

THE NEW POWER FOODS MENU

Better effectiveness - Better flavours

These recipe descriptions only contain some of the ingredients used in each one.
All the programs have the same menu and the recipes differ by a few ingredients.
Check the complete ingredient description on the next page.

MENU 1*

	Breakfast and afternoon meal 2 x 480 ml**	Lunch and dinner 2 x 480 ml**
DAY 1	Drain Blend	Mind Blend ""Coffee""
	Kiwi, cucumber, pineapple plus 5 vegetable and fruits	Pear, brazilnuts, chicory plus 6 fruits and seeds
DAY 2	Pro Blend	Cardio Blend Cocoa
	Cherimoya, parsnip, papaya plus 5 vegetable and fruits	Dates, flaxseeds, raw cocoa plus 6 fruits and seeds
DAY 3	Vision Blend	Glow Blend Mango
	Watermelon, carrots, peach plus 2 vegetable and fruits	Mango, pumpkin seeds, sunflower seeds plus 5 fruits and seeds
DAY 4	Speed Blend	Power Blend Cherry
	Plum, red cabbage, pear plus 5 vegetable and fruits <small>Contém malagueta apenas nos programas Reset Intensive Diet Coaching</small>	Cherry, macadamia nuts, sunflower seeds plus 6 fruits and seeds
DAY 5	Beet Blend	Digest Blend Passion Fruit
	Strawberry, beetroot, grapes plus 4 vegetable and fruits	Passion fruit, chia and sesame seeds plus 8 fruits and seeds

MENU 2*

	Breakfast and afternoon meal 2 x 480 ml**	Lunch and dinner 2 x 480 ml**
DAY 1	Immuno Blend	Mind Blend Coconut
	Apple, fennel, pear plus 6 vegetable and fruits	Pear, brazilnuts, coconut plus 7 fruits and seeds
DAY 2	Comfort Blend	Cardio Blend Cinnamon
	Pineapple, ginger, melon plus 5 vegetable and fruits	Dates, flaxseeds cinnamon plus 7 fruits and seeds
DAY 3	Skindeep Blend	Glow Blend Avocado
	Melon, carrots, peach plus 2 vegetable and fruits	Abacate, pumpkin seeds, sunflower seeds plus 5 fruits and seeds
DAY 4	Antiox Blend	Power Blend Mango
	Strawberries, rhubarb, peach plus 3 vegetable and fruits	Mango, macadamia, sunflower seeds plus 5 fruits and seeds
DAY 5	Core Blend	Digest Blend Berries
	Plum, red cabbage, watermelon plus 3 vegetable and fruits	Berries, chia and sesame seeds plus 7 fruits and seeds

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

** Except in the diet coaching program where only one blend of each recipe is served.

INGREDIENT LIST

Each blend contains between 6 and 10 ingredients which, usually, are used once or twice per week. The formulae are reserved as a prerogative of a restaurant service.

Some of the ingredients are seasonal and therefore may be absent of the menu depending on the season. We do not guarantee the absence of trace amounts of any ingredient in any recipe.

Our programs are not recommended to anyone who has a severe allergy to any of its ingredients.

FRUIT AND VEGETABLE SMOOTHIES

SMOOTHIES	MENU 1*				MENU 2*			
	RESET INTENSIVE	RESET ULTRA 800	RESET ULTRA PUMP	DIET COACHING	RESET INTENSIVE	RESET ULTRA 800	RESET ULTRA PUMP	DIET COACHING
Apple	0	0	0	0	1	1	1	1
Apricot	1	1	1	1	1	1	1	1
Asparagus	0	1	1	0	0	0	0	0
Beetroot	1	1	1	1	0	0	0	0
Black grapes	1	1	1	1	0	0	0	0
Blackberries	0	0	0	0	0	1	1	0
Blueberries	0	1	1	0	0	0	0	0
Broccoli	0	0	0	0	1	0	0	1
Cantaloupe	1	1	1	1	1	1	1	1
Carrot	1	1	1	1	1	1	1	1
Cauliflower	0	0	0	0	1	0	0	1
Celery	1	1	1	1	0	0	0	0
Cherimoya	1	1	1	1	0	0	0	0
Chery	0	0	0	0	1	1	1	1
Chilli pepper	1	0	0	1	0	0	0	0
Cucumber	1	1	1	1	0	0	0	0
Curcuma	1	1	1	1	0	0	0	0
Fennel	0	0	0	0	1	1	1	1
Ginger	0	0	0	0	1	1	1	1
Grapefruit	1	1	1	1	0	0	0	0
Kale	0	0	0	0	1	1	1	1
Kiwi	1	1	1	1	0	0	0	0
Mango	0	1	1	0	0	1	1	0
Melon	1	1	1	1	1	1	1	1
Orange juice	1	1	1	1	1	1	1	1
Papaya	1	1	1	1	0	0	0	0
Parsnip	1	1	1	1	0	0	0	0
Peach	1	1	1	1	1	1	1	1
Pear	1	1	1	1	1	1	1	1
Persimmon	1	1	1	1	1	1	1	1
Pineapple	1	1	1	1	1	1	1	1
Plum	1	1	1	1	1	1	1	1
Pomegranate	0	0	0	0	1	1	1	1
Radishes	0	0	0	0	1	0	0	1
Raspberries	0	0	0	0	0	1	1	0
Red cabbage	1	1	1	1	1	1	1	1
Rhubarb	0	0	0	0	1	1	1	1
Spinach	1	1	1	1	0	0	0	0
Strawberries	1	1	1	1	1	1	1	1
Tomato	1	0	0	1	1	0	0	1
Water	1	1	1	1	1	1	1	1
Watermelon	1	1	1	1	1	1	1	1

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

FRUIT AND SEEDS SHAKES

SHAKES	MENU 1*				MENU 2*			
	RESET INTENSIVE	RESET ULTRA 800	RESET ULTRA PUMP	DIET COACHING	RESET INTENSIVE	RESET ULTRA 800	RESET ULTRA PUMP	DIET COACHING
Almonds	0	0	0	0	1	0	0	1
Avocado	0	0	0	0	1	1	1	1
Banana	1	0	0	1	1	0	0	1
Blackberries	0	0	0	0	1	1	1	1
Blueberries	0	0	0	0	1	1	1	1
Brazil nuts	1	1	1	1	1	1	1	1
Buckwheat	1	0	0	1	1	0	0	1
Cantaloupe	1	1	1	1	0	0	0	0
Cashew nuts	1	0	0	1	1	0	0	1
Cherries	1	1	1	1	0	0	0	0
Chia seeds	1	1	1	1	1	1	1	1
Chicory	1	1	1	1	0	0	0	0
Cinnamon	0	0	0	0	1	1	1	1
Coconut	0	0	0	0	1	1	1	1
Courgette	1	1	1	1	0	1	1	0
Curcuma	1	1	1	1	0	0	0	0
Dates	1	1	1	1	1	1	1	1
Figs	1	1	1	1	1	1	1	1
Flaxseeds	1	1	1	1	1	1	1	1
Ginger	0	0	0	0	1	1	1	1
Hazelnuts	1	0	0	1	0	0	0	0
Hemp protein	0	0	1	0	0	0	1	0
Lemon juice	1	1	1	1	1	1	1	1
Lemon zest	1	1	1	1	1	1	1	1
Macadamia nuts	1	1	1	1	1	1	1	1
Mango	1	1	1	1	1	1	1	1
Melon	1	1	1	1	0	0	0	0
Oats	1	0	0	1	1	0	0	1
Orange juice	1	1	1	1	1	1	1	1
Passion fruit	1	1	1	1	0	0	0	0
Pea protein	0	0	1	0	0	0	1	0
Pear	1	1	1	1	1	1	1	1
Pecan nuts	0	0	0	0	1	0	0	1
Pineapple	1	1	1	1	1	1	1	1
Pink salt	1	1	1	1	1	1	1	1
Pomegranate	1	1	1	1	0	0	0	0
Pumpkin seeds	1	1	1	1	1	1	1	1
Raspberries	0	0	0	0	1	1	1	1
Raw cocoa	1	1	1	1	0	0	0	0
Rice protein	0	0	1	0	0	0	1	0
Sesame seeds	1	1	1	1	1	1	1	1
Strawberries	0	0	0	0	1	1	1	1
Sunflower seeds	1	1	1	1	1	1	1	1
Walnuts	1	0	0	1	0	0	0	0
Water	1	1	1	1	1	1	1	1

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

BLEND COMPOSITION

RESET INTENSIVE PROGRAM MENU 1*

FRUIT AND VEGETABLE SMOOTHIES

Daily dose: 2 x 480 ml

Recommended meals: Breakfast and afternoon meal

SMOOTHIE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
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INGREDIENT	DRAIN BLEND	PRO BLEND	VISION BLEND	SPEED BLEND	BEET BLEND
Fresh Fruit	62.5%	72.9%	72.9%	62.5%	72.9%
Fresh vegetables	20.8%	10.4%	20.8%	15.6%	10.4%
Water	6.3%	5.4%	6.3%	20.8%	16.7%
Fruit juice	10.4%	10.4%	0.0%	0.0%	0.0%
Spices	0.0%	0.8%	0.0%	1.0%	0.0%

RESET INTENSIVE PROGRAM MENU 2*

FRUIT AND VEGETABLE SMOOTHIES

Daily dose: 2 x 480 ml

Recommended meals: Breakfast and afternoon meal

SMOOTHIE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
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INGREDIENT	IMMUNO BLEND	COMFORT BLEND	SKINDEEP BLEND	ANTIOX BLEND	CORE BLEND
Fresh Fruit	62.5%	62.5%	62.5%	62.5%	72.9%
Fresh vegetables	12.5%	15.6%	20.8%	15.6%	7.3%
Water	13.3%	10.4%	6.3%	21.9%	19.8%
Fruit juice	10.4%	10.4%	10.4%	0.0%	0.0%
Spices	1.3%	1.0%	0.0%	0.0%	0.0%

FRUIT AND SEED SHAKES

Daily dose: 2 x 480 ml

Recommended meals: Lunch and Diner

SHAKE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
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INGREDIENT	MIND BLEND "COFFEE"	CARDIO BLEND COCOA	GLOW BLEND MANGO	POWER BLEND CHERRY	BLEND PASSION FRUIT
Water	69.4%	68.3%	50.7%	60.5%	61.2%
Fresh Fruit	10.4%	10.4%	20.8%	20.8%	18.8%
Nuts	5.8%	5.8%	0.0%	5.8%	5.8%
Dried fruit	5.2%	5.2%	0.0%	5.2%	5.2%
Seeds	3.3%	3.3%	5.0%	5.0%	5.0%
Cereals	5.2%	5.2%	0.0%	0.0%	0.0%
Fruit juice	0.0%	0.0%	13.0%	2.6%	3.1%
Spices	0.6%	1.7%	0.0%	0.0%	0.9%
Fresh vegetables	0.0%	0.0%	10.4%	0.0%	0.0%
Protein isolate	0.0%	0.0%	0.0%	0.0%	0.0%

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

FRUIT AND SEED SHAKES

Daily dose: 2 x 480 ml

Recommended meals: Lunch and Diner

SHAKE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
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INGREDIENT	MIND BLEND COCONUT	CARDIO BLEND CINNAMON	GLOW BLEND AVOCADO	POWER BLEND MANGO	DIGEST BLEND BERRIES
Water	67.4%	69.0%	48.1%	70.9%	68.4%
Fresh Fruit	10.4%	10.4%	20.8%	10.4%	15.5%
Nuts	5.8%	5.8%	0.0%	5.8%	5.8%
Dried fruit	5.2%	5.2%	0.0%	5.2%	5.2%
Seeds	3.3%	3.3%	5.0%	5.0%	5.0%
Cereals	5.2%	5.2%	0.0%	0.0%	0.0%
Fruit juice	2.6%	0.0%	26.0%	2.6%	0.0%
Spices	0.0%	1.0%	0.0%	0.0%	0.0%
Fresh vegetables	0.0%	0.0%	0.0%	0.0%	0.0%
Protein isolate	0.0%	0.0%	0.0%	0.0%	0.0%

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

PROGRAMA RESET ULTRA 800

MENU 1*

FRUIT AND VEGETABLE SMOOTHIES

Daily dose: 2 x 480 ml

Recommended meals: Breakfast and afternoon meal

SMOOTHIE DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

INGREDIENT	DRAIN BLEND	PRO BLEND	VISION BLEND	SPEED BLEND	BEET BLEND
Fresh Fruit	62.5%	72.9%	78.1%	68.8%	72.9%
Fresh vegetables	22.9%	10.4%	10.4%	5.2%	10.4%
Water	4.2%	5.4%	11.5%	26.0%	16.7%
Fruit juice	10.4%	10.4%	0.0%	0.0%	0.0%
Spices	0.0%	0.8%	0.0%	0.0%	0.0%

FRUITS AND SEEDS SHAKES

Dose diária: 2 x 480 ml

Refeições: Lunch and Dinner

SHAKE DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

INGREDIENT	MIND BLEND "COFFEE"	CARDIO BLEND COCOA	GLOW BLEND MANGO	POWER BLEND CHERRY	DIGEST BLEND PASSION FRUIT
Water	78.8%	77.7%	50.7%	64.6%	65.4%
Fresh Fruit	5.2%	5.2%	20.8%	20.8%	18.8%
Nuts	1.7%	1.7%	0.0%	1.7%	1.7%
Dried fruit	5.2%	5.2%	0.0%	5.2%	5.2%
Seeds	3.3%	3.3%	5.0%	5.0%	5.0%
Cereals	0.0%	0.0%	0.0%	0.0%	0.0%
Fruit juice	0.0%	0.0%	13.0%	2.6%	3.1%
Spices	0.6%	1.7%	0.0%	0.0%	0.9%
Vegetables	5.2%	5.2%	10.4%	0.0%	0.0%
Protein isolate	0.0%	0.0%	0.0%	0.0%	0.0%

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

PROGRAMA RESET ULTRA 800

MENU 2*

FRUIT AND VEGETABLE SMOOTHIES

Daily dose: 2 x 480 ml

Recommended meals: Breakfast and afternoon meal

SMOOTHIE DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

INGREDIENT	IMMUNO BLEND	COMFORT BLEND	SKINDEEP BLEND	ANTIOX BLEND	CORE BLEND
Fresh Fruit	67.7%	67.7%	67.7%	68.8%	79.2%
Fresh vegetables	7.3%	10.4%	10.4%	5.2%	5.2%
Water	13.3%	10.4%	11.5%	26.0%	15.6%
Fruit juice	10.4%	10.4%	10.4%	0.0%	0.0%
Spices	1.3%	1.0%	0.0%	0.0%	0.0%

FRUITS AND SEEDS SHAKES

Dose diária: 2 x 480 ml

Refeições: Lunch and Dinner

SHAKE DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

INGREDIENT	MIND BLEND COCONUT	CARDIO BLEND CINNAMON	GLOW BLEND AVOCADO	POWER BLEND MANGO	DIGEST BLEND BERRIES
Water	76.7%	78.4%	48.1%	75.1%	72.6%
Fresh Fruit	5.2%	5.2%	20.8%	10.4%	15.5%
Nuts	1.7%	1.7%	0.0%	1.7%	1.7%
Dried fruit	5.2%	5.2%	0.0%	5.2%	5.2%
Seeds	3.3%	3.3%	5.0%	5.0%	5.0%
Cereals	0.0%	0.0%	0.0%	0.0%	0.0%
Fruit juice	2.6%	0.0%	26.0%	2.6%	0.0%
Spices	0.0%	1.0%	0.0%	0.0%	0.0%
Vegetables	5.2%	5.2%	0.0%	0.0%	0.0%
Protein isolate	0.0%	0.0%	0.0%	0.0%	0.0%

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

PROGRAMA RESET ULTRA PUMP

MENU 1*

FRUIT AND VEGETABLE SMOOTHIES

Daily dose: 2 x 480 ml

Recommended meals: Breakfast and afternoon meal

SMOOTHIE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
INGREDIENT	DRAIN BLEND	PRO BLEND	VISION BLEND	SPEED BLEND	BEET BLEND
Fresh Fruit	62.5%	72.9%	78.1%	68.8%	72.9%
Fresh vegetables	22.9%	10.4%	10.4%	5.2%	10.4%
Water	4.2%	5.4%	11.5%	26.0%	16.7%
Fruit juice	10.4%	10.4%	0.0%	0.0%	0.0%
Spices	0.0%	0.8%	0.0%	0.0%	0.0%

FRUITS AND SEEDS SHAKES

Dose diária: 2 x 480 ml

Refeições: Lunch and Dinner

SHAKE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
INGREDIENT	MIND BLEND "COFFEE"	CARDIO BLEND COCOA	GLOW BLEND MANGO	POWER BLEND CHERRY	DIGEST BLEND PASSION FRUIT
Water	72.6%	71.4%	44.4%	58.4%	59.1%
Fresh Fruit	5.2%	5.2%	20.8%	20.8%	18.8%
Nuts	1.7%	1.7%	0.0%	1.7%	1.7%
Dried fruit	5.2%	5.2%	0.0%	5.2%	5.2%
Seeds	3.3%	3.3%	5.0%	5.0%	5.0%
Cereals	0.0%	0.0%	0.0%	0.0%	0.0%
Fruit juice	0.0%	0.0%	13.0%	2.6%	3.1%
Spices	0.6%	1.7%	0.0%	0.0%	0.9%
Vegetables	5.2%	5.2%	10.4%	0.0%	0.0%
Protein isolate	6.3%	6.3%	6.3%	6.3%	6.3%

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

PROGRAMA RESET ULTRA PUMP

MENU 2*

FRUIT AND VEGETABLE SMOOTHIES

Daily dose: 2 x 480 ml

Recommended meals: Breakfast and afternoon meal

SMOOTHIE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
INGREDIENT	IMMUNO BLEND	COMFORT BLEND	SKINDEEP BLEND	ANTIOX BLEND	CORE BLEND
Fresh Fruit	67.7%	67.7%	67.7%	68.8%	79.2%
Fresh vegetables	7.3%	10.4%	10.4%	5.2%	5.2%
Water	13.3%	10.4%	11.5%	26.0%	15.6%
Fruit juice	10.4%	10.4%	10.4%	0.0%	0.0%
Spices	1.3%	1.0%	0.0%	0.0%	0.0%

FRUITS AND SEEDS SHAKES

Dose diária: 2 x 480 ml

Refeições: Lunch and Dinner

SHAKE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
INGREDIENT	MIND BLEND COCONUT	CARDIO BLEND CINNAMON	GLOW BLEND AVOCADO	POWER BLEND MANGO	DIGEST BLEND BERRIES
Water	70.5%	72.1%	41.8%	68.8%	66.3%
Fresh Fruit	5.2%	5.2%	20.8%	10.4%	15.5%
Nuts	1.7%	1.7%	0.0%	1.7%	1.7%
Dried fruit	5.2%	5.2%	0.0%	5.2%	5.2%
Seeds	3.3%	3.3%	5.0%	5.0%	5.0%
Cereals	0.0%	0.0%	0.0%	0.0%	0.0%
Fruit juice	2.6%	0.0%	26.0%	2.6%	0.0%
Spices	0.0%	1.0%	0.0%	0.0%	0.0%
Vegetables	5.2%	5.2%	0.0%	0.0%	0.0%
Protein isolate	6.3%	6.3%	6.3%	6.3%	6.3%

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

PROGRAMA DIET COACHING

MENU 1*

FRUIT AND VEGETABLE SMOOTHIES

Daily dose: 1 x 480 ml

Recommended meals: Breakfast

SMOOTHIE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
INGREDIENT	DRAIN BLEND	PRO BLEND	VISION BLEND	SPEED BLEND	BEET BLEND
Fresh Fruit	62.5%	72.9%	72.9%	62.5%	72.9%
Fresh vegetables	20.8%	10.4%	20.8%	15.6%	10.4%
Water	6.3%	5.4%	6.3%	20.8%	16.7%
Fruit juice	10.4%	10.4%	0.0%	0.0%	0.0%
Spices	0.0%	0.8%	0.0%	1.0%	0.0%

FRUITS AND SEEDS SHAKES

Dose diária: 1 x 480 ml

Refeições: Almoço ou Jantar

SHAKE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
INGREDIENT	MIND BLEND "COFFEE"	CARDIO BLEND COCOA	GLOW BLEND MANGO	POWER BLEND CHERRY	DIGEST BLEND PASSION FRUIT
Water	69.4%	68.3%	50.7%	60.5%	61.2%
Fresh Fruit	10.4%	10.4%	20.8%	20.8%	18.8%
Nuts	5.8%	5.8%	0.0%	5.8%	5.8%
Dried fruit	5.2%	5.2%	0.0%	5.2%	5.2%
Seeds	3.3%	3.3%	5.0%	5.0%	5.0%
Cereals	5.2%	5.2%	0.0%	0.0%	0.0%
Fruit juice	0.0%	0.0%	13.0%	2.6%	3.1%
Spices	0.6%	1.7%	0.0%	0.0%	0.9%
Fresh vegetables	0.0%	0.0%	10.4%	0.0%	0.0%
Protein isolate	0.0%	0.0%	0.0%	0.0%	0.0%

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

MENU 2*

FRUIT AND VEGETABLE SMOOTHIES

Daily dose: 1 x 480 ml

Recommended meals: Breakfast

SMOOTHIE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
INGREDIENT	IMMUNO BLEND	COMFORT BLEND	SKINDEEP BLEND	ANTIOX BLEND	CORE BLEND
Fresh Fruit	62.5%	62.5%	62.5%	62.5%	72.9%
Fresh vegetables	12.5%	15.6%	20.8%	15.6%	7.3%
Water	13.3%	10.4%	6.3%	21.9%	19.8%
Fruit juice	10.4%	10.4%	10.4%	0.0%	0.0%
Spices	1.3%	1.0%	0.0%	0.0%	0.0%

FRUITS AND SEEDS SHAKES

Dose diária: 1 x 480 ml

Refeições: Almoço ou Jantar

SHAKE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
INGREDIENT	MIND BLEND COCONUT	CARDIO BLEND CINNAMON	GLOW BLEND AVOCADO	POWER BLEND MANGO	DIGEST BLEND BERRIES
Water	67.4%	69.0%	48.1%	70.9%	68.4%
Fresh Fruit	10.4%	10.4%	20.8%	10.4%	15.5%
Nuts	5.8%	5.8%	0.0%	5.8%	5.8%
Dried fruit	5.2%	5.2%	0.0%	5.2%	5.2%
Seeds	3.3%	3.3%	5.0%	5.0%	5.0%
Cereals	5.2%	5.2%	0.0%	0.0%	0.0%
Fruit juice	2.6%	0.0%	26.0%	2.6%	0.0%
Spices	0.0%	1.0%	0.0%	0.0%	0.0%
Fresh vegetables	0.0%	0.0%	0.0%	0.0%	0.0%
Protein isolate	0.0%	0.0%	0.0%	0.0%	0.0%

* The menus are alternated every week and through the contact form, the customer can ask which menu will be served on a given week.

TOTAL NUTRITIONAL COMPOSITION OF THE PROGRAMS

Nutrient	RESET INTENSIVE		RESET ULTRA 800		RESET ULTRA PUMP		DIET COACHING ***	
	4 x 480 ml		4 x 480 ml		4 x 480 ml		2 x 480 ml	
		% RDA		% RDA		% RDA		% RDA
Energy, kcal	1163	57%	892	44%	935	46%	581	29%
Carbohydrates, g, of which	175	53%	153	46%	156	47%	88	27%
Fibre, g	33	131%	29	116%	31	126%	16	66%
Naturally occurring sugars, g	104		104		104		52	
Added sugars, g	0.0	0%	0.0	0%	0.0	0%	0.0	0%
Total fat, g, of which	51	90%	33	58%	34	60%	26	45%
Saturated fat, g,	8	34%	5	23%	5	24%	4	17%
Monounsaturated fat, g	22	159%	12	89%	12	90%	11	80%
Polyunsaturated fat, g	17	95%	12	67%	13	71%	9	47%
Trans fat, mg	0	0%	0	0%	0	0%	0	0%
Omega-3, g	3.4	146%	2.8	127%	2.8	127%	1.7	73%
Omega-6, g	13.8	245%	9.2	162%	9.2	162%	6.9	123%
Protein, g	27	56%	19	39%	63	133%	13	28%
Tryptophan, mg	375	164%	265	116%	844	369%	187	82%
Threonine, mg	888	104%	593	69%	2270	265%	444	52%
Isoleucine, mg	1000	88%	671	59%	2699	236%	500	44%
Leucine, mg	1666	75%	1067	48%	4760	214%	833	37%
Lysine, mg	1131	66%	788	46%	3121	182%	566	33%
Methionine, mg	485	85%	360	63%	1310	229%	243	42%
Phenylalanine, mg	1172	82%	756	53%	3190	223%	586	41%
Valine, mg	1334	90%	892	60%	3291	222%	667	45%
Histidine, mg	604	106%	386	68%	1502	263%	302	53%
Vitamins								
Vitamin A, IU	8132	349%	7911	339%	7911	339%	4066	174%
Vitamin C, mg	244	361%	240	356%	240	356%	122	181%
Vitamin D*, IU	0	0%	0	0%	0	0%	0	0%
Vitamin E, mg	8.4	70%	6.7	55%	7.4	61%	4.2	35%
Vitamin K, mcg	109	181%	97	162%	97	162%	54	91%
Vitamin B1, mg	1.0	91%	0.9	75%	0.9	80%	0.5	45%
Vitamin B2, mg	0.48	44%	0.35	32%	0.35	32%	0.24	22%
Vitamin B3, mg	8.7	58%	7.3	48%	7.3	48%	4.3	29%
Vitamin B6, mg	1.1	88%	0.9	72%	1.0	77%	0.6	44%
Folate, mcg	279	70%	246	61%	246	61%	139	35%
Vitamin B12**, mcg	0	0%	0	0%	0	0%	0	0%
Pantothenic acid, mg	3.0	61%	2.5	49%	2.5	49%	1.5	30%
Minerals								
Calcium, mg	390	75%	352	68%	416	80%	195	37%
Iron, mg	10.9	76%	8.7	60%	10.5	73%	5.5	38%
Magnesium, mg	458	148%	343	111%	343	111%	229	74%
Phosphorus, mg	841	120%	615	88%	615	88%	421	60%
Potassium, mg	2921	83%	2561	73%	2715	78%	1461	42%
Sodium, g	0	4%	0	4%	0	4%	0	2%
Zinc, mg	7	83%	5	57%	5	57%	3	42%
Copper, mg	2	273%	2	191%	2	191%	1	137%
Manganese, mg	5	269%	3	193%	3	193%	2	134%
Selenium, mg	142	258%	139	252%	139	252%	71	129%
Cholesterol	0	0%	0	0%	0	0%	0	0%

* Vitamin D can be sourced from solar exposure. Supplementation may be necessary under medical supervision.

** Vitamin B12's supplementation is only necessary when absent from the diet for long periods or if recommended by your doctor.

*** The blends of this program aim to complement the diet with whole foods and, together with our diet plan, they ensure the intake of all the recommended nutrients.

TECHNICAL INFORMATION OF POWER FOODS BLENDS

Updated in 14th of July 2020

1. Product description

The blends consist of mixtures divided in two categories:

Fruit and vegetable smoothies: made with the entire edible part of vegetables, fruits and a small portion of fresh fruit juice and filtered water. Potential allergens: may contain celery.

Fruit and seed shakes: made with the entire edible part of fresh fruit, dried fruit, seeds, nuts, spices, fruit juice and filtered water. Potential allergens: may contain nuts, sesame seeds and traces of gluten.

2. Ingredients

For maximum bioactivity, the ingredients are always used whole and unprocessed with no previous freezing, freeze drying, drying, pasteurization, roasting nor grinding. Exception to raw cocoa and cinnamon that are used in its ground form and figs that are dehydrated. The availability of the ingredients is dependent on the season. We do not customize the menus and Power Foods does not guarantee the absence of any of the ingredients in any of the recipes.

The blends are free of added sugars, honey, syrups, sweeteners, dairy and other animal products, preservatives, added flavours and other additives.

3. The recipes formulae

The recipes follow the World's Health Organization nutritional guidelines and take in account the bioactivity of each ingredient. As Power Foods the programs are a type of restaurant service, the recipes are kept secret.

4. Production

The blends are prepared less than 24 hours before they are sent to the customer for a maximum bioactivity:

Fruit and vegetable smoothies: sanitation of the fresh ingredients --> Removal of the inedible parts -->

Weighing of the portions --> Blending --> Filling --> Cooling --> Delivery

Fruit and seeds shake: Soaking of the seeds --> Sanitations of the ingredients --> Removal of the inedible parts --> Weighing of the portions --> Blending --> Cooling --> Delivery

5. Filling and sanitation

The blends can be filled either in glass reusable bottles or disposable plastic ones, as chosen by the customer. The returned glass bottles, previously washed by the customer, go through an intensive process of washing and sanitation prior to its reutilization. The fabric bags go through a similar process before being reused.

6. Preservation

The blends must be kept refrigerated between 1 and 4°C (maximum intensity of the fridge). The blends cannot remain at room temperature for more than one hour. However, for the purpose of transport of the blends, its maximum temperature can reach 10°C.

Blends that have not been properly preserved must be open with great care because they may have fermented, and its contents may overflow explosively.

The blends should not be frozen because that may compromise some of its bioactive properties.

7. Side effects and risk groups

Side effects are relatively rare, but typical of the detoxification and digestive adaptation processes lasting at most 3 days. The most frequent symptoms include gastric discomfort, flatulence and nausea. The most rare symptoms include vomiting, fever and skin reactions.

Pregnant and nursing women must present this document to their doctors to know if the program is suited to their specific needs.