

Guided Reboot 30-Day Plan

In this packet:

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Part 1: Days 6-10 Meal Plan & Shopping List

Days 6-10: Meal Plan At-A-Glance

	Day 6	Day 7	Day 8	Day 9	Day 10
When You Wake Up	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)	8-12 oz./250-375 ml. of hot lemon water (add fresh gingerroot if desired)
Breakfast	Carrot Apple Ginger	Green Citrus	Sunrise Juice	Carrot Apple Lemon	Morning Green Glory
Morning Snack	16 oz. Coconut Water	16 oz. Coconut Water	16 oz. Coconut Water	16 oz. Coconut Water	16 oz. Coconut Water
Lunch	Joe's Mean Green	Sporty Spice	Green Lemonade	Garden Variety	Oh-Bees-able
Afternoon Snack	Carrot Apple Ginger	Green Citrus	Sunrise Juice	Carrot Apple Lemon	Morning Green Glory
Dinner	Joe's Mean Green	Sporty Spice	Green Lemonade	Garden Variety	Oh-Bees-able

Guided Reboot 30 Day Plan

Shasha Hu

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

Guided Reboot 30 Day Plan:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Guided Reboot 30 Day Plan** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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