



Restart your body with:
3 BOTTLES OF ORGANIC JUICE
& A WHOLE FOOD MEAL PLAN!



ONLY AT

MEAL PLAN & RECIPES

by Annie Lawless, Co-Founder of Suja Juice
& Certified Holistic Health Coach (CHHC)

About

At Suja, we believe that living healthy can be delicious and convenient. The Suja Essentials 1-Day Renewal, available exclusively at Target, will help you jump start healthy eating habits by pairing Organic, Non-GMO & Cold-Pressured juices with whole food, leaving you feeling renewed and revitalized. You will consume three delicious Organic, Non-GMO & Cold-Pressured Suja Essentials beverages, one for morning, noon and night, that will provide the healthful nourishment your body craves. In addition, you will consume small healthy, whole food meals throughout the day to work harmoniously with all three beverages.

Suja Co-Founder and Certified Holistic Health Coach Annie Lawless has created a free, delicious meal plan to help you create satisfying, whole food meals. Choose between grab & go meal options for a busy lifestyle or meals to enjoy at home. Together, the three 1-Day Renewal beverages and whole food meal plan will provide your body with what it needs to kickstart or recommit to a healthy lifestyle.

LIVE COLORFULLY

Fresh start tips

- If you have a health condition of any sort, are pregnant, nursing, or elderly, please consult your doctor to ensure the Suja 1-Day Renewal is right for you.
- Two to three days before beginning the Suja 1-Day Renewal, try to cut back or eliminate processed foods, added sugars, caffeine, and alcohol.
- Avoid eating out and drink plenty of water to keep your metabolic rate high and to improve digestion.
- Strive to get at least 30 minutes of physical activity each day.

RESTART YOUR BODY



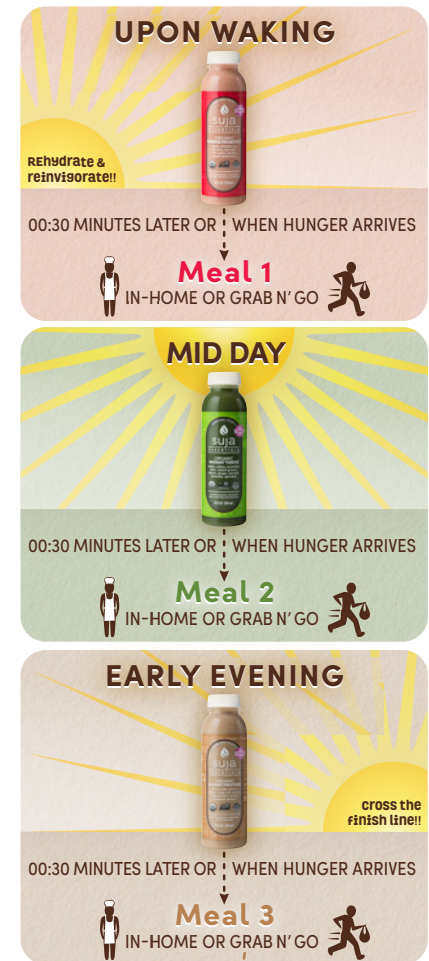


How do I do this?

The Suja 1-Day Renewal is a hydration and whole food centered plan created to give you the nutrition your body needs through wholesome, organic fruits and vegetables, whole grains, healthy fats and lean proteins.

You will consume 3 delicious organic Suja Cold-Pressed beverages that will provide the healthful hydration, vitamins, minerals and beneficial antioxidants present in the fruits and vegetables that go into our juices. In addition, you will consume 3 supplemental whole food meals.

All meals are designed to be mix-and-match, as they provide similar calories and macronutrients. If you want to eat a suggested lunch for dinner or vice versa, that's fine too. Portion control is essential to keep calorie counts in check, so try to stick to the recommended amounts for the suggested meals.



EAT WELL. LIVE WELL.



The Meal Plan — Meal 1

Upon Waking on an Empty Stomach — Suja Sunrise Probiotic (290 cal)



Wake up and rehydrate with this first juice that promotes healthy gut bacteria to support digestion and immunity.

30 minutes later, or when hunger appears — Morning Mini Meal (approx. 200-230 cal)

Option 1

-  Avocado "Toast" with Egg (See Recipes)
- OR-
-  Grab n' Go: 1 grapefruit w/cinnamon and stevia or 1 teaspoon honey + 10 walnut halves

Option 2

-  Banana Oatmeal Cookie (See Recipes)
- OR-
-  Grab n' Go: 1 apple with 1 tablespoon almond butter and cinnamon





The Meal Plan — Meal 2


Midday when you start to feel hungry – Suja Mid Day Thrive (110 cal)

30 minutes later, or when hunger re-appears – Midday Mini Meal (approx. 220-255 cal)

Option 1

 Zucchini Noodles with Olive Oil and Pine Nuts (See recipes)


-OR-

 Grab n' Go: 2 hard boiled eggs + 1/3 avocado sprinkled with cayenne

Option 2

 Quinoa Stir Fry (See Recipes)

-OR-

 Grab n' Go: 1 organic veggie burger with no bun topped with baby greens, tomato, onion, mustard, and 1/8 avocado

Be your own role model



The Meal Plan — Meal 3


Late Afternoon/Early Evening when you start to feel hungry — Suja Sunset Protein (290 cal)

30 Minutes later, or when hunger appears — Evening Mini Meal (230-250 cal)

Please consume this final mini meal a minimum of 3 hours before bed to allow your body to fully digest before sleep.


Option 1

 Mexican Stuffed Sweet Potatoes (See Recipes)

-OR-
 Grab n' Go: Baked sweet potato topped with 1 tablespoon unroasted almond butter and a sprinkle of cinnamon

Option 2

 Omega Salad (See Recipes)

-OR-
 Grab n' Go: 4 oz low sodium turkey slices rolled around slices of 1 tomato + ¼ avocado slices + 1 tablespoon dairy free hummus

make positive changes.





Shopping List — If you have chosen the “In-Home” Options



Whole Grains:

Rolled Oats
Quinoa
Brown Rice Cakes

Beans/Legumes:

1 Can Unsalted
Black Beans

Spices:

Cinnamon
Garlic Powder
Sea Salt
Black Pepper
Rosemary
Vanilla Extract

Proteins:

4oz salmon fillet
1 egg

Oils/Vinegars:

Flax Oil
Balsamic Vinegar
Coconut Oil
Olive Oil
Flax Oil
Low Sodium Tamari
Low Sodium Chicken
Broth
Coconut oil or olive oil
non-stick spray
Apple Sauce

Nuts/Seeds:

Almond Butter, no oil
or sugar added
Walnuts
Pine Nuts

Produce

(preferably organic):
2 Bananas
2 Pints Cherry Tomatoes
1 Avocado
1 Red Onion
2 Bell Peppers
1 Large or 2 smaller
zucchini
1 medium sweet potato
½ cup mushrooms
1 head of broccoli
1 Bunch or bag
of arugula
1 Bunch or bag
of spinach
1 Bag of baby greens
1 Bunch of fresh cilantro
1 Bunch of fresh parsley
1 lemon
1 lime



Shopping List — If you have chosen “Grab n’ Go” Options

Nuts/Seeds:

Walnuts
Almond Butter, no oil or sugar added

Proteins:

2 eggs
Low Sodium Turkey Slices

Sweeteners:

Honey and/or Stevia

Spices:

Cinnamon
Cayenne Pepper

Condiments:

Dijon Mustard

Frozen:

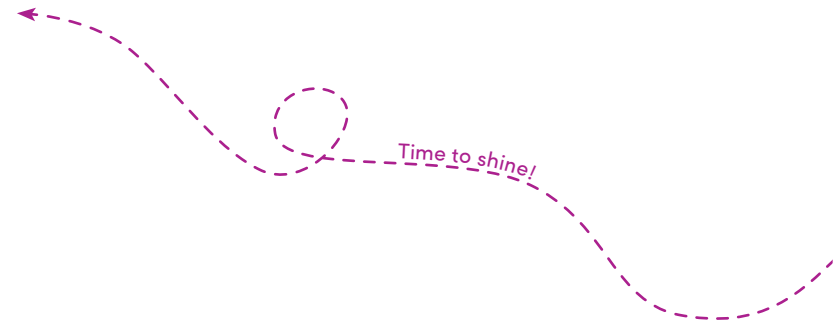
1 Veggie Burger (preferably a
lower sodium option)

Prepared Foods:

Dairy Free Hummus

Produce:

1 grapefruit
1 apple
1 avocado
1 bag baby greens
2 tomatoes
1 onion
1 sweet potato





RECIPES

Recipes — Meal 1, Option #1

AVOCADO “TOAST” WITH EGG

Equipment:

Sautee Pan, Spatula, Knife

Ingredients:

1/3 avocado

1 brown rice cake

1 egg

Coconut oil or olive oil non-stick spray

Sea salt and pepper, to taste

Directions:

Heat up a pan over medium heat and place the rice cake in the pan, allowing it to “toast” for a minute or two. Flip and repeat on the other side. Remove from the pan, and mash 1/3 avocado on the rice cake. Spray your pan with a light coat of the non-stick spray or 1 teaspoon coconut oil and cook one egg as desired (scrambled, sunny side up, over easy, etc.) Place the egg on top of the avocado layer and sprinkle with salt and pepper to taste. Enjoy!

DID YOU KNOW?

AVOCADOS CONTAIN LUTEIN AND ZEAXANTHIN, TWO PHYTONUTRIENTS IMPORTANT FOR EYE HEALTH ALONG WITH BENEFICIAL MONOUNSATURATED FATS.

SHOW OFF THE RADIANCE INSIDE YOU!

EAT CLEAN. LIVE LEAN.

Recipes — Meal 1, Option #2

BANANA OATMEAL COOKIES (MAKES 12)

Equipment:

Mixing bowl, measuring cups, measuring spoons, knife, parchment paper, cookie sheet

Ingredients:

2 ripe bananas
1/3 cup almond butter, unsweetened
1 teaspoon cinnamon
2/3 cup apple sauce, unsweetened
1 teaspoon vanilla extract
1 ½ cups rolled oats
¼ cup chopped walnuts

Directions:

Preheat oven to 350 degrees. In a bowl, mash the banana and almond butter until well combined. Add the apple sauce, vanilla extract, and cinnamon and mix again. Add the oats and walnuts to the wet mixture and mix well until everything is well combined. Allow the dough to rest for 10 minutes. Drop the dough in even spoonfuls onto a parchment lined cookie sheet and flatten each cookie (they will not change shape when baked). Bake for 22-28 minutes, depending on your oven and desired level of done-ness. May be kept covered at room temperature for 7 days.

DID YOU KNOW?

CINNAMON HAS BEEN SHOWN IN NUMEROUS STUDIES TO LOWER BLOOD SUGAR.

stretch your limits

Recipes — Meal 2, Option #1

ZUCCHINI NOODLES WITH OLIVE OIL AND PINE NUTS

Equipment:

Knife, veggie peeler, measuring spoons, measuring cups

Ingredients:

1 large zucchini or 2 smaller zucchinis
1 cup sliced cherry tomatoes
1 tablespoon fresh parsley, chopped
½ cup arugula
¼ teaspoon garlic powder
1 tablespoon olive oil
½ tablespoon freshly squeezed lemon juice
1 tablespoon pine nuts
Sea salt and pepper, to taste

Directions:

In a bowl, place the arugula on the bottom in an even layer. Using a veggie peeler, peel the zucchini into thin ribbons over the arugula. Slice the cherry tomatoes and add to the zucchini. Mix the olive oil, lemon juice, garlic powder, salt, and pepper and pour over the zucchini. Chop the parsley and pine nuts and sprinkle on top to garnish.

DID YOU KNOW?

ARUGULA IS A CRUCIFEROUS VEGETABLE, WHICH CONTAIN GLUCOSINOLATES—COMPOUNDS THAT HAVE BEEN SHOWN IN RESEARCH TO HAVE ANTICANCER PROPERTIES.

Recipes — Meal 2, Option #2

QUINOA STIR FRY

Equipment:

Knife, sautee pan, measuring spoons, measuring cups

Ingredients:

½ cup cooked quinoa

1 cup spinach

1 cup broccoli florets

½ cup mushrooms, sliced

½ cup bell peppers, sliced

¼ cup chopped red onion

¼ avocado, chopped

1 tablespoon low sodium tamari

¼ cup low sodium chicken broth

2 teaspoon coconut oil

2 teaspoon garlic powder

Directions:

Place a pan over medium/high heat and add the coconut oil, tamari, chicken, and garlic powder. When the liquid is hot, add the spinach, broccoli, mushrooms, bell pepper, and onion and cook until softened and onions begin to turn translucent. Add the quinoa and avocado, mixing through to warm. Remove from heat and transfer the stir fry to a bowl. Enjoy!

DID YOU KNOW?

QUINOA IS NOT A GRAIN. IT IS A SEED CONTAINING ALL NINE ESSENTIAL AMINO ACIDS, MAKING IT A COMPLETE PLANT SOURCE OF PROTEIN.

Recipes — Meal 3, Option #1

MEXICAN STUFFED SWEET POTATOES

Equipment:

Knife, fork, spatula, baking sheet, measuring cups, measuring spoons, small bowl

Ingredients:

1 sweet potato

½ cup black beans

¼ red onion, diced

¼ red pepper, diced

1 teaspoon garlic powder

Sea salt, to taste

Juice of ½ lime

Non-stick coconut oil spray

1 tablespoon fresh chopped cilantro

Directions:

Preheat your oven to 400 degrees. Poke the sweet potato with small holes using a fork. Bake the sweet potato for approximately 1 hour until soft. Remove from the oven and slice the sweet potato down the middle, lengthwise. Scoop out the sweet potato flesh and chop into small pieces. Heat a pan that has been lightly sprayed with coconut oil non-stick spray over medium heat and cook the lime juice, chopped onion, pepper, black beans. Sautee for a couple minutes until the veggies have softened and add the chopped flesh of the sweet potato to the mixture. Mix until thoroughly combined and stuff the potato with the veggies and bean mixture. Garnish with fresh chopped cilantro and season with sea salt, to taste.

DID YOU KNOW?

1 CUP OF BLACK BEANS SUPPLY AROUND 75% OF THE RECOMMENDED DAILY VALUE FOR DIETARY FIBER.

Recipes — Meal 3, Option #2



OMEGA SALAD (APPROX. 220 CALORIES)

Equipment:

Baking sheet, parchment paper, measuring spoons, knife

Ingredients:

- 4oz. salmon fillet
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon dried or fresh rosemary
- 2 cups baby greens
- 1 tablespoon balsamic vinegar
- 1 teaspoon flax oil
- 1 cup cherry tomatoes, sliced

Directions:

Preheat oven to 450 degrees. Line a baking sheet with parchment paper and place salmon, skin side down, on the baking sheet. Sprinkle with sea salt, black pepper, ½ teaspoon of garlic powder, and rosemary on the top and sides, pressing the seasoning into the salmon so the spices stick. Bake the salmon for 12-15 minutes depending on your desired level of done-ness. While the salmon bakes, dress the baby greens and cherry tomatoes with balsamic vinegar, flax oil, and the other ½ teaspoon of garlic powder. Mix well and add the baked salmon on top. Enjoy!

DID YOU KNOW?

ONE TABLESPOON OF GROUND FLAXSEED CONTAINS APPROXIMATELY 1.8 GRAMS OF PLANT BASED OMEGA-3S.



Annie Lawless
Suja Co-Founder and
Certified Holistic Health
Coach (CHHC)

Annie Lawless, Co-Founder of Suja Juice and Certified Holistic Health Coach (CHHC), developed a passion for health and nutrition as a teenager after years of managing her own food sensitivities. She saw her health vastly improve when she began juicing and following a modified organic diet.

Annie strengthened her knowledge for health and nutrition through her work as a yoga instructor and during her training at the Integrative Institute for Nutrition to become a Certified Holistic Health Coach.

When not in the kitchen or on the road, Annie spearheads consumer education for Suja, which ranges from blogging on behalf of the brand, sharing her innovative recipe creations on Suja's social media platforms and her personal favorite, one-on-one interaction with Suja fans.

made sunny in san diego!

At Suja, our passion is in sharing the highest quality Organic & Non-GMO juices, smoothies and teas. We use Cold Pressure, also known as High Pressure Processing (HPP), instead of high heat, to extend shelf life & to help maintain essential vitamins, minerals & enzymes.

Head on over to
ColdPressed.org to
learn more.



Created & Made by Suja Life LLC
8380 Camino Santa Fe
San Diego, CA 92121
Certified Organic by CCOF

SUNRISE PROBIOTIC™

100% JUICE

Nutrition Facts	
Serving Size 1 bottle (354ml)	
Amount Per Serving	
Calories 290	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 54g	18%
Dietary Fiber 5g	20%
Sugars 43g	
Protein 5g	
Vitamin A 0% • Vitamin C 80%	
Calcium 8% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: ORGANIC APPLE JUICE, ORGANIC STRAWBERRY PUREE, ORGANIC BANANA PUREE, ORGANIC ALMONDS, ORGANIC CHIA SEED, ORGANIC GROUND VANILLA BEAN, PROBIOTIC BACILLUS COAGULANS GBI-30, 6086

MIDDAY THRIVE™

100% JUICE

Nutrition Facts	
Serving Size 1 bottle (354ml)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 2g	
Vitamin A 10% • Vitamin C 30%	
Calcium 8% • Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: APPLE JUICE, CELERY JUICE, CUCUMBER JUICE, KALE JUICE, COLLARD GREENS JUICE, LEMON JUICE, GINGER JUICE, SPINACH JUICE, CHLORELLA POWDER, SPIRULINA POWDER, ORGANIC

SUNSET PROTEIN™

12% JUICE

Nutrition Facts	
Serving Size 1 bottle (354ml)	
Amount Per Serving	
Calories 160	Calories from Fat 18
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 20g	
Protein 10g	
Vitamin A 0% • Vitamin C 8%	
Calcium 6% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: ALMOND MILK (PURIFIED WATER, ALMONDS), BANANA PUREE, COCONUT SUGAR, PEA PROTEIN CONCENTRATE, HEMP PROTEIN POWDER, GROUND VANILLA BEAN, GROUND CINNAMON, GROUND ALLSPICE, ORGANIC

CONTAINS: TREE NUTS (ALMONDS) MAY CONTAIN HARD SHELLS