

REBOOT+ | Snack Ideas

No need to feel hungry during your reboot. Here are some easy foods to snack on throughout the day!

Grab a Handful...

(No Peanuts!) Walnuts, Pecans, Almonds, Cashews, Pistachios, Macadamia Nuts, Hazelnuts, Pine Nuts, Chestnuts, Pumpkin Seeds, Sunflower Seeds, Chia Seeds, Watermelon Seeds, Sesame Seeds, Blueberries, Strawberries, Grapes, Raspberries, Blackberries

Prepare a Snack...

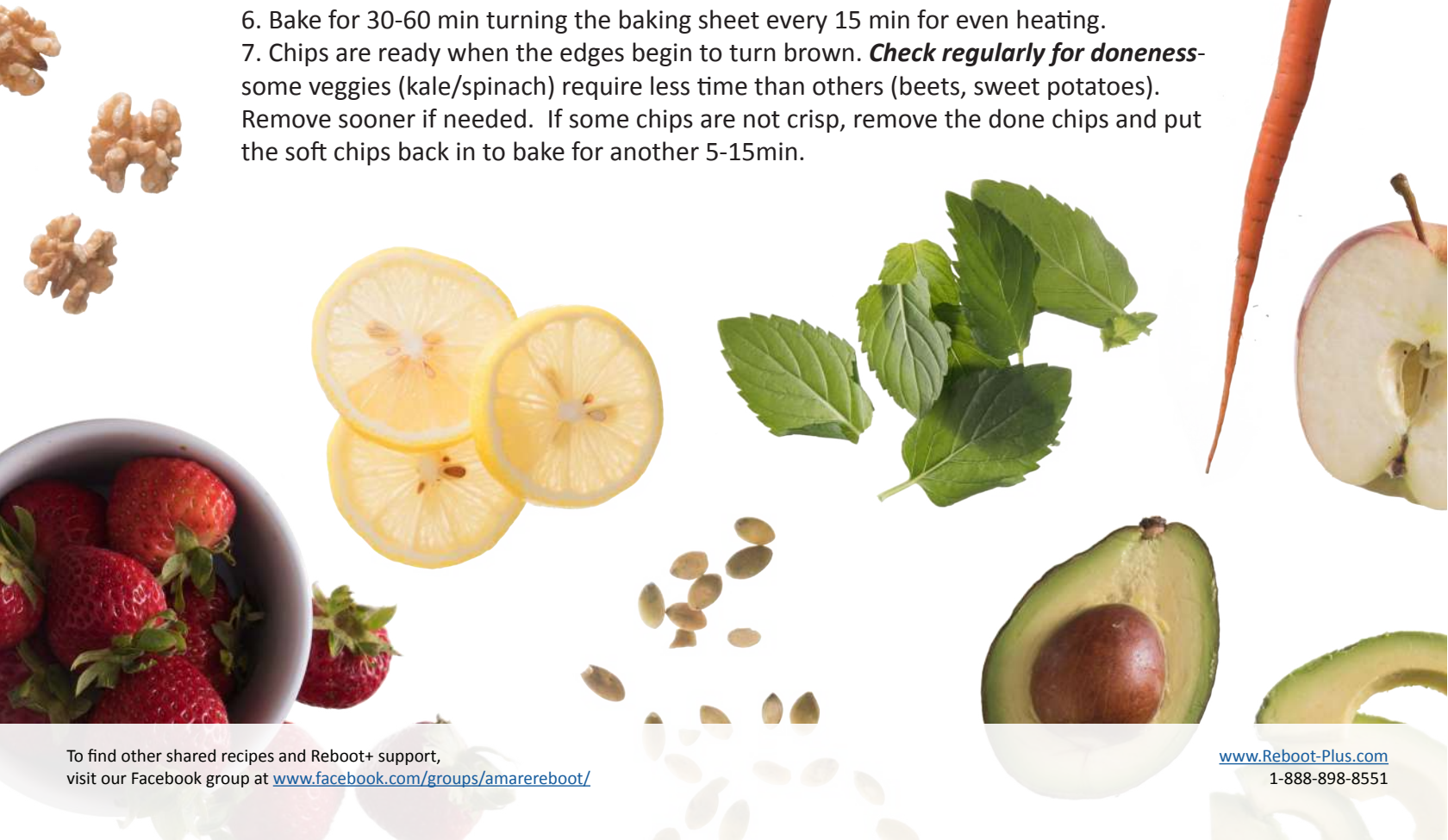
- Veggies and hummus
- Apples slices with almond butter
- Half an avocado with salt and pepper
- Chia pudding
- Homemade Veggie Chips (*Recipe below*)

Homemade Veggie Chips

Pick a veggie: kale, spinach, carrot, turnip, beet, zucchini, sweet potato, parsnip, radish, mushroom

Pick a seasoning: salt, pepper, vinegar, turmeric, paprika, garlic powder

1. Preheat the oven to 300 degrees Fahrenheit.
2. Line a baking sheet with parchment paper.
3. Slice veggies into even, thin pieces (approx. 1/8 inch).
4. Toss with olive oil and desired seasonings.
5. Lay veggie slices in a single layer on the baking sheet.
6. Bake for 30-60 min turning the baking sheet every 15 min for even heating.
7. Chips are ready when the edges begin to turn brown. **Check regularly for doneness**- some veggies (kale/spinach) require less time than others (beets, sweet potatoes). Remove sooner if needed. If some chips are not crisp, remove the done chips and put the soft chips back in to bake for another 5-15min.



REBOOT+ | Smoothie Recipes

Smoothie Mix & Match

Taste test! Feel free to adjust ingredient amounts in your smoothie to suit your taste. See an ingredient that you don't like? Just switch it out for one that you like better! Here are some suggestions:

Veggies: kale, spinach, celery, dandelion greens, cilantro, parsley, beet greens, cucumber

Fruits: açai, blueberries, strawberries, raspberries, apple, pear, lemon

Milks: hemp, almond, coconut, rice (unsweetened/no carrageenan)

Add-ins: chlorella, spirulina, almond butter, coconut meat, avocado, cayenne pepper, cinnamon, chia seeds, flax seeds, fresh mint, coconut water, ginger, goji berry, maca, cacao, bee pollen, chlorophyll

Flax Berry (makes ~16oz)

- 1/4 cup frozen strawberries
- 1/4 cup frozen blueberries
- 1/4 frozen raspberries
- 1 heaping tbsp. almond butter
- 1 tsp. ground flax seeds
- 1 cup almond milk or preferred milk from the biome balancers
- 1 cup fresh mint

Kale Berry Almond (makes ~16oz)

- 2 medium sized kale leaves
- 1/2 cup frozen strawberries
- 1/2 cup frozen blueberries
- 1 heaping tbsp. of almond butter
- 1 cup almond milk or preferred milk from the biome balancers
- 1 tsp. chia seeds

Pear Cucumber (makes ~24oz)

- 1 pear
- 1 cucumber
- 1/2 squeezed lemon
- 1/4 avocado
- 1 cup fresh cilantro
- 1/2 inch ginger
- 1/2 cup ice (4 cubes)
- 1 cup coconut water

Celery Apple Avocado (makes ~24oz)

- 3 celery sticks
- 1/4 avocado
- 1/2 whole green pitted apple
- 1 cup coconut water
- 1/2 cup ice (4 cubes)
- 1/2 squeezed fresh lemon
- 1 cup parsley
- 1/8 tsp. sea salt
- 1/8 tsp. cayenne

Coconut Spinach Raspberry (makes ~16oz)

- 1 cup spinach
- 1/2 cup frozen raspberries
- 1 cup coconut or preferred milk from the biome balancers
- 1/2 cup chopped coconut meat
- 1/8 tsp. cinnamon
- 1 tsp. spirulina or wheat grass powder
- 5 raw walnuts

Green Açai (makes ~16oz)

- 1/2 cup spinach
- 1/2 avocado
- 1 packet (3.5oz / 100g) of frozen açai berries
- 1/2 cup blueberries
- 1 cup coconut water
- 1/2 cup filtered water
- 1 cup parsley



REBOOT+ | Soup Recipes

Detox Soup

These quick soups can be used as a “biome balancing” meal or snack at any time, whether rebooting or not! Choose organic and local options whenever possible.

Ingredients: (makes ~8 servings)

- 2 medium sized beets
- 4 medium carrots
- 2 small sweet potatoes
- 1 medium onion
- 3 cloves garlic, minced
- 3 ounces crimini or white mushrooms
- 4 large kale leaves
- 1 cup cabbage
- 1 bunch parsley
- 1 can (14.5oz) diced tomatoes
- 1 tbsp. ground turmeric
- 1 tsp. ground cinnamon
- 8 cups low sodium vegetable broth
- Filtered water
- 1/4 cup pumpkin seeds
- Sea salt & pepper to taste

Cooking Instructions:

1. Thoroughly wash all vegetables and chop into bite-sized pieces (including beet greens).
2. Add turmeric, cinnamon, vegetable broth, 3 cups of filtered water and all vegetables to a heavy stock pot.
3. Cover and cook over medium/high heat for 30 minutes, stirring periodically.
4. Reduce heat to medium/low. Cook uncovered for another 30-60 minutes until tender. Add 1 cup of filtered water as necessary to maintain consistency.
5. Garnish with pumpkin seeds and season to taste minimally with salt and pepper. Enjoy!

Broccoli Avocado Reboot Soup

Ingredients: (makes ~4 servings)

- 4 cups broccoli florets
- 4 celery stalks
- 1 large onion
- 2 carrots
- 4 garlic cloves, crushed
- 4 cups spinach or kale
- 5 cups filtered water or low sodium vegetable broth
- 1 tsp. sea salt
- 1 lemon, juiced
- 2 tsp. coconut oil
- 1 tsp. coconut milk, to garnish
- 1 tsp. sliced or crushed almonds, to garnish
- 1 avocado, to garnish

Cooking Instructions:

1. Wash vegetables and chop into bite-sized pieces.
2. Heat coconut oil. Cook all vegetables (except greens) on low heat for 5 minutes. Stir frequently.
3. Add broth (or water) and salt. Bring to a boil.
4. Cover and let simmer for 7 minutes until tender.
5. Stir in greens for 2 minutes then transfer to a blender. Add lemon and blend to desired texture.
6. Garnish with coconut milk (or desired non-dairy milk), almonds, and sliced avocado. Enjoy!

Japanese Yam Soup

Ingredients: (makes ~4 servings)

- 5 medium sized Japanese Yams with peel (or yam of choice)
- 1 large onion
- 3 celery sticks
- 4 cloves of garlic, minced
- 1 large beet
- 1/2 bunch parsley
- 1/2 small cabbage head
- 8 cups vegetable broth
- Filtered water as needed
- 3 cups hemp or preferred milk from the Reboot+ Boosters
- 1-2 tsp. coconut oil
- 2 tsp. chopped walnuts

Cooking Instructions:

1. Wash vegetables and chop into bite-sized pieces.
2. Add vegetables, salt, pepper, broth, and filtered water to a stock pot.
3. Cover and cook on medium/high heat for 30 minutes, stirring periodically until tender.
4. Remove lid, reduce heat, and add preferred milk. If you would like the soup pureed, transfer to a blender and blend to desired texture.
5. Portion into bowls. Stir 1-2 tsp. coconut oil into each.
6. Season with salt and pepper. Garnish with walnuts. Enjoy!

REBOOT+ | Salad Recipes

Reboot Dressing

Combine base ingredients. Add any desired bonus ingredients. Whisk together briskly and toss with your salad.

Base Ingredients:

These form the foundation of your dressing:

- 1 tbsp. olive oil, extra virgin
- 1 tbsp. vinegar of your choice
- 1/8 tsp. black pepper
- 1/8 tsp. sea salt

Bonus Ingredients:

Choose as many add-ins as you'd like!

- 1 tsp. dijon mustard
- 1/4 tsp. dried oregano
- 1 tbsp. lemon juice
- 1/4 tsp. basil
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 1/4 tsp. red pepper flakes

Power Protein Salad

Ingredients:

Salad

- 4-5 cups mixed greens
- 1/2 cup edamame, cooked and shelled
- 1/2 cup kidney beans, cooked
- 1/2 cup chickpeas, cooked
- 1/4 red onion, sliced

Chili Roasted Almonds

- 1 cup whole raw almonds
- 1 tbsp. olive oil
- 1/2 tsp. smoked paprika
- 1/2 tsp. chili powder
- 1/2 tsp. salt

Instructions:

1. Bring a skillet to medium-high heat.
2. Combine almonds, olive oil, and spices in a bowl.
3. Sauté spiced almonds for 3-5 minutes, or until browned and fragrant. Stir frequently so they don't burn. Popping sounds are just the almonds cracking!
4. Remove from skillet and cool for a few minutes.
5. Toss greens, beans, and onion with your favorite "Reboot friendly" dressing. Top with almonds. Enjoy!

Cucumber Tomato Avocado Salad

Ingredients:

- 1 lb Roma tomatoes
- 1 medium cucumber
- 1 small red onion
- 2 large avocados
- 2 tbsp. olive oil
- 1 lemon, juiced (2 tbsp.)
- 1/4 cup cilantro
- 1/8 tsp. black pepper

Instructions:

1. Chop veggies and place in a large salad bowl.
2. Drizzle with olive oil and lemon juice. Toss gently to combine ingredients. Serve with black pepper. Enjoy!

Cilantro Lime Cucumber Salad

Ingredients:

- 1 jalapeño
- 2 garlic cloves
- 3 tbsp. lime juice
- 1/4 tsp. red pepper flakes
- 1/8 tsp. black pepper
- 3 tbsp. olive oil
- 2 cucumbers
- 4 tbsp. cilantro

Instructions:

1. Whisk jalapeño, garlic, lime juice, crushed red pepper, and black pepper in a medium bowl.
2. Stir in cucumbers and cilantro. Enjoy!

Mediterranean Lentil Salad

Ingredients:

- 1 cup brown lentils, dry
- 1 cup carrots
- 1 cup red onion
- 2 garlic cloves, minced
- 1 medium bay leaf
- 1/2 tsp. thyme, dried
- 2 tbsp. lemon juice
- 1/2 cup celery
- 1/4 cup parsley, fresh chopped
- 1/8 tsp. black pepper
- 1/4 cup olive oil

Instructions:

1. Dice vegetables. In a large saucepan, combine lentils, carrots, onion, garlic, bay leaf, and thyme.
2. Cover with 1 in. water. Bring to boil, reduce heat, and simmer uncovered for 15-18 minutes.
3. Drain and remove bay leaf. Add lemon juice, celery, parsley, pepper, and olive oil.
4. Toss to combine and serve at room temperature.