

Transforming *Your Complete Health!*

Whole Food • Whole Body • Whole Life

OPTION A: Complete Jump Start

Transform your health easily by including a rainbow of dense micro-nutrition from *Juice Plus+* as well as the super foods of the JP+ Complete Shake!

Every day: Add JP+ Trio and One Complete Shake a day

OPTION B: Complete Fast Track

Transform your health faster and get faster results!

Week 1: JP+ Trio & One Complete shake a day

Weeks 2-6: JP+ Trio & Two Complete shake's a day

PLUS

- ✓ Drink plenty of water
- ✓ Exercise
- ✓ Eat clean, focus on whole foods vs processed foods
- ✓ Get adequate sleep

OPTION C: Complete Make-Over - Transforming your health to a whole new level!

Focus on a safe, natural cleanse and rejuvenation through whole foods!

40 Day Challenge: JP+ Trio & Two Complete shake's a day (giving up a meal)

PLUS

- ✓ Drink at least half your body weight in ounces of fresh clean water every day.
- ✓ Move your body - Exercise!
- ✓ Eliminate wheat in the diet for 40 days
- ✓ Eliminate dairy in the diet for 40 days
- ✓ Sleep ...plan for 8 hours a night
- ✓ Assist your body by finishing evening meal early with no evening snacks
- ✓ Breathe