



Health Reboot

A Guide to Reset Your Health in 7 Days

- THE HEALTH HUB -

Welcome

Within The Health Hub wellness program we know one thing to be true.

When it comes to cultivating wholehearted wellness and vitality you cannot bypass the foundational elements of what it means to live a well and vital life.

We often find ourselves wound up in unnecessary complexities that then slow our progress and keep us from the versions of ourselves and our wellness that we so deeply desire to experience.

The thing is, it's not meant to be complicated - or boring for that matter.

That's why here at The Health Hub we do wellness simplified, and that's a core reason for sharing with you this complementary sneak peek into how our health hub members cultivate strong baselines for their health that allow them to live each day feeling as though they're oozing true wellness and vitality.

We invite you to devote the next 7 days to your very own Health Hub Reboot experience. We know it works, and now we're handing it over to you because remember it only works if you do.

During the next 7 days you will be supported in cultivating new health habits and eliminating those that don't serve you, or your wellness.

In this program we will explore habits to keep and those best to kick in order for you to show up to life feeling your best and leave behind any feelings of heaviness, bloating, fatigue and mindset challenges.

We recommend you come back to this Reboot whenever you feel your wellness and vitality levels are slipping and use it as a regular cleanse in your health and lifestyle calendar.

Remember, you're not alone in this! Enjoy the support in the reboot community facebook group and reach out to one of our coaches if you feel you need extra nutrition or wellness support!

Why Reboot?

A gentle reboot will do lots of things for your body and mind, but if done incorrectly, you could end up associating detoxing, rebooting or cleansing with a negative thought.

We want to help you see that this can be simple, positive and delicious!

There will be moments when you want to down a packet of sugar coated biscuits. Remember those moments are simply a blip in the timeline that is your life. Those moments will pass and you'll feel stronger the moments afterwards.

In your daily life, without even knowing it, you're encountering thousands of man made chemicals. From skincare, environmental toxins to herbicides and pesticides in your food just to name a few.

The thing is we can't avoid everything that can potentially cause us harm over time. What we can do is gently cleanse it out to then support our body's in strengthening its own natural detoxification process. Then overtime we are able to handle these daily stressors with a little more ease.



If you're...

- :: Lacking energy
- :: Feeling heavy in your body
- :: Unmotivated
- :: Moody, depressed or anxious
- :: Forgetting things too easily
- :: Getting sick too often
- :: Noticing that your skin is dull
- :: Excessive body odour
- :: Frustrated by cellulite and weight you can't lose
- :: Often bloated or experiencing tummy pains after eating

Then you're like most people who join our program looking for a way to use whole-foods 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 hard enough to find the cause, so they just become normalised as part of 'normal' everyday life. But luckily, health is our birthright and we get to choose what our 'normal' is.

We were made to feel vibrant, vital and energised daily.

So how do we rate health inside The Health Hub?

We rate our state of health based on the following

- :: Enough energy to get out of bed without needing coffee or stimulants
- :: Bright whites of your eyes
- :: Glowing skin and plump moisturised lips
- :: Flexibility in body and mind
- :: Grounded strength in times of hardship
- :: Regular bowel movements
- :: Ability to stop eating before feeling full
- :: Craving whole foods from the earth
- :: Passion for life
- :: Healthy sex drive

While weight loss isn't our main focus (because the list above is pretty freaking amazing!), it's often a byproduct of our Reboot program as the body is given a chance to rebalance and find itself at a healthy weight for your body's unique composition.

If there is some to lose, it will go with ease, if there is the need to gain, it will happen with time!

Why Reboots USUALLY don't work

There's a big reason most reboots, detoxes and cleanses don't work.. It's because they are built around core pillars of deprivation and restriction.

When you remove the toxins that your body has become accustomed to (caffeine, sugar, medications, alcohol) you can end up getting rather unwell because your body goes into shock and can release stored toxins into your system, with the side effects of headaches, moodiness and low energy.

Starving yourself to the level of dizziness and loss of brain function usually means you're deprived of nutrients and that's the last thing we want! We want to add MORE nutrients IN, not take it away.

One really important thing to remember throughout your entire reboot process is to make sure you're staying hydrated! Drink more water when cleansing than you usually would. Your body needs it!



What To Expect Over The Next 7 Days

The beautiful thing about our program is it's going to give you the chance to heal what needs to heal most urgently.

Trust the wisdom of your body!

If you feel the need to rest on any of the Reboot days, please rest!

If you feel the desire to go for a run or a yoga class, get your butt to it!

Know that when you flood your body with the nutrients from whole foods, amazing things can happen.

If your body is holding high levels of toxicity from lots of sugar, alcohol, caffeine or otherwise, you might experience a headache or fatigue in the first few days. Drink lots of water, increase your smoothies and be sure to REST!

Your body is eliminating these toxins and needs to have the ability to do so. It's not the week to run a marathon or deal with a deadline at work. We recommend that you tell your loved ones that you're cleansing and ask for their support during the week. And remember, just as poor health takes years to occur, healing is a process also.

Luckily we're going to boost that process, but when it comes to the greater frustrations around your body, have patience and be sure to follow our larger Health Hub program and take our incredible nutrition support for the duration of at least 16 weeks.

If you can commit to this Reboot and changing your lifestyle habits long term, you can expect:

- :: Clearer mind and reduced brain fog
- :: Vibrant energy in the morning
- :: Glowing, clear skin
- :: No more body aches
- :: Weight balance
- :: Reduced bloating
- :: Increased libido
- :: Less mood swings
- :: Stronger nails and hair

We're a big fan of tracking your results, you can fill in the Health Analysis on the next page and do this again in another 8-16 weeks.

Tip: Set a reminder for yourself for 8 week and 16 weeks time to check in and complete your health analysis form for the period of time passed. We also recommend taking photos, full body photos as well as photos of your face in the natural light. When looking back over these photos notice the expression on your face, the vibrancy of your eyes and the glow of your skin.

We live such full lives and see ourselves everyday, many times a day so it's easy to miss the incredible changes we've made.



Health Analysis Form

Rate your energy out of 10

Morning

1 2 3 4 5 6 7 8 9 10

Mid Day

1 2 3 4 5 6 7 8 9 10

Evening

1 2 3 4 5 6 7 8 9 10

Current Weight?

Weight one year ago?

What are your main health and skin concerns?

Do you crave sugar, coffee or cigarettes?

How is your sleep? How many hours? Do you wake often?

REMINDER :: Take a before photo before you start!

Health Analysis Form

Any pain, stiffness, or inflammation in the body?

Constipation/diarrhoea/gas?

Allergies or sensitives?

Are your periods regular?

How many days is your flow?

How many days is your total cycle?

Painful or Symptomatic (rate out of ten)?

1 2 3 4 5 6 7 8 9 10

Birth control history?

Do you experience yeast infections or UTI?

REMINDER :: Take a before photo before you start!

Want to take your reboot to the next level?

Here are some amazing reboot rituals and wellness habits you can add into your routine during the Reboot. Adding 2-3 of these habits to your life over the reboot will see you experiencing some great results!

Reboot Rituals

- Dry body brushing
- Epsom salt baths
- Gratitude journalling
- Oil pulling
- Bentonite clay in the morning
- Meditation
- Breathing practices

Now before we go any further let's touch on one incredibly important element of any reboot that can easily be brushed aside...

Your Mindset!



While we're focusing on rebooting and resetting your wellness habits around food and nourishment, having a mindset cleanse will give an incredible boost to your overall results.

The greatest way to amplify a healthy mindset is by creating a gratitude ritual or practice for each day. You could make it as simple as journaling each night and recalling positive events from the day, or you could have a different ritual for each day of the week.

Some examples are:

1. Body Love Gratitude
2. Write what you're thankful for on your mirror with lipstick
3. Place a post-it around your house with love notes for your family (or yourself!)
4. Thankful Thursdays!
5. Meditate on one moment from your life that you felt the most overwhelming gratitude
6. Set gratitude reminders through the day

It doesn't matter how you do it, what matters is that you do it.

Gratitude is one of the most powerful tools for fostering a positive and healthy mindset. Practice for 7 days and see the difference you feel in your joy.

We also recommend becoming mindful of what you're consuming and think about ditching:

1. Talk back radio
2. News on the TV
3. Morning shows
4. Gossip with friends
5. Reality TV
6. Too much scrolling on social media

And instead replacing the above with...

1. Podcasts
2. Music to dance to in the morning
3. Talking with friends about what lights you up
4. Educational documentaries and wellness webinars from the Health Hub
5. Sharing your Reboot journey on your social media to inspire others

Some of our favourite podcasts are:

1. The Melissa Ambrosini Show
2. School of Greatness by Lewis Howes
3. The GOOP Podcast
4. On Purpose with Jay Shetty



Wellness Habits

- :: Aim to eat something green at every single meal!
Either adding greens to your morning smoothie or a side salad to your daily lunch.
- :: Start your day with warm water and squeeze in the juice of half a lemon.
- :: Take your whole food based nutrition supplements daily!
- :: Sip on warming teas and add one teaspoon of coconut oil for an added nutrient boost.
- ::: Move daily in a way feels good for you, yoga, walking, body weight exercises or a bike ride.
- :: Enjoy a warm cup of bone broth from the guide with some fresh turmeric, ginger and a squeeze of lemon juice to aid digestion.
- :: Experiment with meat free days and take note of how your body feels with less animal products.
- :: Drink 2-3 litres of filtered water each day. Sometimes hunger is really just thirst in disguise!

Habits to avoid

Certain foods can cause an inflammatory effect in your body and stop you from seeing results. During your Reboot we recommend you trial cutting these out of your diet. When you notice how good you feel, you'll only want to have the below every now and then!

- :: Gluten containing grains
- :: Dairy
- :: Sugar
- :: Alcohol
- :: Red meat and processed meats
- :: Coffee - try green tea if you're craving caffeine!
- :: All processed and fast foods

On the following page we will simple swaps you can make in order to get the most out of your reboot.



OLD HABITS



NEW HABITS



THE HEALTH HUB




Simple Swaps

Try as many of these simple swap options as you like to help you in getting the most out of your reboot.




Gluten

-  Pasta made using wheat flour
-  Gluten free pasta made using rice or legumes
-  Zucchini pasta
-  White bread
-  Sourdough bread
-  Organic rye sourdough




Meats

-  Conventionally grown meats and chicken
-  Free range meats and chicken
-  Organic, grass fed meats and chicken




Seafood

-  Farmed fish
-  Small fish like anchovies and whiting
-  Wild caught fish










Caffeine

-  Conventional coffee
-  Mould free organic coffee
-  Green tea

Alcohol

-  Sugary cocktails
-  Organic wine
-  Grey goose vodka with lime and sparkling water

Dairy

-  Cows milk
-  100% organic milk
-  Coconut, almond or oat milk
-  Sweetened yoghurt
-  100% organic biodynamic yoghurt
-  Coconut yoghurt
-  Low fat ice cream
-  Coyo ice cream
-  Homemade banana ice cream

Ready to Reboot?



We have created a special planner just for you!

It's simply a suggestion for how to go about your reboot. In saying that, it has been mapped out very specifically to ease you into your reboot and then also help you to ease out of it.

You can add clean protein - steamed fish or chicken, quinoa or a nut and seed mix - to the meals if you feel like you need to bulk them up, but we recommend only adding that in if you're not feeling quite fulfilled with your meals.

You don't need to go hungry! If you plan this well you'll always have your snacks nearby and you're welcome to make double portions so if you want to eat more, it's readily available for you.

Most of these recipes are used twice over the week so be sure to plan and you can make a batch for leftovers when you know you'll be eating the same meal the next day or day after.

We recommend drinking half your smoothie or juice in the morning and leaving the rest for a mid morning boost. You can't overdose on juice so drink up as much as you'd like!

If at any time you're confused or wanting support for the reboot you can either comment in our Facebook group (we will be there to cheer you on and answer any questions) or you can reach out to your Health Hub ambassador.

We're here for you and so excited to hear how amazing and vital you feel in the next 7 days!

Don't forget you can share with us your journey on socials by tagging @Health_Hub_ on instagram and using the hashtag #healthhublife

Your Day IN The Reboot

#healthhublife

Morning

- + Warm water with juice from 1/2 lemon
- + Fasted cardio
- + Smoothie or juice to break your fast (wait until you're actually hungry to have this)

Mid morning

- + Green or Herbal Tea
- + Snack of good fats and protein or remainder of your smoothie

Lunch

- + Have a glass of warm water with lemon juice before eating
- + Raw salad with protein
- + Vegetable soup

Afternoon

- + Have a complete protein drink if you're feeling hungry
- + A handful of nuts and seeds or a glass of coconut water

Dinner

- + Protein (preferably steamed) with a mix of raw and steamed vegetables
- + Detox soup

7 DAY

Reboot Meal Plan

Monday

Breakfast: Berry Beautiful Smoothie

Lunch: Kinda Raw Broccoli Salad
with protein

Dinner: Red Lentil Soup

Tuesday

Breakfast: Omelette

Lunch: Spiced Quinoa &
Carrot Salad

Dinner: Spinach & Cauliflower
Raw Salad with Protein

Wednesday

Breakfast: Cleanse Smoothie

Lunch: Asparagus Soup

Dinner: Zucchini Soup

Thursday

Breakfast: Green Goodness Juice

Lunch: Cabbage Sprout Salad

Dinner: Asparagus Soup

Friday

Breakfast: Green Garden Frittata

Lunch: Totally Raw Broccoli Salad

Dinner: Healing Noodle Broth

Saturday

Breakfast: Liver Lover Juice

Lunch: Healing Noodle Broth

Dinner: Green Quinoa Cakes

Sunday

Breakfast: Protein Pancakes

Lunch: Green Quinoa Cakes

Dinner: Quinoa Vegetable Curry





Suggested Snacks

7 day Reboot Meal Plan

Smoothie of Your Choice

Good Fat Chocolate Mousse

Chia Pudding

Raw Lamington Balls

Vegetable Crudites with Hummus

Apple with Almond Butter

A Handful of Nuts and Seeds

2 Squares 70%-90% Dark Chocolate

SHOPPING LIST

7 day Reboot Meal Plan

Vegetables + Herbs

- 1 large bag Spinach
- 20 Carrots
- 2 Leek
- 4 Broccoli Heads
- 5 Beetroot
- 5 Button Mushrooms
- 2 Cauliflower
- 2 Bunch Celery
- 1 large Potato
- 2 Bunch Asparagus
- 7 Zucchini
- 1/2 Red Cabbage
- 5 Brussel Sprouts
- 4 Radishes
- 1 cup Green Peas
- 4 Spring Onion
- 2 cups Baby Green Beans
- Bok Choy
- Snow Peas
- 4 Onions
- 6 Garlic
- Ginger
- Dill
- Coriander
- Parsley
- Mint

Protein + Condiments

- 2 tsp organic Butter
- 17 Eggs
- 1 tbs Coconut Yoghurt
- 1/2 cup Goats Feta
- 1 tin Coconut Cream
- Coconut Milk
- 3-4 cups Chicken Stock
- 2 litre of Vegetable Stock

Fruit

- 1 cup Raspberries, Blueberries, Strawberries or Mix
- 1/2 Banana
- 6 Apples
- 2 Cucumbers
- small bottle 100% Apple Juice
- Cranberries
- Sultanas or Raisins
- Lime
- 5 Lemons
- 2 Oranges
- Avocado

Nuts, Seasoning + Grains

- 1 tbs Flaxseeds
- 1 tbs Almond Butter
- 2 1/2 cup Almonds
- 1/2 cup Almonds, Cashews or Pepitas (your choice)
- 1 cup Almond Meal
- 1/4 cup Shredded Coconut
- 1/2 cup Cashews
- Almond Flakes
- Pumpkin Seeds
- 3 tsp Ground Cumin
- 1 tsp Smoked Paprika
- 1 tsp Curry Powder
- 2 Cumin Seeds
- 1 tsp tomato paste
- 3 tbs honey
- Pinch chilli powder
- Nutmeg
- Turmeric powder
- Dried chilli flakes
- Salt
- Pepper
- 1 tbs Coconut Flour
- 2 1/2 cups Quinoa
- 1 cup Red Lentils
- Oats or Quinoa Flakes
- Vermicelli Noodles
- Tahini
- Miso Paste
- 1 cup Organic Mayonnaise or Veganaise
- 1 tbs ACV
- Coconut Oil
- Olive Oil
- Balsamic Vinegar
- Dijon Mustard
- Avocado Oil



Smoothies

We recommend one smoothie or juice per day during your reboot. This will help you pack a whole lot of nutrients in and also feel lighter.

Steps to a Great Smoothie

Liquids

Almond, coconut, rice, oat or macadamia milk, cooled herbal tea, water, coconut water or fresh juice

1-2 cup greens

Any combination of spinach, kale, collard greens, parsley, rocket or your fave leafy green

Fresh or frozen fruit

All berries, banana, pear, apple, grapefruit, avocado, lemon, lime, cherries, stone fruit

Nutrient boosters

Nut butter, seeds, bee pollen, turmeric, cinnamon, ginger, chia seeds, dates, Vegan Omega Capsules, Fruit, Veg, and Berry Capsules and Vegan Complete Protein

Starting your day with a Green Smoothie is a great way to get in your nutrients before leaving the house!



Cleanse Smoothie

Ingredients

1 small cucumber
1 handful of parsley
2cm fresh turmeric (peeled if not organic)
1 peeled lime
1 peeled orange
Water to cover

Method

Chop all ingredients roughly.

Add to blender and cover with water. You can add around 2 cups, more if you want to stretch your smoothie out through the day.

Blend in a high speed blender until a smooth consistency. Keep half for the morning and drink the other half through the day if you wish.



Berry Beautiful

Ingredients

1 tbs flaxseeds
1 cup raspberries, blueberries,
strawberries or a mix
1/2 banana
1/4 cup spinach
1 tbs almond butter
Squeeze of lemon juice

Method

Add all chopped ingredients
into a high speed blender and
cover with filtered water.

Blend until smooth.



Super Greens

Ingredients

4 celery sticks
1 small cucumber
1 cup kale (stalk removed)
1/2 green apple
Juice from 1/2 lime
1 tbs coconut oil
1 cup pineapple
1/2 cup almond or coconut milk

Method

All all chopped ingredients into a high speed blender and cover with almond milk. Add water if you want to thin it out or make it last longer through the day.

Blend until smooth.



Grapefruit Ginger Smoothie

Ingredients

- 1 pink grapefruit
- 1 carrot
- 1 small knob ginger
- 2 medjool dates - pitted
- 1 cup coconut yoghurt
- 1 tsp maca powder

Method

Peel the grapefruit and add to the blender with the remaining ingredients.

Blend until smooth, adding water if needed.

Cleansing Juices

If you have a juicer, this is great! If not, you can blend the ingredients with water to cover and still retain the goodness of the fibre.

These recipes all make large batches that you can share or use over a few days.



Green Goodness

Ingredients

- 1 apple
- 1 small cucumber
- 1 handful of parsley
- 1 large handful spinach
- 1/2 bunch celery
- 1 small knob ginger

Bye Bye Tox Super Juice

Ingredients

- 5 small beetroot
- 1/2 bunch celery
- 1 cucumber
- 1 small knob ginger
- 1 lemon
- 1 handful spinach
- 1 handful parsley
- 7 carrots

Liver Lover

Ingredients

- 3 apples
- 5 small beetroot
- 1/2 bunch of celery
- 1 whole lemon (include peel if organic)
- 7 carrots





Breakfast

Start your day nourished and full of vitality!



Protein Pancakes

Ingredients

1/2 cup coconut milk
2 eggs
3 tbs oats or quinoa flakes
1 sachet vanilla or chocolate
complete powder
Toppings

Method

Place all ingredients in a high powered blender until smooth.

Heat pan over medium to high heat and melt 1/2 tsp coconut oil.

Cook 2 tbs batter until bubbling and cooked on one side. Flip and cook until browned.



Green Garden Frittata

Ingredients

8 eggs

1 bunch of asparagus - chopped

1 cup green peas

2 handfuls of spinach - roughly chopped

1.2 cup drained goats feta

1/4 cup parsley - chopped

Himalayan salt and pepper

Method

Preheat oven to 200 degrees and grease a square pan

Take a sheet of baking paper, scrunch it up and run it under water from the tap. Un-scrunch and drain excess water and line baking tray. Wetting it will make it fit better and keep in moisture.

Take a mixing bowl and add 8 eggs. Whisk until combined and add a good amount of black pepper and salt.

Add remaining ingredients and stir until combined. Pour mixture into baking tray and cook for 30-35 minutes, until set in the centre and lightly browned on top.



Breakfast Omelette

Ingredients

2 tsp organic butter

1 leek - washed and chopped

1 clove garlic - crushed

1 handful spinach

Pinch of nutmeg

5 button mushrooms - chopped

5 organic eggs

Method

Whisk all eggs in a bowl until combined. Pour in half of egg mixture and be sure it coats base of the pan. Reduce heat to medium.

Gently push cooked portions from the edges towards the centre so that the uncooked eggs can reach the hot surface.

Continue cooking, tilting the pan and moving eggs until top surface is thickened and set. Place half the filling on one side of the omelette and fold the other side over. Slide onto plate and cook second omelette.

Heat a small skillet over low heat and add 1 tsp butter.

Coat the pan. Cook leek, and garlic, stirring occasionally until soft and lightly browned. Add spinach and stir until wilted.

Add a pinch of nutmeg and some Himalayan salt. Place mixture onto a plate while you prepare your omelette.

Heat remaining 1 tsp butter in the pan and increase heat to medium high.

Reboot Meals



Delicious, nutritious cleanse meals that will leave you feeling light and revitalised!



Kinda Raw Broccoli Salad

Ingredients

1-2 heads broccoli - chopped small
1/4 cup cranberries or sultanas
4 thin slices of lemon cut into 8ths
1/2 cup almonds, cashews or pepitas
Dill to taste
Olive oil
Salt and pepper

Dressing

2 tbs olive oil
1.5 tsp dijon mustard
1 tsp balsamic vinegar
Juice of half a lemon
1 clove garlic - minced
2 tbs honey
Salt

Method

Preheat your oven to 200 degrees. Place half the chopped broccoli on a baking sheet and coat in coconut or olive oil and salt. Roast for 20 mins, shaking at halfway.

Place raw broccoli, sultanas/raisins, lemon and dill in a bowl and mix to combine. Spread nuts on a tray and place in oven with broccoli for 8 mins.

Combine all dressing ingredients in a jar and shake to combine.

When broccoli and nuts are done, mix through and coat with dressing to taste (not all of it, check to your taste). This will last up to 2 days in the fridge with dressing.



Totally Raw Broccoli Salad

Ingredients

6 cups broccoli - chopped fine
1 stalks celery - chopped
4 spring onions - sliced finely
1 cup almonds - chopped
1/2 cup pumpkin seeds

Dressing

1 cup organic mayonnaise or
veganise
2 tbs honey
1 tbs apple cider vinegar
1 tbs lemon juice
1/2 tsp sea salt

Method

Toss salad ingredients to combine.

Put dressing ingredients into a small jar and shake until combined.

Serve salad with dressing over the top.



Spinach & Cauliflower Raw Salad

Ingredients

2 cups spinach - chopped
1 small cauliflower - grated
1 small carrot - grated
1/2 apple - diced finely
1/4 cup cranberries
1 tsp cumin
Sea salt and pepper to taste

Dressing

3 tbs apple juice
2 tbs tahini
Small bunch fresh coriander or
parsley *chopped
Juice from 1/4 lemon

Method

Place the dressing ingredients in a small blender and blitz until combined, add salt and pepper if needed.

Mix salad ingredients in a bowl until completely combined (this is meant to be a big messy salad!).

Pour over dressing.



Spiced Quinoa + Carrot salad

Ingredients

- 1/2 cup quinoa
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 4 carrots
- 1 tbs honey
- Juice of 1/2 a lemon
- 2 tbs olive oil
- 1/2 cup almonds
- 1/2 cup sultanas/raisins

Method

Start by rinsing your quinoa under water for 30 seconds. Strain and add to a saucepan with 1 cup of water and spices. Season with a little salt and bring to the boil.

Once boiling, lower to a simmer and cook covered for 12 minutes.

While quinoa is cooking, ribbon your carrots and combine in a large bowl with honey, lemon and olive oil.

Toss all ingredients together and let cool or eat warm. This can be stored in the fridge, covered.



Cabbage Sprout Salad

Ingredients

1/2 red cabbage - finely chopped
5 Brussel sprouts - finely chopped
4 radishes - finely sliced
1 carrot - grated
1 small apple - grated
Small handful fresh mint leaves
1/2 avocado - chopped
1/2 cup almonds roughly chopped

Dressing

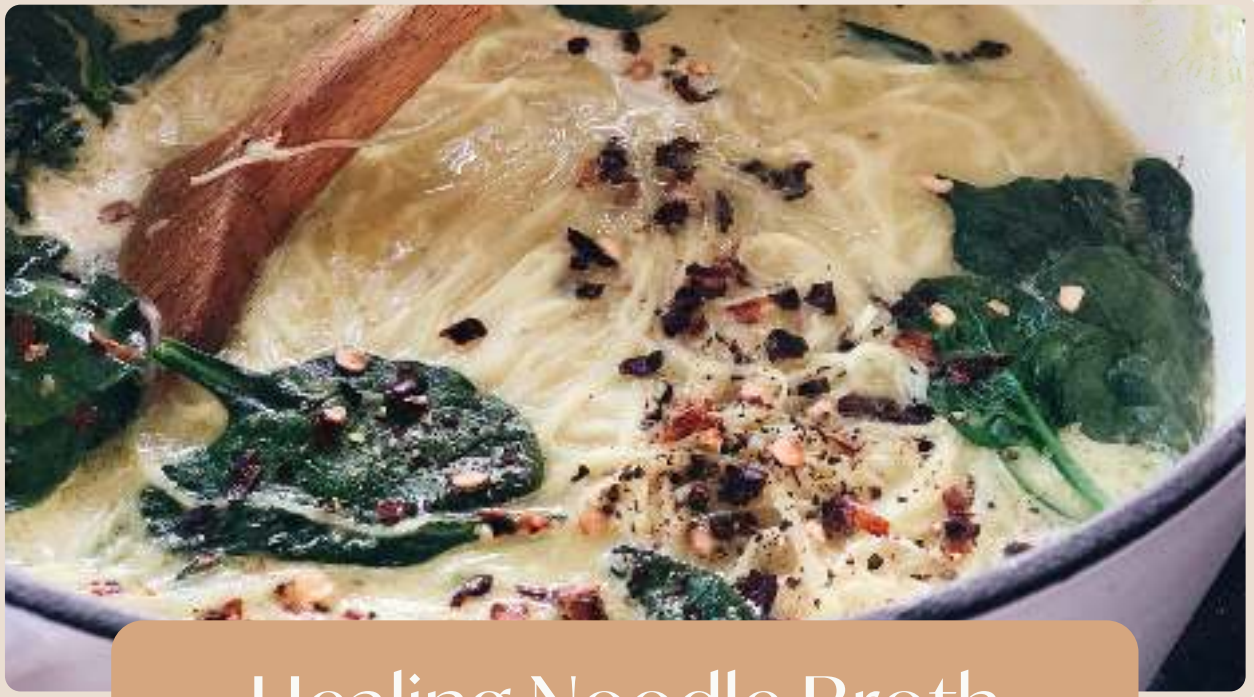
1/2 cup orange juice (freshly squeezed)
1 tbs miso paste
1 clove garlic - minced
2 tbs avocado oil

Method

Add the salad ingredients into a large bowl and mix together.

Place the dressing ingredients into a small jar and shake to combine.

Pour dressing over salad before serving.



Healing Noodle Broth

Ingredients

1 tablespoon coconut oil
1 knob ginger - grated
2 cloves garlic - crushed
2 tsp fresh or dried turmeric
1 litre organic vegetable stock
Fave vege - zucchini, spinach,
bok choy, snowpeas
1 tin coconut cream
Vermicelli noodles

Method

Heat oil in large pan over medium - high heat and add ginger and garlic.

Add turmeric and heat until fragrant.

Add your veggies and stir through before pouring in stock and coconut cream. Bring to the boil and lower to a simmer.

Continue to simmer until the veggies are cooked and add vermicelli noodles.

Top with baby spinach, mint, coriander, or your favourite herbs.



Green Quinoa Cakes

Ingredients

1 cup almond meal
1/4 cup shredded coconut
2 zucchinis - grated
1 carrot - grated
1 cup cooked quinoa
1 tsp sea salt
1 tbs turmeric
2 eggs

Method

Mix all ingredients in a bowl until well combined. The mixture should be moist and stay together.

Heat coconut oil in a fry pan over a medium high heat.

Roll 1/4 cup of the mixture and shape into a pattie shape and cook each side until browned.

Serve with a raw salad or some steamed green vegetables.



Red Lentil Soup

Ingredients

1 large onion - chopped
2 cloves garlic - minced
1 tbs tomato paste
1 tsp ground cumin
1/4 tsp salt
Pinch of chilli powder
1 ltr vegetable broth or stock
1 cup red lentils - soaked overnight
2 carrots - diced
Juice of half a lemon
Small handful chopped parsley or coriander

Method

In a large pot, heat 3 tbs coconut oil over high heat. Add onion and garlic and cook until softened and browned.

Stir in tomato paste, cumin, salt, chilli and sauté for 2 minutes. Add stock, 2 cups filtered water, lentils and carrots. Bring to a gentle boil, cover and lower heat to medium low. Cook for 30 minutes.

Using a stick blender, blend half the soup. This allows it to be textural but also smooth. Before serving, stir in lemon juice and parsley or coriander. Taste for salt and pepper and adjust accordingly.



Asparagus Soup

Ingredients

- 1 tbs coconut oil
- 1 onion - diced
- 2 sticks celery - diced
- 1 bulb garlic - halved
- 1 leek - diced
- 1 large potato - diced
- 600 mls water
- 6 asparagus spears
- 1 tbs coconut yogurt
- Dried chilli flakes
- Almond flakes
- Pumpkin seeds
- Ground pepper

Method

Heat coconut oil in a large pot over medium high heat.

Cook onion, celery and garlic until tender then add in the potato and leek. After 5 minutes, cover with boiling water and simmer for 10 minutes.

Add in the asparagus and cook for a further 5 minutes.

Allow to cool slightly and blend with a stick blender until smooth. Check for seasoning.

Mix through coconut yogurt and chilli flakes.

Sprinkle over almond flakes and pumpkin seeds to serve.



Zucchini Soup

Ingredients

4-5 small zuchinnis - cut into small pieces
1 small brown onion
1 tbsp coconut flour
3-4 cups chicken stock
1 teaspoon curry powder
Salt and pepper to taste
1/2- 1 cup cut broccoli (small pieces)
1/2-1 cup cut cauliflower (small pieces)
2 diced potatoes

Method

Cut the zuchinnis into small pieces and dice the onion.

Fry both in either a dab of butter or a small amount of oil.

Add coconut flour and stir.

Add zucchini and onion to flour mix, just enough to mix through.

Add chicken stock and curry powder. Stir through salt and pepper to taste.

Add broccoli, cauliflower and potato. Stir and cook until soft.

Blend in blender and enjoy!



Quinoa Vegetable Soup

Ingredients

- 1 cup quinoa, rinsed
- 2 cups baby green beans
- 1 head cauliflower - chopped into florets
- 4 carrots - peeled, thinly sliced
- 3/4 cup coriander - chopped
- 1 and 1/2 tbs coconut oil
- 2 tsp grated fresh ginger
- 1/2 cup cashews
- 2 cups vegetable stock or water
- 1 large onion, cut into strips
- 2 tsp cumin seeds
- 1 tsp turmeric powder
- 1 cup coconut milk
- 2 tsp minced garlic
- 2 tsp ground coriander

Method

Bring a saucepan of water to the boil and add quinoa cooking for 5 minutes.

Add green beans and cook for further 5 minutes. Now drain and set aside in colander.

In a frying pan sauté garlic, ginger and onions in coconut oil. Push to one side and toast cumin, coriander, and turmeric for a couple of minutes, stirring consistently.

Add cauliflower, cashews and carrots and stir fry for a couple of minutes then add stock and bring to boil. Reduce the heat to a simmer and stir through coconut milk. Cook for 10-15 minutes.

Remove from stove and stir coriander through and then fold in quinoa and green beans.



Clean Hummus

Ingredients

1 can chickpeas - drained
1/3 cup tahini
Juice from 1/2 lemon
1/4 cup organic olive oil
1 cloves garlic
1/2 tsp paprika
1 tsp salt

Method

Place all ingredients in a food processor and blitz until smooth. Add a few tbs water if needed.

Add salt and pepper to taste.



Reboot Treats

Because, we love to keep our life a little sweet, here is your clean guide to treats!



Chia Pudding

Ingredients

2 tbs chia seeds
1/2 cup almond or coconut milk
1/2 sachet or scoop
vanilla complete protein
Berries of Choice

Method

Place all ingredients in a jar and shake until well combined.

Leave in fridge for the chia to plump up, shaking occasionally.

This makes a snack size, increase quantity by two for a breakfast option.



Good Fat Chocolate Mousse

Ingredients

1 large avocado - pitted and scraped from the skin
1 tbs almond butter
1/4 tsp vanilla powder
1/2 cup rice malt syrup
1/4 cup raw cacao powder
1/4 cup almond milk
1/4 tsp liquid stevia
2 tbs coconut oil

Method

Place all ingredients in a blender or Nutribullet and blitz until completely smooth.

Divide between 4 small serving bowls and let set in the fridge for 2 hours.



Raw Lamington Balls

Ingredients

1 cup medjool dates
1 cup desiccated coconut
2 tablespoons raw cacao powder
1 teaspoon vanilla extract powder
1/4 cup coconut oil

Method

Place all ingredients in a high powered blender, thermomix or food processor.

Blend/process until you get your desired consistency, they will be sticky and all come together. If it's too dry add more coconut oil.

Store in fridge,



Detox Icy Poles

Ingredients

Your favourite fruits - chopped
Coconut water

Method

Place the fruits in the freezer moulds and top with coconut water.

freeze over night.

This is a great treat when your sweet tooth kicks in!



Wholesome Hot Chocolate

Ingredients

1-2 tsp raw cacao powder
1 cups almond, coconut or rice milk
(unsweetened is best)
1-2 tbs honey or rice malt syrup
1 tsp maca powder

Method

Place all ingredients in a small saucepan over medium heat and allow to simmer.

You can whisk gently while on the heat or transfer to a blender once slightly cooled to froth up your drink.

Reflection Tracker

GOAL SETTING

I'm doing this cleanse to..

Right now I'm feeling..

I want to feel..

Starting date

Weight

Reflection Tracker

REFLECTION

This cleanse has left me feeling..

I really enjoyed..

I'm proud that I..

End date

Weight

REBOOT RECHARGE REFLECT

We would love to see your results in our Reboot Facebook Page. If you're comfortable, you're welcome to share your journey and inspire others by taking a photo of the Reflection Tracker after your Reboot and sharing it in the group. We recommend taking before and after photos of your body and also face so you can see the physical changes that will occur.

Congratulations on taking this journey and please reach out in the group for any support.



If you loved this Reboot...

Wait until you see our full program!

The Health Hub is an online wellness program that is geared towards meeting you where you're at with your health and providing you with easy to follow, whole food recipes, workout videos and guides for each level of fitness, meditation tutorials, mindset, workbooks and a thriving community of people who want the same as you for their health - vitality, energy and lightness!

To find out more about how you can join the Hub for life, please contact the person who shared this guide with you.

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