

NEW MENU - Optimized results, improved flavors



Smooth and nutritious mixtures of cold blended fresh and whole ingredients

Meals	Breakfast and afternoon 2 x 480 ml	Lunch and dinner 2 x 480 ml
DAY 1	Drain Blend	Coconut Blend
	Reset Intensive	Kiwi, pineapple, celery, baby spinach, orange juice, pear, water.
Reset Ultra 800	Kiwi, pineapple, asparagus, baby spinach, orange juice, pear, water.	Coconut milk, dates, pear, courgette, brazil nuts, flaxseeds, pumpkin seeds, lemon juice, Himalayan salt, water.
DAY 2	Immuno Blend	Cocoa Blend
	Reset Intensive	Apple, pineapple, kale, fennel, broccoli , pear, mango, lemon juice, ginger, water.
Reset Ultra 800	Apple, pineapple, kale, fennel, endives , pear, mango, lemon juice, ginger, water.	Raw cocoa, dates, mango, courgette, whole buckwheat, brazil nuts, flaxseeds, pumpkin seeds, Himalayan salt, water.
DAY 3	Sight blend	Tropical Blend
	Reset Intensive	Papaya, carrot, tomato , grapefruit juice, peach or persimmon, melon, water.
Reset Ultra 800	Papaya, carrot, mango , grapefruit juice, peach or persimmon, melon, water.	Avocado, mango, orange juice, lemon juice, sunflower seeds, sesame seeds, pumpkin seeds, Himalayan salt, water.
DAY 4	Speed Blend	Passion Blend
	Reset Intensive	Pomegranate or strawberry, plum, peach or persimmon, parsnip, tomato, chilli , grapes, water.
Reset Ultra 800	Pomegranate or strawberry, plum, peach or persimmon, parsnip, raspberries , grapes, water.	Fresh passionfruit, mango, dried figs, chia seeds, sunflower seeds, sesame seeds, fresh turmeric, lemon juice, Himalayan salt, water.
DAY 5	Beet Blend	Berry Blend
	Reset Intensive	Beetroot, blueberries, pomegranate or strawberries, plum, red cabbage, pear, grapes, water.
Reset Ultra 800	Beetroot, blueberries, pomegranate or strawberries, plum, red cabbage, pear, grapes, water.	Fresh blueberries, blackberries and raspberries, dried figs, chia seeds, sunflower seeds, sesame seeds, Himalayan salt, water.

INGREDIENT LIST



Fruit and vegetable smoothies

Breakfast and afternoon 2 x 480 ml

INGREDIENT	RESETINTENSIVE	RESETULTRA 800	RESET ULTRA PUMP
Apple	✓	✓	✓
Apricot	✓	✓	✓
Asparagus	✗	✓	✓
Beetroot	✓	✓	✓
Broccoli	✓	✗	✗
Blueberries	✓	✓	✓
Cantaloupe	✓	✓	✓
Carrot	✓	✓	✓
Celery	✓	✗	✗
Cherimoya	✓	✓	✓
Chery	✓	✓	✓
Chilli pepper	✓	✗	✗
Cucumber	✓	✓	✓
Curcuma	✓	✓	✓
Endives	✗	✓	✓
Fennel	✓	✓	✓
Ginger	✓	✓	✓
Grapefruit	✓	✓	✓
Grapes	✓	✓	✓
Kale	✓	✓	✓
Kiwi	✓	✓	✓
Mango	✓	✓	✓
Melon	✓	✓	✓
Orange juice	✓	✓	✓
Papaya	✓	✓	✓
Parsnip	✓	✓	✓
Peach	✓	✓	✓
Pear	✓	✓	✓
Persimmon	✓	✓	✓
Pineapple	✓	✓	✓
Plum	✓	✓	✓
Pomegranate	✓	✓	✓
Raspberries	✗	✓	✓
Red cabbage	✓	✓	✓
Baby spinach	✓	✓	✓
Strawberries	✓	✓	✓
Tomato	✓	✗	✗
Water	✓	✓	✓

Fruit and seeds shakes

Lunch and dinner 2 x 480 ml

INGREDIENT	RESETINTENSIVE	RESETULTRA 800	RESET ULTRA PUMP
Avocado	✓	✓	✓
Banana	✓	✗	✗
Blackberries	✓	✓	✓
Blueberries	✓	✓	✓
Brazil nuts	✓	✓	✓
Buckwheat	✓	✗	✗
Cashew nuts	✓	✗	✗
Cherries	✓	✓	✓
Chia seeds	✓	✓	✓
Coconut milk	✓	✓	✓
Courgette	✗	✓	✓
Dates	✓	✓	✓
Figs	✓	✓	✓
Flaxseeds	✓	✓	✓
Fresh turmeric	✓	✓	✓
Hazelnuts	✓	✗	✗
Hemp protein	✗	✗	✓
Lemon juice	✓	✓	✓
Lemon zest	✓	✓	✓
Macadamia nuts	✓	✓	✓
Mango	✓	✓	✓
Oats	✓	✗	✗
Orange juice	✓	✓	✓
Passion fruit	✓	✓	✓
Pea protein	✗	✗	✓
Pear	✓	✓	✓
Pecan nuts	✗	✗	✗
Himalayan pink salt	✓	✓	✓
Pumpkin seeds	✓	✓	✓
Raspberries	✓	✓	✓
Rice protein	✗	✗	✓
Raw cocoa	✓	✓	✓
Sesame seeds	✓	✓	✓
Sunflower seeds	✓	✓	✓
Water	✓	✓	✓

Some of the ingredients are seasonal and therefor may be sometimes absent from the menu.

We do not guarantee the absence of trace amounts of any ingredient in any recipe. Thus, our programs are not recommended to anyone with a severe allergy to any of tbe ingredients.

AVERAGE TOTAL DAILY NUTRITIONAL INTAKE OF THE PROGRAMS



Nutrient	Reset Intensive		Reset Ultra 800		Reset Ultra Pump	
	Quant/ day	% RDA	Quant/ day	% RDA	Quant/ day	% RDA
Energy, Kcal	1077	53%	818	40%	1046	51%
Carbohydrates, g	155	47%	133	40%	138	42%
of which fiber, g	33	131%	29	116%	33	132%
sugars, g*	86		85		85	
Lipids, g	51	90%	33	59%	37	65%
of which saturated, g	7,1	31%	4,7	21%	5,4	24%
Omega-3, mg	2933	130%	2853	126%	2853	126%
Protein, g	25	53%	18	38%	62	132%
Sodium, g	0,1	0%	0,1	0%	0,0	0%
Cholesterol	0,0	0%	0,0	0%	0,1	0%
Vitamins						
Vitamin A, IU	7003	300%	6841	293%	6841	293%
Vitamin C, mg	206	306%	202	300%	202	300%
Vitamin E, mg	8,4	70%	7,1	59%	7,8	65%
Vitamin K, mcg	158	264%	142	237%	142	237%
Vitamin B1 (Thiamin), mg	1,0	89%	0,8	73%	0,9	78%
Vitamin B2 (Riboflavin), mg	0,5	43%	0,4	38%	0,4	38%
Vitamin B3 (Niacin), mg	7,9	52%	6,7	44%	6,7	44%
Vitamin B6 (pyridoxine), mg	1,1	83%	0,9	70%	1,0	75%
Folate, mcg	268	67%	239	60%	239	60%
Minerais						
Calcium, mg	371	71%	347	67%	411	79%
Iron, mg	10,4	72%	8,5	59%	10,3	72%
Magnesium, mg	432	139%	330	106%	330	106%
Phosphorus, mg	805	115%	604	86%	604	86%
Potassium, mg	2532	72%	2246	64%	2400	69%
Zinc, mg	6,5	81%	4,6	57%	4,6	57%
Selenium, mcg	111	201%	107	195%	107	195%
Aminoacids						
Tryptophan, mg	365	160%	263	115%	842	369%
Threonine, mg	852	99%	586	68%	2263	264%
Isoleucine, mg	967	85%	671	59%	2699	236%
Leucine, mg	1607	72%	1075	48%	4768	214%
Lysine, mg	1079	63%	766	45%	3100	181%
Methionine, mg	447	78%	328	57%	1278	224%
Phenylalanine, mg	1143	80%	773	54%	3207	225%
Valine, mg	1301	88%	897	60%	3295	222%
Histidine, mg	586	103%	389	68%	1505	263%

* The sugars are naturally occurring in the ingredients. There are no added sugars.

The characteristic absence of the vitamins D and B12 in a vegan diet is not problematic in the short term, but for longer periods consider supplementation.

TECHNICAL INFORMATION OF POWER FOODS BLENDS

Updated on the 11th of December of 2023

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 previously ground, the coconut milk purchased ready to use and the 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.

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 opened with great care because they may have fermented, and its contents may overflow explosively.

7. Side effects and risk groups

Side effects are relatively rare, but typical of the detoxification and digestive adaptation processes lasting for 3 days at the most. 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.

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