



## Transformation Meal Planning Guide

### BREAKFAST / LUNCH – COMPLETE POWER SHAKES (2 per day)

#### POWER SHAKE Recipe

1 cup Rice or Almond Milk (unsweetened)  
1 cup of water  
1 - 2 teaspoons of ground cinnamon  
1 scoop Juice Plus+ Complete Protein Powder (Vanilla or Chocolate)  
1 tablespoon Flax Seed Meal (if flaxseeds are not already in your diet, then you may want to start with 1/2 teaspoon and work your way up to 1 tablespoon during the 14 days).  
Ice

+If this drink is not sweet enough for you add agave nectar or stevia.

Place all ingredients in a high speed blender. Blend.  
Or in a blender shake bottle. Shake.

### snacks

- ✓ Fresh fruit & berries
- ✓ Fresh vegetables
- ✓ Cranberries (dried fruits)
- ✓ Almonds, walnuts (nuts)
- ✓ Hummus
- ✓ Non-dairy yogurt (soy)
- ✓ Nut butters (almond butter)
- ✓ Seeds (sunflower, pumpkin)
- ✓ Almond, soy, coconut milk
- ✓ Coconut water
- ✓ Fruit / Veg Water
  
- ★ Juice Plus+ Complete Power Shakes Chocolate & Vanilla
- ★ Juice Plus+ Orchard, Garden, Vineyard Blends Chewable
- ★ Juice Plus+ Complete Bars

### LUNCH / DINNER – POWER MEAL (1 per day)

→ Greens: romaine, kale, spinach, chard, arugula etc.  
→ Fresh Veggies: Avocado, broccoli, cauliflower, radishes, beets, snap peas, asparagus, tomatoes, steamed/boiled potatoes etc.  
→ Fats: (omega) walnuts, almonds, and pecans, seeds of pumpkin, sunflower, chia, flax or hemp  
→ Plant Proteins: Organic soft tofu, chick peas, all beans  
→ Dressing Options: Lemon, pepper, sea or Himalia salt, mustard, vinegar  
→ Animal Protein: Organic chicken, Wild salmon, canned tuna, haddock, Avoid eating shark, swordfish, king Mackerel because high in mercury.

Add 1 green veg. detox, 1 fruit cleansing, 8 glasses of lemon water each day to flush out body systems.

### Weekend Checklist

- ✓ Plan your meals & snacks for the entire week.
- ✓ Cut up fruits / vegs. for the entire week.
- ✓ Prepare drinks for several days at one time. Freeze until ready to drink. Defrost in frig.
- ✓ Weigh / measure /share your success!