

READY. SET. RESET!

A 3-Day Nutrient-Dense Program that Offers a Variety of Health Benefits
Healthy Living Market & Cafe
and Whole Health Nutrition



Healthy Living
MARKET & CAFÉ

Healthy Living takes nutrition to heart; we offer a myriad ways to help put you on the right track to eating and living more healthfully. We strive to provide our communities with the education, tools, and foods necessary for whole health. In conjunction with Whole Health Nutrition, we've come up with a variety of nutrient-dense blends that provide just that.

WONDERING WHAT THESE BLENDS CAN DO FOR YOU?

1. Support your digestive system and rebuild beneficial gut bacteria
2. Provide essential vitamins and minerals to support your body's natural immune defense
3. Supply your body with powerful antioxidants that can help fight inflammation and cell damage

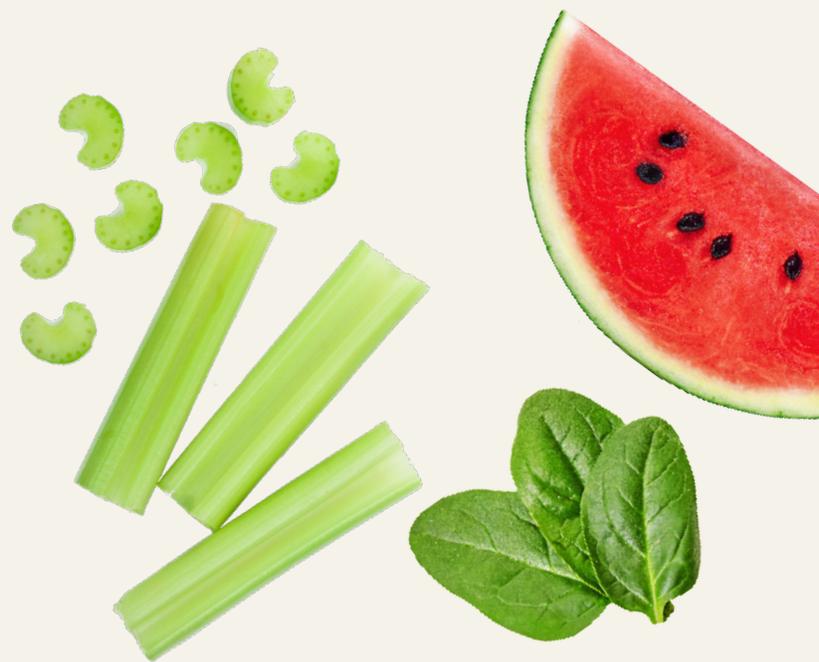
Our 100% organic juice blends are specifically designed to aid in promoting a healthy mind and body. We believe our program is more effective than competing beverages because we take a few key factors into consideration that the other guys don't: freshness, locality, and cost. Our blends are prepared fresh in-store and many ingredients are locally sourced. We believe that the care taken in growing family-farmed organic produce comes through in the nutritional content and taste of our blends. The locality helps with the cost too- mail order programs are often expensive, as juice is typically shipped thousands of miles to your door.

Healthy Living's blends are made where you'll pick them up, so you know there's not a thousand miles and three days on a truck between you and your juice. This means a juice with a higher nutritional content at a lower cost, all while supporting your local farms....it's a win-win-win!

HERE'S HOW IT WORKS:

Purchase the following 6 juices and drink 2 each day between meals for 3 days.

1. Green Up
2. Detox Blend
3. Brain Booster
4. Antioxidant Blend
5. Immunity Blend
6. Green Fizz



SAMPLE PLAN

DAY ONE

8AM BREAKFAST

10AM GREEN UP

1PM LUNCH

3PM DETOX BLEND

6PM DINNER

DAY TWO

8AM BREAKFAST

10AM BRAIN BOOSTER

1PM LUNCH

3PM ANTIOXIDANT BLEND

6PM DINNER

DAY THREE

8AM BREAKFAST

10AM IMMUNITY BLEND

1PM LUNCH

3PM GREEN FIZZ

6PM DINNER

JUICING & FOOD

Our nutritionists have compiled the following list of foods that can be additionally supportive in helping your body repair and rebuild.

Variety is the spice of life, and the secret to whole health.

SUPPORTIVE FOODS

- Kale and other leafy vegetables
- Asparagus
- Broccoli
- Artichokes
- Beets
- Cabbage
- Butternut squash
- Sweet potatoes
- Onions
- Garlic
- Sea vegetables
- Parsley
- Cauliflower
- Fennel
- Brazil Nuts
- Cashews
- Almonds
- Walnuts
- Flaxseed
- Chia seed
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Hemp seeds
- Tahini
- Almond or Cashew Butter
- Buckwheat
- Quinoa
- Turmeric
- Ginger
- Cinnamon
- Cilantro
- Herbal Tea
- Kombucha
- Lemon water
- Salmon
- Avocado
- Berries
- Apples
- Goji Berries
- Pomegranate
- Lemon
- Tart cherry juice
- Coconut/Coconut Oil
- Avocado Oil
- Olive Oil
- Brown rice
- Oats
- Lentils
- Adzuki beans
- Split peas

NUTRITIONAL INFORMATION

	GREEN FIZZ	DETOX BLEND	ANTIOXIDANT BLEND	IMMUNITY BLEND	GREEN UP	BRAIN BOOSTER
CALORIES	91.6	73.16	217.25	108.78	88.4	119.71
PROTEIN (g)	3.31	1.57	6.34	2.47	5.41	5.35
CARBS (g)	20.61	16.37	50.2	25.54	16.95	24.56
SUGARS (g)	12.66	8.42	36.88	21.35	9.98	16.87
FIBER (g)	3.06	1.95	9.33	1.87	4.88	3.53
THIAMIN (mg)	0.35	0.23	0.07	0.05	0.12	0.07
RIBOFLAVIN (mg)	0.44	0.28	0.13	0.02	0.24	0.18
NIACIN (mg)	4.21	3.28	1.61	0.5	1.36	0.76
B6 (mg)	0.59	0.32	0.16	0.11	0.26	0.2
B12 (.g)	0.9	0.9	0	0	0	0
FOLATE (.g)	276.22	131.87	319.42	27.65	256.48	177.55
VITAMIN C (mg)	49.39	3.2	51.32	32.22	77.99	26.2
VITAMIN D (.g)	0	0	0	0	0	0
VITAMIN A (IU)	8,573.05	5,016.75	10,160.19	17,447.53	24,491.22	33,506.67
VITAMIN E (mg)	1.87	0.06	0.22	0.07	2.3	1.88
CALCIUM (mg)	97.78	20.39	74.5	43.63	192.5	142.08
MAGNESIUM (mg)	84.94	17.77	82.37	13.17	97.61	77.76
IRON (mg)	2.68	0.67	2.8	0.85	5.39	3.44
POTASSIUM (mg)	808.88	353.75	1,527.54	744.96	1,205.85	1,215.03
ZINC (mg)	8	0.23	1.11	0.12	0.97	0.53
SODIUM (mg)	103.06	88.92	311.61	160.72	258	273.5

INGREDIENTS:

Green Up - Carrot, Celery, Spinach, Parsley

Detox Blend - Kombucha, Beet, Carrot, Ginger

Brain Booster - Spinach, Ginger, Carrot

Antioxidant Blend - Carrot, Melon, Beet, Lemon, Ginger

Immunity Blend - Carrot, Melon, Lemon

Green Fizz - Kombucha, Melon, Spinach, Ginger

