

Recovery is

**Progress**

not

*Perfection*

*Cravings  
like thoughts  
come and go*

*You are  
doing so  
good!*

Anticipate the next quart...  
what will it be?!  
Oh the treat you are  
giving yourself!

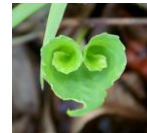


**It's my time!  
I am ready  
to achieve  
my goals!**

when you want to cheat...ask:

**Will it lead you  
to your goal?**

**I AM  
A  
JUICE  
DRINKER**



**Cravings  
are only  
for the moment,  
my health is forever**



**I M A G I N E**

**how you  
will feel after  
accomplishing  
this juice feast!**

**Hungry?  
Drink some water,  
tea, juice,  
or take a walk!**

