

## **Juice Plus Fruit and vegetable capsules**

**GO to the website [www.youlovejuiceplus.com](http://www.youlovejuiceplus.com)**

### **The next best thing to fruits & vegetables**

The Australian Government recommends 2 servings of fruit and 5 servings of vegetables every day. That takes time and planning! Clinically proven Juice Plus+® helps you bridge the gap between the nutrition you actually get, and the nutrition you really need. Take 2 of each of the fruit, vegetable and berry capsules for the equivalent of 17 pieces of fruit and vegetables daily.

### **Clinical Research Supports Juice Plus+®**

The many benefits of Juice Plus+® have been demonstrated through numerous independent clinical research studies, conducted in leading hospitals and universities around the world and published in peer-reviewed scientific journals

### **Athletes Support Juice Plus+®**

Today, good nutrition is universally accepted as essential to good health. Many athletes have seen how Juice Plus+® can help normal people like you and me to competing athletes alike, improve their nutrition.

## **Foundation of Health Formula using Plant Foods**

### **Fruit Smoothie (daily)**

#### **Ideal for Breakfast - can be a meal replacement**

1-2 scoops of Complete [www.youlovejuiceplus.com](http://www.youlovejuiceplus.com)

Any kind of whole fruit(skin can be left on in most fruit)- apples, pineapples, peaches, oranges, berries, frozen berries, stone fruit etc

Fresh date-optional

Soaked Almonds optional - particularly good after exercise

Pure Maple syrup or Agave syrup optional

Fresh Mint can be added

Water or Coconut Water

Use your imagination

Blend together

## **Green Drink (daily)**

### **Drink anytime**

Spinach or Bok Choy or any green leaves (organic is best)

Celery leaves

Parsley

1/2 lemon (including skin)

½ -1 apple and /or kiwi fruit

Sprouts (preferably home grown)

Water and Ice

Blend together

### **Whole Food Supplements**

Juice Plus Capsules [www.youlovejuiceplus.com](http://www.youlovejuiceplus.com)

**Fruit**- 2 capsules

**Vegetable**- 2 capsules

**Berry**- 2 capsules

**Complete Protein Powder** is a whole food based beverage product that provides balanced nutrition in every scoop without dairy and with only some fermented soy without the phytates.

### **Other meals**

Lots of Salads and Vegetables

1 serving of fish or good quality protein

Wholegrain Bread or Pasta- 1-2 servings