Tomato+
Beets	Celery+	Leeks+	Snap peas+	Turnip
Bell pepper+	Collard+	Lettuce+	Spaghetti squash+	Yucca*
Bok choy+	Cucumber+	Mushrooms	Spinach+	Zucchini+

Fruit

Apples	Blueberries	Elderberry	Papaya	Raspberries
Apricot	Cantaloupe+	Grapefruit	Peaches	Red currant
Bananas	Cherries	Lemon/Lime	Pears	Strawberries+
Bilberry	Concord grape	Mango	Pineapple	Tangerines
Blackberries	Cranberry	Nectarines	Plum/Prunes	Watermelon+
Black currant	Dates/Figs	Oranges	Pomegranate*	Limit: Dried fruit

Fats & More

Cooking Fats

Clarified butter
Ghee
Coconut oil
Virgin olive oil

Eating Fats

Avocado
Cashews
Coconut milk
Hazelnuts
Macadamia nuts
Olives

Almonds (raw)
Almond butter
Brazil nuts
Chia seeds
Flax seed
Pecans

Pine nuts
Pistachio
Pumpkin seeds+
Sesame seeds
Sunflower seeds+
Walnuts

Also...

Cayenne
Cilantro
Ginger
Parsley

* foods also contained in Juice Plus+ Complete

+ foods that can be grown on a Tower Garden

foods also contained in Juice Plus+ capsules are shown in orange

Lemon, Water, & Cayenne Daily Cleanse

If you have chosen to participate in the “Healthy Living Revolution Challenge” (option 3), you will start every day with a Lemon, Water, & Cayenne daily cleanse. Follow the instructions below for the daily cleanse:

1. First thing in the morning on an empty stomach, fill a glass of warm, clean water.
2. Squeeze 1/2 a lemon into the water. Do not use bottled lemon juice, as the juice in the fresh lemon has more live enzymes and nutrients. Also, do not pre-squeeze juice from lemons days in advance for convenience. Put half-used lemons in an air-tight container and save them for the next morning.
3. Sprinkle cayenne pepper into the glass and stir it in.
4. Drink the mixture for a healthy cleanse of your liver and digestive system.

