



14 DAY SHAKE UP

*Begin 2022 feeling light,
healthful and energised*

SHAKE UP

THE HEALTH HUB

WELCOME

to our 14 Day Shake Up, where we want to empower you to feel healthy, nourished and energised while incorporating more whole-foods into your daily routine for inner vibrance.

Inside this guide you won't find a diet or deprivation, instead you will find abundance and simplicity when it comes to your health. We want to be able to provide you with some simple tools to help you live more healthful and create healthy habits along the way to have you feeling energised and be able to ditch diets for good.

Our 14 day shake up guide is a starting point and a way to kickstart your results inside the Health Hub program.

It truly can be as simple as swapping skipping a meal or making a poor food choice for a smoothie, packed full of whole-foods to have you feeling more energised, lighter and satiated.

Remember you can gain access to our full program where you can enjoy 100's of healthy recipes, workouts, yoga, inspiration and support for long lasting health, vitality and be part of a beautiful supportive community of like minded people.

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*And so much more wisdom within this
guide for you to explore*



SIGNS YOU MAY NEED A SHAKE UP

- Lacking energy.
- Feeling tired all the time.
- Constipated and / or irregular bowel movements.
- Hormonal imbalances.
- Feeling moody, depressed or anxious.
- Lack of sex drive and libido.
- Brain fog and forgetfulness - that feeling of not having a clear mind.
- Weight gain, especially in areas around your vital organs.
- Dull and lifeless skin or breakouts.
- Stubborn body fat that you cannot lose.
- Restless sleep.
- Excess body odour.
- Often bloated and experiencing stomach pains.
- Getting sick or run down far too often.

Does this Sound like You ?

Then you're like most people who join our program looking for a way to use food to relieve these symptoms and start to heal from the inside out.

What is often frustrating is that these issues aren't big enough to see a doctor or look into hard enough to find the cause, so they just become a part of everyday life, yet luckily for you health is our birthright. We were made to feel vibrant, vital and energised daily and our shake up program is a great start to getting back to health!

HOW TO RATE YOUR HEALTH

Inside the Health Hub we rate health by...

- Feeling energised to get out of bed without the need for any stimulants to feel awake.
- Clear whites of your eyes.
- Glowing, hydrated and plump skin.
- A healthy, sound and strong mind.
- Flexibility in body and soul.
- Regular and healthy bowel movements.
- The ability to read your body signs and stop eating before the point of feeling full.
- Cravings for abundance in whole foods and things from mother nature.
- Feeling grounded and light, especially when going through trying times.
- A passion for life and a healthy sex drive.

And while weight loss isn't our main focus (because the list above is pretty awesome), it is usually a byproduct of this beautiful program as the body is given a chance to rebalance and find a healthy weight. If there is some to lose, it will go with ease, if there is the need to gain, it will happen with time and being able to rebalance the hormones and the body.



Measurement Tracker

Use the boxes provided to track your body measurements and weight

WEIGHT

WEIGHT

CHEST

CHEST

WAIST

WAIST

HIPS

HIPS

THIGH

THIGH

Health Tip

Like anything, there is a method to making the most out of adding this ritual into your day and making the most out of these next 14 days.

We are going to share with you what we believe in the Health Hub makes up the perfect healthy smoothie - packed full of living plants to help boost your immune system, healthy fats for your central nervous system, plant based proteins and pre and probiotics for your digestive system and gut health.

It is all about getting the ratios right to help you to your health goals, have you feeling energised, satiated and keeping it family friendly all while making your cells sing and like everything in the Health Hub - making it delicious.

Why Smoothies?

On a daily basis, are you consistently getting the recommended 7-12 servings of fresh organic fruits and vegetables into your body & those that you love?

If the answer is No, then that is the very reason we want to be able to share these simple Health Hacks with you. Whole-food based smoothies are a great way to get EXTRA nutrients into your diet (especially if you have little ones and want them eating more veggies) and also such a convenient way to get more of the variety of that whole-food goodness into your body in order to THRIVE and start feeling amazing.

in the fast paced world we live in, so many times we are grabbing things to fuel our bodies with that are quick and convenient, yet they may not be supporting our overall health and vitality. What if you could swap the toast or muffin as you run out the door with a nourishing smoothie?

What if you just made a commitment to yourself, to add in one simple change for the next 14 days to love your body and feel the difference ?



BUILDING YOUR PERFECT SMOOTHIE

CHOOSE YOUR BASE

- ALMOND MILK
- COCONUT MILK
- MACA MILK
- COCONUT WATER
- FILTERED WATER
- RICE / OAT MILK

1-2 CUPS
DEPENDING ON YOUR
CHOICE AND DESIRED
CONSISTENCY

CHOOSE YOUR VEGETABLES

- BABY SPINACH
- KALE
- FROZEN ZUCCHINI
- COLLARD GREENS
- PARSLEY
- FROZEN CAULI

1-2 CUPS OF VEGETABLES
IS IDEAL + FROZEN WILL
ADD A CREAMY / THICK
TEXTURE

CHOOSE YOUR FRUIT

- ALL BERRIES
- FROZEN BANANA
- APPLE
- GRAPEFRUIT
- MANGO
- CITRUS

STICK WITH NO MORE
THAN ONE PIECE OF
FRUIT, 1/4 - 1/2 A CUP
AS AN ESTIMATE

CHOOSE YOUR NUTRIENT BOOSTERS + GOOD FATS

- JP+ COMPLETE PROTEIN
- NATURAL NUT BUTTER
- AVOCADO
- SEEDS
- JP+ FRUIT AND VEG CAPSULES
- CHIA SEEDS

1 SERVING OF JP+ COMPLETE
VEGAN PROTEIN (CHOCOLATE
OR VANILLA) + 1 SERVING
OF GOOD FATS + ADD
INS LIKE CINNAMON

A close-up photograph of a glass of green juice being poured from a pitcher into another glass. The background is a soft, out-of-focus light green. The text is centered in the middle of the image.

'A healthy outside starts from the inside'

A circular logo with the text 'THE HEALTH HUB' repeated around the perimeter.

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WHY CHOOSE JP+ VEGAN COMPLETE?

Let us share with you some of the many reasons JP+ Vegan Complete is a great choice..

Plant Based Protein

Every serve contains 13.5g of plant based protein from pea, chickpea, brown rice and water washed NON GMO soy.

It is HIGH BIOLOGICAL plant protein, meaning your body can absorb it to be used. It has a smooth taste and mixes well.

Dietary Fibre + Blend of Sprouts

Each serving of our complete contains 7.7g of fibre which is great for stabilizing your blood sugar and creating a healthy digestive system. It is packed full of concentrated micro nutrients promoting good health and adding in key nutrients into your diet.

Free From

The Health Hub Jp+ Complete is Family Friendly, Free from GLUTEN, DAIRY, AND GMOs. It has no added artificial colours or flavours and is the best of mother nature.

Low GI + Added Nutrients

Jp+ Complete has a low GI rating with the carbohydrates coming from amaranth, quinoa and millet - a balanced energy source and essential amino acids. It also contains yucca powder, pomegranite, spirulina, mushroom powder.

14 DAY SHAKE UP

Our Health Hub Shake Up is all about you focussing on what you are choosing for your health and not about what you can't do. We are not asking you to count calories or deprive yourself, instead we are giving you simple steps over the next 14 days that are achievable for creating new and improved healthy habits with ease and flow. These are just simple principles to build upon over time - no fuss, no complication and the building blocks for better health, more happiness and feeling vibrant all year round. Follow these 5 simple steps over the next 14 days and feel the difference, once you have mastered these then feel free to flip to our WELLNESS HABITS page and see what other positive changes you could add in over time for increased energy, vitality and results.

5 Shake Up Healthy Habits

Start your day with a couple of glasses of warm water with a some fresh lemon and if possible 1 tsp of Apple Cider Vinegar. This will help your metabolism and also wake up your digestive system. It is also a great liver detox flush. Aim to then drink 2-3 litres of good quality filtered water through the day to keep hydrated - so many times hunger is really thirst.

Replace one meal with a whole food plant based smoothie. Choose from one of our beautiful plant based smoothie recipes - or you can simply blend a sachet of your JUICE PLUS COMPLETE with unsweetened almond milk and ice and have a wholesome meal on the go. You will feel the benefits, feel satiated, energised and less bloated by doing this. Choose to sub the meal you feel challenged with the most to create more flow in your day.

Aim to add something green and more plants into every meal. Add in some frozen spinach and zucchini to make a wholesome green smoothie. Cut veggies to have with hummus for a healthy snack. Add in at least 1-2 cups of veggies with a salad or steamed veg with lunch and dinner. Aim to create more abundance and variety with your greens too!

Get moving! Set aside 20 mins per day to move your body, whether that is a brisk walk in the morning on an empty stomach, a HIIT workout from our guides, a 20 minute yoga session or 20 mins jumping on the trampoline with the kids - it is time to nurture your body and create more energy through moving it daily. TOP TIP is to find something you love and create a habit.

Rest and Recover. You want to be getting an average of 6-8 hours of sleep per night. I know for the beautiful parents out there, that is not possible..... but do the best you can with the time you do have. Set aside your device at night and swap for a book to help with rem sleep too, create some wind down rituals to enhance your quality of sleep too.



14 DAY SHAKE UP
RECIPES



STAPLES YOU WILL NEED FOR THIS GUIDE

Fridge

- Baby Spinach
- Oranges
- Lemons
- Zucchini
- Berries
- Red apples
- Fresh mint
- Kale
- Coconut Yoghurt
- Coco Quench coconut milk
- Unsweetened almond milk
- Fresh medjool dates

Freezer

- Frozen cherries
- Frozen berries
- Frozen coconut flesh
- ice cubes
- Frozen zucchini
- Frozen cauliflower
- Frozen Pineapple

(You can buy these items frozen or fresh and wash, cut and freeze them in portions)

Pantry

- Oats
- Almond Meal
- Raw Cashews
- Paleo Muesli
- Rice Malt Syrup
- Pure maple syrup
- Bananas
- Pumpkin Seeds
- Natural Almond Butter
- Natural Peanut Butter
- Coconut Oil
- Walnuts
- JP+ Complete protein in Chocolate and Vanilla

Notes

Salted Caramel Smoothie

INGREDIENTS

1 scoop of vanilla complete protein
1-2 pitted medjool dates
1/2 frozen zucchini
pinch of himalayan salt
1/2 frozen banana
1 heaped tsp of natural peanut butter or almond butter
1/2 tsp vanilla extract
1 cup of unsweetened almond milk
handful of ice cubes
1 tsp maca powder
pinch of cinnamon

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
Add in all other ingredients
Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.



Berry Beautiful Smoothie

INGREDIENTS

1 serving of Juice plus Vanilla Complete
1 tbsp flax seeds
1 cup raspberries, blueberries, strawberries or a mix
1/2 banana
1/4 cup spinach
1 tbsp almond butter
Squeeze of lemon juice
1 cup of unsweetened almond milk
Ice

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.

Add in all other ingredients

Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.



Cherry Ripe Smoothie



INGREDIENTS

1 Sachet of Chocolate complete protein
1 cup of frozen cherries
1/2 cup of frozen coconut flesh (you could use flesh from a fresh coconut too)
1-2 cups of unsweetened coconut milk or coconut water
Ice

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
Add in all other ingredients
Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.

Choco Mint Smoothie



INGREDIENTS

1 scoop of chocolate complete protein
1 Tbsp raw cacao
1 handful of baby spinach
1/2 frozen banana
Frozen zucchini.
handful of fresh mint leaves (or you could sub for a few drops of food grade peppermint essential oils)
1 cup of unsweetened almond milk
handful of ice

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
Add in all other ingredients
Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.

Green Glow Up Smoothie



INGREDIENTS

- 1 Sachet of Vanilla Complete
- 1/2 of frozen zucchini
- 2 small handfuls of baby spinach
- 1/4 cup of frozen peas
- 1 small frozen banana
- cinnamon
- 1 Tsp of Natural Peanut Butter
- 1 cup of Unsweetened almond milk

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.

Add in all other ingredients

Blend until smooth

You can substitute the liquid for another of choice.

You may need to add a little water if needed.

Chocolate Bomb Smoothie



INGREDIENTS

1 Scoop of chocolate complete protein
1 cup of almond milk
1/2 frozen banana
handful of ice
1 heaped tsp of natural peanut butter
1 tsp maca powder
1/2 frozen zucchini
cinnamon

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
Add in all other ingredients
Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.

Green Goddess Smoothie

INGREDIENTS

1 Sachet of Vanilla Complete
1/2 of frozen zucchini
2 small handfuls of baby spinach
1/2 frozen banana
a few chunks of frozen mango
cinnamon
1 tsp of hemp or pumpkin seeds
1 cup of Unsweetened almond milk

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
Add in all other ingredients
Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.



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Lemon Cheesecake Smoothie

INGREDIENTS

1 cup of coco quench coconut milk
1 tsp of vanilla paste
1/2 cup of frozen cauliflower
juice and zest of one lemon
1 scoop of vanilla complete protein
1/4 cup of raw soaked cashews
1 medjool date (take the pit out)
ice
cinnamon

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
Add in all other ingredients
Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.



Apple Pie Smoothie



INGREDIENTS

1 red apple peeled and cut up
2 tbsp of whole oats
2 tbsp of unsweetened coconut yoghurt
1 tsp of natural almond butter
1 cup of unsweetened almond milk
1 serving of vanilla complete protein
1 tsp cinnamon
dash of ground nutmeg
1/2 tsp vanilla paste
handful of ice

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
Add in all other ingredients
Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.

You can substitute the liquid for another of choice.
You may need to add a little water if needed.

Dragon fruit Smoothie



INGREDIENTS

1/2 - 1 small frozen banana
1/2 frozen zucchini
1 cup frozen dragon fruit
1 scoop of vanilla complete
2 tsp hemp seeds
cinnamon
1 handful of baby spinach
1/2-1 cup of unsweetened
almond milk or coconut wa-
ter / milk
ice

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredi-
ents as the base.

Add in all other ingredients

Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.

Vanilla Banana Smoothie



INGREDIENTS

1/2 - 1 small frozen banana
1/2 frozen zucchini
1 tsp of organic honey
1 scoop of vanilla complete
2 tsp hemp seeds
cinnamon and nutmeg
1 cup of unsweetened
almond milk
ice

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.

Add in all other ingredients

Blend until smooth

You can substitute the liquid for another of choice.

You may need to add a little water if needed.

Shake Up and Go



INGREDIENTS

1 shaker
ice
1-2 cups of your liquid of choice
1 serving of chocolate or vanilla complete protein.

METHOD

Add in the liquid and ice to your protein shaker blender bottle and shake well.
Add in your protein to the liquid and shake for 30-60 seconds until all combined.
Go about your day knowing in less than 2 mins you are nourishing your body on the go.

Get up and Glow Smoothie

INGREDIENTS

1-2 cups of almond milk
1 serving of vanilla complete protein
1 cup of baby spinach
1/2 cup of fresh or frozen pineapple chunks
1/4 -1/2 of an avocado
1-2 tsp of chia seeds
ice

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
Add in all other ingredients
Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.



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Iced Coffee Smoothie

INGREDIENTS

1 cup of unsweetened almond milk
Lots of Ice
1 Shot of Coffee (cooled)
1 scoop of vanilla complete protein
1 small chunk of frozen banana
1 chunk of frozen zucchini
1 tsp of hemp seeds

METHOD

Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
Add in all other ingredients
Blend until smooth

You can substitute the liquid for another of choice.
You may need to add a little water if needed.



BONUS COMPLETE PROTEIN RECIPES

Make the most out of our beautiful complete protein blend with these bonus treat and snack recipes using the protein - it is so incredibly versatile in smoothies, cooking, baking and sweet treats for the whole family to add in more whole foods.

Complete Protein Pancakes

INGREDIENTS

2 eggs
1 banana
1 scoop of vanilla complete protein
1/2 cup of oats
1 tbs of spelt flour
pinch of cinnamon
1/2 tsp of baking powder
pinch of salt
2 tbs of almond milk - add a little at a time, you may need a little less or a little more.

METHOD

Blend all ingredients in a high powered blender until smooth
Heat a little coconut butter or macadamia oil in a non stick pan over medium heat
Pour in batter to desired size and cook until bubbles on one side and flip, cook until golden.
SERVE with some fresh berries and a drizzle of PURE maple syrup.
Serves 2 people



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Chocolate Orange Bliss Balls



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INGREDIENTS

1 cup of medjool dates - pitted
2 scoops of chocolate complete protein powder
2 tbs raw cacao powder
Zest from 2 oranges
Juice from one orange
2 tbs almond butter
2 tbs coconut oil
1 cup of almond meal
1/2 cup of desiccated coconut

METHOD

Place all of the ingredients into a food processor or a thermomix and blend until combines and sticky. You may need to pulse at the start until it starts to come together. Try the mixture and adjust it to your taste or it may need a little more liquid (add water if so) or it may need more dry to bring it together more. Wet your hands thoroughly and roll mixture into bite size balls, roll in extra coconut and place in the freezer to set.

Banana Walnut Protein Muffins



INGREDIENTS

- 3 ripe bananas
- 1 cup of oat flour
- 1/2 cup of whole oats
- 1/2 cup of gluten free whole-meal flour or spelt flour
- 2 tsp of cinnamon
- 1/2 tsp of salt
- 1 tsp bi carb soda
- 1/2 cup of rice malt syrup
- 1/2 cup of coconut yoghurt
- 2 eggs
- 2 tsp vanilla paste
- 1/3 cup of coconut oil
- 1/4 cup raw walnuts
- 1 scoop of vanilla complete protein

METHOD

Preheat the oven to 165 degrees

Peel and mash the bananas

Measure the coconut oil into a separate bowl and melt slowly on the stove top and leave to cool.

Into a separate bowl, mix together all of the dry ingredients until combined.

in the bowl with the mashed banana, mix in all of the wet ingredients until combined and then add in the coconut oil and then slowly mix in all the dry ingredients - make sure you mix until combined, but not too much that you overwork the batter.

Lightly grease muffin tins with coconut oil and divide mixture into 12 serves - decorate with your crushed raw walnuts and 1 slice of fresh banana.

Bake in the middle shelf for 45 mins, or until cooked through and golden

Complete Cookie Dough Balls



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INGREDIENTS

1 cup of raw cashews
1 cup of whole oats
1 sachet of vanilla complete protein powder
2 tbs coconut oil
2 tbsp rice malt syrup
1/3 cup of dark choc chips
1-2 tsp of vanilla paste

METHOD

Place the cashews into a food processor or blender and blend until a fine crumb with no chunks and empty into a bowl.

Place the whole oats into the processor or blender and do the same until a fine flour like consistency and then add into the bowl with the cashew flour.

Add rice malt syrup, melted coconut oil, vanilla complete, vanilla paste and stir until combined.

Stir in chocolate chips so they are distributed into the batter and all combined - the mixture should be sticky.

Wet your hands and roll into evenly sized small balls and set in the freezer.

Green Cleansing Tonic

- 2 cups of baby spinach
- 1 bunch of parsley, chopped
- 1 green apple, chopped in small pieces.
- 1 lemon, peeled and chopped in smaller pieces.
- 1 large piece of fresh ginger, peeled and chopped
- 1 lebanese cucumber, chopped
- 2 cups of filtered water



Cleansing Tonics

Moonshine Elixir

- 2 small fresh beetroot bulbs, peeled and cubed
- 1 orange or grapefruit, peeled and cut into small pieces.
- 1-2 small carrots, chopped into chunks
- 1 small knob of ginger, peeled and chopped
- 1 small knob of turmeric, peeled and cut
- 1 small lime, peeled and cut into half
- 1 large kale leaf, the stalk removed.
- 2 cups of filtered water



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Cleansing Juices

Celery Juice

1/2 bunch of celery, washed and roughly chopped.
2 cups of filtered water

Carrot Juice

3 small carrots, roughly chopped
1 orange, peeled and chopped
1 lemon, peeled and chopped
1 knob of ginger, peeled and chopped
1 knob of turmeric, peeled and chopped
2 cups of filtered water

Method

In a high powered In a high powered blender you want to add in all of your ingredients that are chopped, then add in your water. Start off slow speed and start to blend, then 15 seconds at high power, add more water and blend again if needed.

Use a mesh sieve or a nut milk bag to pass the juice through, this will extract some of the fibre, but makes it smooth and enjoyable.

Serve in a big glass with ice and a straw.





Overnight Oats

INGREDIENTS

1/2 cup gluten free oats
Pinch of cinnamon
1 tsp of black chia seeds
3/4 - 1 cup coconut or unsweetened almond milk
1/2 scoop / sachet complete protein (either flavour)
Raw cacao powder (optional if you want it extra chocolatey)
pinch of pink himalayan salt

METHOD

Combine all ingredients in a container and mix well.
Store in the fridge overnight.

Serve the next morning with a mix of your favourite toppings.

For example, I would have a small handful of frozen berries, 1/2 chopped banana and a sprinkle of raw walnuts.

SERVES 1



Breakfast Eggy Muffins

INGREDIENTS

8 eggs

Salt and pepper to taste

1/2 cup cooked chopped spinach excess water removed

4-6 rashers of nitrate free bacon, diced up

1/3 cup grated cheese (or you could use feta or remove cheese altogether)

Diced tomatoes and onion - cooked

4 Spring onions

1 small red capsicum

Chopped parsley optional garnish

METHOD

Preheat your oven at 180 degrees C. Lightly grease your muffin tin or line with paper liners.

Fry off your bacon and let cool, once cool you dice it all.

Dice your onion, tomato and lightly fry off in the pan, using the oil from the bacon. Fry off until soft, set aside to let cool. Wilt the spinach and set aside with the onion mix.

Crack your eggs in a large mixing bowl and whisk together.

Dice and slice your spring onions and capsicum into small pieces and add to the mix. Add in your bacon, onion, tomato and spinach and gently combine. Add in your cheese if using and season to taste with salt and pepper

Divide evenly into your muffin tins and bake for 12-18 minutes or until your muffins are set.

Garnish with your chopped fresh parsley.

Serves 4



Green Eggs Power Breaky

INGREDIENTS

1 slice of good quality sourdough or rye bread or high protein paleo bread (macro brand)
1-2 eggs
1-2 handfuls of greens of your choice (brussel sprouts, broccoli, beans, peas, spinach or sprouts are a great choice)
1/4 avocado
Coconut oil to fry your egg (or have your eggs the way you like)
Lemon juice, pink salt, pepper, chilli flakes to season at the end.

METHOD

Toast your bread of choice in the toaster.
Spread your avocado on the toast, season with salt and pepper and a squeeze of fresh lemon juice to your liking.
Fry your egg in a little coconut oil or a non stick pan (this will be to how you like your egg fried or cook your egg how you like it)
After your egg has fried wilt your greens for 1-2 mins in the pan with the lid on and place on your plate. Place your egg on over the greens so the yolk can run onto it.
Garnish with another pinch of pink salt, cracked pepper and chilli flakes if you want that little extra kick.
Serves 1



Curried Eggs on Rice Cakes

INGREDIENTS

- 2 eggs
- 2 tsp whole egg mayonnaise (with olive oil if possible)
- 1-2 tsp curry powder
- Pink salt & pepper, to taste
- Spring onions and parsley to garnish
- 3 whole rice cakes
- Cos lettuce leaves to serve

METHOD

Boil your eggs, peel and then mash all of your ingredients together to combine. Place your lettuce on top of the rice cakes and then layer the curried eggs on top. Finish with some chopped spring onion, parsley and cracked pepper.
Serves 1



Roasted Veggie Salad

INGREDIENTS

- 1/2 cup of olive oil - divided
- 1 1/2 teaspoons salt, divided
- 3 beetroot bulbs
- 1 red onion, cut into wedges
- 4 carrots, peeled and chopped
- 2 parsnips, peeled, chopped
- 1 large sweet potato, peeled, chopped
- 1 teaspoon pepper, divided
- 2 tablespoons balsamic vinegar
- 1 tablespoon lemon juice
- 1 tablespoon dijon mustard
- 1 teaspoon garlic powder
- 3 tablespoons fresh parsley, chopped
- 8 cups mixed leafy salad greens
- 1/2 cup walnuts - chopped
- 1/3 cup crumbled goats cheese

METHOD

Preheat your oven to 200 degrees

On a cutting board, cut the root end of the beet so it lays flat on the surface. Place the beetroot on a piece of aluminum foil. Drizzle with 1 tablespoon of olive oil and season with 1/4 teaspoon salt. Wrap the foil around the beetroot and pinch the top of the foil until it is sealed in.

On a tray place the onions, carrots, parsnips, and sweet potato (chop roughly before doing so)

Drizzle with 3 tablespoons olive oil and season with 1/2 teaspoon pepper and 1/2 teaspoon salt. Toss the the vegetables until coated and spread them evenly in the pan.

Place the beetroot in foil on top and bake for 45 mins to 1 hour until the veggies become crispy and caramelised.

In a large bowl, add 1/2 cup of olive oil, balsamic vinegar, lemon juice, Dijon mustard, and garlic powder, and whisk until emulsified. Add the parsley and season with salt and pepper, stirring to combine.

Add the mixed greens, roasted vegetables to the bowl with the vinaigrette and toss until evenly incorporated.

Serve with walnuts and goats cheese - serve fresh by itself or with some grilled protein on top.

Serves 4

Poke Bowl Your Way

INGREDIENTS

CHOOSE YOUR BASE

You want to choose 1 base from the options and because these are predominantly carbohydrate based - you want a portion the size of 1 cupped hand.

- Brown Rice
- Quinoa
- Cauliflower rice
- Soba noodles
- Rice vermicelli noodles
- Leafy greens

CHOOSE YOUR PROTEIN

You want to choose 1 protein source for your poke bowl. Have a portion the size of the palm of your hand or if you are weighing it then it is around 100-150g of protein.

- Raw / cooked or canned tuna / salmon / kingfish
- Pan fried prawns / chicken / firm tofu / tempeh

METHOD

CHOOSE YOUR VEGGIES

You can have a mix of raw cooked veggies and the more the merrier when it comes to your vegetables. Poke bowls are a great way to get variety into your diet. .

DRESS IT

Keep it light.

Dress your poke bowl with some tamari, lemon, fresh herbs and a drizzle of EVOO or some homemade chilli sauce or sriracha (you can buy sriracha from woolworths)

Also you can add some crunch and extra texture and flavour with toasted sesame seeds, raw toasted nuts or seeds.



Green Prawn Pasta

INGREDIENTS

1 head broccoli - cut into small pieces
2 cloves garlic
500g raw prawns - deshelled
1/4 cup water
3 zucchini - spiralized
zest and juice of one lemon
1 cup flat leaf parsley - chopped
2 cups rocket
nutritional yeast to serve (optional)
olive oil to drizzle

METHOD

Place a pan over medium high heat and melt coconut oil.
Cook prawns, garlic and chilli until prawns are cooked through and set aside.
Add broccoli to the pan with water, cover and leave to steam for 3 minutes.
Add prawns into the pan.
Pour lemon juice over and toss together.
Place parsley and rocket into the pan and toss everything to combine.
Serve in bowls and top with olive oil and nutritional yeast.
Serves 3



Healing Chicken & Noodle Broth



INGREDIENTS

2 tbsp olive oil
1 packet of rice vermicelli noodles
600g boneless skinless chicken breasts
3 celery stalks, chopped
2 carrots, chopped
1 brown onion, diced
3 sprigs fresh thyme, finely chopped or 1 tsp dried
4 cloves garlic, minced
1 tbsp lemon juice
1 tsp freshly grated ginger
1 tsp lemon zest
1 tsp turmeric
1/2 tsp salt
1/4 tsp pepper
8 cups chicken broth
1/4 cup fresh chopped parsley

METHOD

Heat olive oil in a large pot on the stove. Add chicken breasts, seasoning with salt & pepper and brown for 2-3 minutes each side, then remove from heat. Without wiping pot clean, add celery, carrots, onions, sauteeing for 3-4 minutes until fragrant and scraping up any chicken bits from the bottom of the pot as you go.

Add chicken back to pot, along with thyme, garlic, ginger, lemon juice, lemon zest, bay leaf, turmeric and salt & pepper, cooking another minute until fragrant.

Pour in chicken broth, bringing to a boil and simmering for 20 minutes.

Remove chicken from broth and shred with two forks, then add back to pot.

Add in noodles and let sit for 3-4 minutes

Stir in fresh parsley, then serve and enjoy

Serves 6

Veggie Sweet Potato Pie



INGREDIENTS

1 tbsp olive oil
1 large onion, halved and sliced
3-4 garlic cloves, crushed
2 large carrots cut into sugar-cube size pieces
2 tbsp thyme chopped
200ml red wine or red wine vinegar is ok too.
400g can chopped tomatoes
1 tbsp of bone broth concentrate gel
410g can brown lentils, drained and rinsed
950g sweet potatoes, peeled and cut into chunks
1 tbsp of butter or you can use a substitute
Splash of almond milk.
85g of cheese (vegan cheese if needed) - Optional

METHOD

Heat 1 tbsp olive oil in a frying pan, then fry off your onion and garlic in the pan.
Add 2 large carrots, cut into sugar-cube size pieces and most of the 2 tbsp chopped thyme, reserving a sprinkling for later.
Pour in 200ml red wine, 150ml water and a 400g chopped tomatoes, then the bone broth concentrate and simmer for 10 mins.
It may be a little too thick, so if it is then add a little water to help thin it out.
Tip in a 410g can brown lentils then cover and simmer for another 10 mins until the carrots still have a bit of bite and the lentils are pulpy.
Meanwhile, boil your sweet potatoes for 15 mins until tender, drain well, then mash with a dash of almond milk, your butter or oil and season to taste - it is ok if there are some chunks in there and it is not smooth.
Pile the lentil mixture into a pie dish, spoon the mash on top, then sprinkle over cheese if you are using and the remaining thyme.
Heat oven to 170C fan Cook for 20 mins if cooking straightaway, or for 40 mins from chilled, until golden and hot all the way through. Serve with broccoli.
Serves 4-5

EXAMPLE OF A DAY ON YOUR PLATE

Below you will find an example of what a day on your plate could look like depending on your lifestyle. Let this be a guide and learn to listen to your body as it will tell you what it needs. Remember, you want to swap out one meal for one smoothie; you choose if that's breakfast, lunch or dinner.



Plus 1 - 2 snacks throughout your day

Fuel your body to nourish your mind, body + soul.



Meal Planner

BREAKFAST

LUNCH

DINNER

SNACKS

M

T

W

T

F

S

S

HEALTHY HABITS BEYOND THE SHAKE UP

So you have created some simple healthy habits over these last 14 days, it is all a foundation and building block for creating a long lasting journey and relationship with your body and your physical, emotional and spiritual health.

It is all about what you learn along your own journey with what works for you and not a one size fits all approach to your health. We have provided you with some other wellness rituals to potentially build upon the routine you have so far - to help you on your journey to a healthy, happy and vibrant life.

A FOUNDATION OF HEALTH

Supplement to THRIVE. We have a whole juice plus range to offer with our whole food plant based capsules, kids fruit and veggie chewables and our plant based omega blend. Our products are all designed to help bridge the gap in your nutrition and offer you an easy, convenient and affordable way to be able to flood your body full of the essential vitamins and minerals our bodies need.



Add in more meals or even whole days where you are just eating more plants and less meat. It can be once a week or 1-2 meals a day - whatever works and feels good for you, eating less meat will give your body and more specifically your digestive system a chance to rest and your body a chance to heal. It also allows you to eat a more abundant variety of plants.

Meditation and breath work - even if it is for 2-5 minutes a day, this ritual will help keep you grounded and your mind clear and centred. Not only that, but it is essential for a healthy nervous and immune system. As well as a daily meditation practice, when eating it will help to be conscious and mindful too - chew your food well, eat without distraction and really learn to tap into how you are feeling whilst enjoying a meal.



Gratitude changes everything. Showing gratitude for what you do have, whether you start your morning sharing it at the breakfast table with your family, or whether you start a journaling ritual - it is so important to express gratitude for what you have and also where you are in your journey once the universe is able to see you are grateful right in this very moment, will you be able to access more abundance.

Back to basics - that means everything. Cooking from home more, using simple fresh ingredients. Keeping your nutrition super simple, moving your body without overthinking it, your morning rituals super simple and going back to basics and simplicity is the key.



YOU DID IT!

CONGRATULATIONS

We want to say “go you” for coming on the journey the last 14 days, we hope you enjoyed the process as much as we did and fell in love with our Complete vegan protein powder to help nourish your body.

The only question left to ask is - are you team vanilla or chocolate?

We would love to invite you to reflect on the last 14 days, how are you feeling?

We can't wait to hear from you over in our Facebook community page with the Health Hub and encourage you to share your results (if feeling any).

Maybe you want to share the recipes you may have loved the most from trialing our JP+ Complete and recipe guide?

This is just the beginning of your health journey and hopefully helped kickstart your results and inspiration to live a healthier, more energised life. Why not dive in deeper into our beautiful health program and ditch those diets for good - we know you are feeling so much better after these first 14 days inside the Shake Up - just imagine if you continue this path.

Remember it is a journey, it is time to kick those diets for good and embrace a healthy lifestyle.

Get in touch with your ambassador if you want to learn how you can gain access to our program in full and embrace your health in 2022.



*'It is never a bad time
to start taking care of
yourself'*





CHLOE

"I have had multiple surgeries to remove endo and pain was always my biggest struggle that was made worse through other issues also....I have tried a lot but can happily say after incorporating the products and the program i no longer experience pain whatsoever, even before and during the time of my periods"

CHELSEA

"When I started the HEALTH HUB program, I had hoped to kickstart my new journey and to feel better within myself. Over the last 8 weeks I have noticed my energy has increased, I am feeling happier and making healthier choices again and feeling great for doing so. I am really looking forward to continuing this program and seeing how much i can improve both inside and out."



CANDI

"I came into the HEALTH HUB wanting better energy and more confidence, tired of feeling terrible about myself and the way I looked. I am so happy to say i got my wish!! I have more energy, I feel great and my skin has cleared up so much. Not only that, but I found myself again. I was in a bad cycle of eating my emotions and the program has helped me to turn that around. I've had so many comments from people, not only from the physical changes but how much happier i am too."



THE HEALTH HUB

2022