

# RAW6™ Options

Consume juices 2-3 hours apart. Snack options are noted to the left and should be consumed with juice #2 and #4 as noted on the schedule below. Meal options should be consumed during lunch or dinner time.

# RAW6™

THE 1-DAY  
JUICE PLAN  
FOR TOTAL  
REVITALIZATION

3 NUTRITIOUS OPTIONS AVAILABLE



red mango®  
treat yourself well®

## Suggested Meal Options:

Pick an option from each category and combine to create a delicious salad to supplement your Raw6™ juice pack.

### Vegetables:

3 cups lettuce such as spinach, kale, romaine, or mixed greens with other non-starchy raw or roasted vegetables mixed in, such as peppers, broccoli, cauliflower, yellow squash, zucchini, cucumber, mushrooms, carrots, and/or tomatoes

### Protein Choices (pick one):

- 3 ounces of lean meat or fish (boiled, baked or grilled)
- 3 hard-boiled egg whites, chopped
- 1 cup Tofu
- 3 ounces of meat substitute (such as TVP), cooked and crumbled

### Carbohydrate Choices (pick one):

- 1/3 cup of cooked quinoa, amaranth, barley, bulgar, farro, whole wheat pasta or brown rice
- ½ cup cooked green peas, corn, beans or lentils
- 1 cup acorn or butternut squash, roasted

### Dressing Options:

- Oil and vinegar blend

## Suggested Snacks Options:

Pick one of the following snack options to be consumed with Juice#2 and #4

- Any pre-packaged Red Mango carrot or celery snack cups (only at participating Red Mango locations)
- ¼ cup raw walnuts or almonds, or seeds such as pumpkin seeds
- ½ banana
- ½ cup oatmeal
- ½ cup cooked beans and lentils
- ½ apple with 1 TB peanut butter or other nut butters
- 6 ounce of yogurt or Greek yogurt
- 1 ounce of cheese, such as string cheese
- ¼ cup of cottage cheese with ½ cup berries
- 3 cups air-popped popcorn

**RAW6™ RESIST:** Packed with Vitamin C, which is thought to improve immunity.



**RAW6™ RESTORE:** Complete with iron, a vital element of red blood cells, which are the vehicles for carrying oxygen throughout your body.



**RAW6™ REVIVE:** Filled with magnesium, an important component in the body's production of energy.



▲ Ask us about our nut free options if you have an allergy!

## How to Order

**Pre-order in store or by phone**  
pick the plan that's right for you

**Prepay**  
pay ahead of time to ensure a quick pick-up

**Pick Up & Go**  
pick up your 6-pack the next day

## TALKING JUICE

As a Registered Dietitian Nutritionist and Certified Diabetes Educator, clients often ask me about the health and effectiveness of the juicing trend.

While there are differing opinions in the scientific community about juicing as a healthy option, many consumers are trying it in an effort to improve their diet and adopt a healthier lifestyle.

Most people know that incorporating a variety of fruits and vegetables into their diet provides an abundance of vital nutrients, including antioxidants, vitamins, and minerals. By juicing these fruits and vegetables, you allow your body to be flooded by these nutrients.

An occasional juicing regimen can provide variety to a balanced diet and can also help consumers to move away from a lifestyle of highly processed foods, in a sustainable way.



## ABOUT RED MANGO® RAW6™

Raw6™ our one-day juice program, when consumed with snacks and a healthy meal, provides consumers with a more reasonable approach to juicing while allowing their bodies to receive the nutrients it needs.

Too many juicing regimens on the market encourage consumers to fast for several days, often taking in far less calories than their bodies need for daily vital functions. These regimens can also produce uncomfortable and sometimes dangerous side effects, such as headaches, light-headedness, dizzy spells and gastrointestinal discomfort.

The list of snacks and salad options included in this pamphlet provide good sources of protein, complex carbohydrates/whole grains, and healthy fats that can be incorporated into the program to provide essential nutrients to help keep you feeling satisfied.

## SOME THINGS TO CONSIDER

The information contained in this pamphlet is not intended to replace the advice of a doctor or health care provider. Always check with your health care provider before changing your diet or starting a new diet. If, at any time, you feel unwell while enjoying Raw6™, you should stop immediately and consult your physician.

RED MANGO does not diagnose, treat or claim to heal illness. Individuals with serious illness should seek external advice and recommendations before participating in our 1-day juice plan or consuming Raw6™ products.

Raw6™ is a one day juice plan and is not a juice fasting or cleansing program. Our program includes consuming suggested snack options and one meal while enjoying our juice products.

You should be sure to drink plenty of water throughout the day and watch your overall calorie intake to make sure you stay within a healthy range for your specific needs.

It is recommended that you limit exercise to light activities for the day you intend to consume the juice program, stopping immediately if you feel lightheaded or ill.

Please note that our juices are all made with raw ingredients, and we do not pasteurize the final product. There is a risk in consuming fresh foods, as harmful bacterial could be present that could cause illness, especially in persons who are elderly or have compromised immune systems or women who are pregnant or nursing.

Raw6™ contains concentrated nutrients, such as sugars and/or certain vitamins found naturally in fruits and vegetables. If you are currently on a medication regimen that may be affected by consumption of these nutrients, check with your physician prior to starting this program.

If you have allergies to any food products you should carefully review the ingredients listed on the Raw6™ package information. **The beverages in this program contain nuts and milk products.** RED MANGO stores are NOT nut-free facilities. We use a variety of nuts in products prepared inside our restaurants.

## MEET OUR DIETICIAN



**Erika Bernhard, RDN, LD, CDE**  
President and Founder  
Crave Nutrition Solutions, LLC

Erika Bernhard, RDN, LD, CDE is the President and Founder of Crave Nutrition Solutions, LLC, in Missouri City, Texas. As an educator and health coach, Erika has been teaching nutrition, weight loss, and diabetes education for the past 14 years. Her love of nutrition, fitness and food keeps her active in many healthy lifestyle pursuits such as triathlon, swimming, cooking, and running with her labs, Gabby and Bo.

