



Complete
shopping list
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Daily Wellness Kit

suja
ORGANIC

Meet Your Daily Wellness Lineup:

Mighty Dozen



Nutrition Facts	
Serving size	1 bottle (310mL)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Sodium 65mg	3%
Total Carb. 18g	7%
Total Sugars 16g	
Incl. 0g Added Sugars	0%
Protein 2g	
Calcium 40mg 4%	Iron 1mg 6%
Potas. 340mg 8%	Vit. C 24mg 25%
Vit. A 30mcg 4%	Vit. K 22mcg 20%

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, and Vitamin D.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- ◆ 1 serving of Fruit & Vegetables
- ◆ Nutrient dense green juice
- ◆ No preservatives
- ◆ No added flavor
- ◆ No added sugar



Gut Health Berry Lemon



Nutrition Facts	
Serving size	1 bottle (310mL)
Amount per serving	
Calories	35
	% Daily Value*
Total Fat 0g	0%
Sodium 5mg	0%
Total Carb. 11g	4%
Dietary Fiber 4g	14%
Total Sugars 5g	
Incl. 0g Added Sugars	0%
Protein 0g	
Potas. 70mg 2%	Vit. C 31mg 35%

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Vit. D, Calcium, and Iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- ◆ 2B CFU Multi-Strain Probiotics
- ◆ 4g Prebiotic Fiber
- ◆ 35% DV Vitamin C



Lemon Love®



Nutrition Facts	
Serving size	1 bottle (310mL)
Amount per serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carb. 3g	1%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Protein 0g	
Vit. C 14mg 15%	

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vit. D, Calcium, Iron, and Potassium.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- ◆ Probiotics + Vitamin C
- ◆ No preservatives
- ◆ No added flavor
- ◆ No added sugar



Day 1 Schedule

Upon Waking



Mighty Dozen cold-pressed juice

Before anything else has a chance to steal your attention, start your day with a foundation of goodness with this nutrient-dense juice. One bottle contains 1 serving of fruits and vegetables, providing natural energy to wake up your metabolism. Drinking this first thing in the morning helps you replenish micronutrients.

Breakfast

Overnight Oats + Get outside for a few minutes

By now, your body is ready for something heartier. These overnight oats supply fiber and plant-based protein to keep you satiated all morning. Getting some morning sunshine signals to your brain that the day has begun, syncing your natural circadian rhythm.

Mid-Morning



Gut Health Berry Lemon cold-pressed juice + Refill water

As the day goes on, your digestion continues to wake up after being dormant overnight. This Berry Lemon Gut Health cold-pressed juice is not only refreshing, but is bolstered with probiotics, supporting gut regularity before you eat your first large meal. Take a few moments to fill up your water bottle now, so you can stay hydrated the rest of the day.

Lunch

Chickpea Open Face Sandwich + Take a screen break

Step away from your computer and put down your phone to truly enjoy your midday break. This chickpea open face sandwich is tasty and comforting, while contributing lasting energy from the chickpeas' complex carbohydrates.

Afternoon



Lemon Love® cold-pressed juice + Take a 10 minute walk

At this point in the day, you deserve to take a break. Resist the urge to consume more caffeine, and instead give your body what it's really craving: a natural reset. Go on a short walk to get your circulation flowing and naturally lower your blood glucose. Whether you break a sweat or not, replenish your hydration with the refreshing Lemon Love® cold-pressed juice. This pairing is essential. Moving and hydrating together give you a bigger reset than either does alone.

Dinner

Sheet Pan Salmon + Prep tomorrow's breakfast

Nourish yourself with this balanced dinner, providing both nutrient-dense fiber-filled vegetables as well as omega-3 fatty acid rich salmon. Do your future self a favor by taking a few moments to prepare tomorrow's breakfast now.

Day 2 Schedule

Upon Waking



Mighty Dozen cold-pressed juice

Seize the day by drinking Mighty Dozen cold-pressed juice, nature's multivitamin in a glass. After fasting all night, give your body the nutrients that will set the tone for how you'll feel for the rest of the day.

Breakfast

Berry Chia Pudding + Get outside for a few minutes

Enjoy this antioxidant-rich berry chia pudding, packed with omega-3 fatty acids and chia seeds to support brain and heart health. Then, expose your body to the sun's morning light to boost energy and focus.

Mid-Morning



Gut Health Berry Lemon cold-pressed juice + Refill water

With 2 billion CFUs of probiotics, this juice floods your microbiome with beneficial bacteria, supporting digestion the rest of the day. Don't forget to refill your water bottle to stay hydrated.

Lunch

Chicken Avocado Crunch Wrap + Take a screen break

For lunch today, dive into this Chicken Avocado Crunch Wrap, loaded with veggies and protein, helping to keep your energy levels stable throughout the afternoon. Again, even if just for a few minutes, step away from the screens, resetting your mental focus.

Afternoon



Lemon Love® cold-pressed juice + Take a 10 minute walk

As the day goes on, hydration naturally dips. Wake up those taste buds with this refreshingly tart juice while supporting your afternoon digestion from 1 billion CFUs of probiotics. Pair it with a 10 minute walk, since movement helps to circulate that hydration around the body, to your muscles and mind. Spending at least 10 minutes walking will get your blood flowing and your mind refreshed.

Dinner

White Bean Vegetable Soup

To close out your day, load up on fiber and micronutrients with this white bean vegetable soup. The fiber in this meal helps to keep you full, allowing you to sleep deeper, and supports overnight digestion.



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Recipes

Prep & Instructions

Overnight Oats

Prep Time: 5 minutes

Cook Time: 0 minutes

Resting / Chill Time: 4-10 hours (overnight)

Yield: 1 serving

Ingredients

1 cup gluten free rolled oats
2 tablespoons chia seeds
1 teaspoon ground cinnamon
1 cup nut milk or water
Fresh blueberries

Instructions

1. Gently mix oats, seeds and cinnamon together in a bowl.
2. Place dry mixture into a container (we like to use mason jars with lids or small glass containers.)
3. Add $\frac{1}{2}$ cup nut milk or water to each container and mix together until there are no clumps.
4. Place in fridge so ingredients can absorb liquid. When ready to eat, add a handful of fresh blueberries and enjoy!



Chickpea Open Face Sandwich

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Yield: 2 sandwiches

Ingredients

- 1 15 oz can chickpeas, drained & rinsed
- ¼ cup mayonnaise (dairy-free if desired)
- 1 tablespoon dijon mustard
- 1 tablespoon lemon juice
- 2 celery ribs, diced
- 1 tablespoon capers
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 slices whole grain bread

Instructions

- 1) Place chickpeas in a large bowl. Using a fork or a potato masher, mash chickpeas until mostly broken down.
- 2) Add mayonnaise, dijon mustard, lemon juice, celery, capers, salt and pepper. Stir to combine.
- 3) Toast bread.
- 4) Scoop chickpea salad mixture over toasted bread and serve.



Sheet Pan Salmon With Roasted Vegetables

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Yield: 2 serving

Ingredients

2 (6 oz) salmon fillets

2 cups broccoli florets

1 cup cherry tomatoes

1 red bell pepper, sliced

2 tbsp olive oil

2 garlic cloves, minced

1 lemon, half juiced and half sliced

1 tsp dried thyme

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp ground black pepper

$\frac{1}{4}$ tsp red pepper flakes

Instructions

- 1) Preheat the oven to 425° F and line a sheet pan with parchment paper or foil.
- 2) In a small bowl, mix the olive oil, garlic, lemon juice, dried thyme, salt, black pepper, and red pepper flakes.
- 3) Toss the broccoli, cherry tomatoes, and bell pepper with half the seasoning oil on the sheet pan, spreading into a single layer.
- 4) Push the vegetables to the sides. Place the 2 salmon fillets in the center and brush with the remaining seasoning oil. Top with lemon slices.
- 5) Roast until the salmon flakes easily with a fork and vegetables are tender, about 15-20 minutes.



Berry Chia Pudding

Prep Time: 5 minutes

Cook Time: 0 minutes

Resting / Chill Time: 6 hours

Yield: 1 serving

Ingredients

1 ½ tablespoons chia seeds

½ cup milk (dairy-free if desired)

1 teaspoon honey

¼ cup berries

Instructions

- 1) Add chia seeds, milk, and honey into a small jar. Stir to combine.
- 2) Chill in the refrigerator for at least 6 hours.
- 3) Upon serving, stir and top with berries.



Chicken Avocado Crunch Wrap

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Yield: 1 serving

Ingredients

1 large whole grain tortilla

½ cup cooked chicken breast, shredded

½ avocado, sliced

½ cup shredded carrots

½ cup chopped romaine lettuce

2 tablespoons red cabbage, thinly sliced

1 tablespoon plain Greek yogurt

½ teaspoon dijon mustard

1 tablespoon lemon juice

Instructions

- 1) To make the dressing, combine Greek yogurt, Dijon mustard, fresh lemon juice, salt, and black pepper in a small bowl; whisk until thoroughly blended.
- 2) In a medium bowl, combine the chopped romaine lettuce, thinly sliced red cabbage, and shredded carrots. Toss lightly with half of the prepared dressing.
- 3) Spread the lightly dressed vegetable slaw evenly over the center of the tortilla.
- 4) Layer cooked shredded chicken breast and fresh avocado slices over the vegetables, then drizzle with the remaining dressing mixture.
- 5) Roll up tightly, and slice horizontally across the middle to serve.



White Bean Veggie Soup

Prep Time: 15 minutes

Cook Time: 40 minutes

Total Time: 55 minutes

Yield: 4 serving

Ingredients

15oz can of rinsed bean of choice	2 cups vegetable broth
1 ½ large onion, chopped	1 cup canned diced tomatoes
2 large celery stalks, chopped	1 cup water (if needed for extra liquid)
2 large carrots, chopped	½ tsp salt
1 large zucchini, chopped	½ tsp oregano
2 garlic cloves, chopped or minced	½ tsp dried thyme
2 cups leafy greens (greens of choice)	2 tbsp olive oil
	¼ tsp ground black pepper

Instructions

1. In a large pot, heat the olive oil over medium heat. Add the onion, garlic, celery, and carrots. Continue to stir and let it cook for about 5 min until vegetables soften.
2. Add the zucchini and cannellini beans and cook for 2-3 minutes.
3. Add the vegetable broth, diced tomatoes, salt, oregano, thyme, and black pepper. Stir and let it come to a boil.
4. Once boiling, decrease heat to a simmer, cover pot and let it cook for about 20 min (stirring every couple of minutes).
5. Stir in the leafy greens and continue to simmer for another 3-5 minutes until it softens.
6. Season to taste for your preference. Serve and enjoy!



Shopping List

Produce

- 1 clam-shell (6 oz) berries
- 1 pint blueberries
- 1 bunch celery
- 1 lb bag carrots
- 1 head romaine lettuce
- 1 small head red cabbage
(or bagged coleslaw mix)
- 2 avocados
- 1 crown or 12 oz bag broccoli florets
- 1 pint cherry tomatoes
- 1 red bell pepper
- 1 head garlic
- 2 lemons
- 1 onion (yellow or white)
- 1 medium zucchini
- 1 bunch or 5 oz bag leafy greens (spinach/kale)

Protein

- 1 can (15 oz) chickpeas
- 1 rotisserie chicken, or 1 lb boneless chicken breast
- 1 pack (2 fillets, ~¾-1 lb) salmon
- 1 can (15 oz) cannellini beans

Dairy

- 1 half-gallon or quart milk
(dairy-free if desired)
- 1 carton nut milk (covers oats + chia pudding)
- 1 small tub (5.3 oz) plain Greek yogurt

Condiments & Pantry Staples

- Honey
- Ground cinnamon
- Mayonnaise
- Dijon mustard
- Capers
- Olive oil
- Diced tomatoes
- Vegetable broth
- Dried thyme
- Dried oregano
- Red pepper flakes
- Salt
- Black pepper

Grains / Bread

- 1 container (18 oz) gluten-free rolled oats
- 1 loaf whole grain bread
- 1 pack (6-8 count) whole grain tortillas
- 1 bag (12-16 oz) chia seeds