

A Guide to Your jolieLife

A bouquet of three white daffodils with bright yellow centers is arranged in a clear glass bottle. The bottle is partially filled with water, and the stems of the flowers are visible inside. The background is a soft, out-of-focus indoor setting with warm, natural light.

**frequently asked questions
about your meal delivery**

Welcome to the jolieLife

Welcome to your experience of food, meals, and programs designed to accomplish your goals and deeply nourish you.

The jolie difference

Feel the difference of what deep nourishment feels like - food designed to address disease, inflammation, metabolism, immunity, brain health, and overall well being. We use organically grown food to heal, uplift, and satisfy. Making use of as much local farm produce as possible.

Your investment in your health is your greatest insurance policy for vitality and continued health. Without it, you maximize your susceptibility to disease, digestive problems, weight gain, and reduced vitality in all areas of your life.

This booklet is a guide to your jolieLife meal program. It is designed to answer the most frequently asked questions and give guidance. You are always welcome to email jolie@thejolielife.com for more specific questions.

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What to do when you receive your order.

Please check the contents. We strive for accuracy, however, we are humans creating, cooking, plating, and packing your meals. If there is any problem with your order, please let us know as soon as possible. We will do everything we can to rectify and address the issue.

Refrigerate. All your items are fresh, made without preservatives making them perishable. Please refrigerate.

Clients frequently ask:

How long are juices or smoothies good? 3 days

How long will the nut milk last? 3 days

How long do soups or broths keep? 3-5 days

Can you freeze soups or broths? Absolutely. 6 months max.

What do I do with the packaging and/or containers?

Boxes/ice packs/ insulated and paper bags - return to us and we will reuse

Clear cornstarch food containers - compost or place in recycling. They are compostable without the aid of industrial composting.

Glass containers - return to us to reuse

Juice containers - recycle



Can I have coffee?

Yes - you can have whatever you habitually have when you are on the jolieLife or Simplii program.

For clients on resets, cleanses, and Optimized, we recommend brewed coffee with cream or nut milk if that is what you regularly consume. Please avoid cappuccinos and lattes.

Can I drink alcohol?

Alcohol is a toxin, unfortunately; therefore, drink at your discretion. For Optimized, reset, and cleanse clients - please DO NOT consume alcohol. Alcohol negatively impacts the effectiveness of the program.

Can I add to my program?

Feel free to add seasonings, herbs, and hot sauces such as sriracha. We season for health and flavor. All of our dishes have very little salt added - the exceptions are olives, pickles, and capers. Fresh herbs, sriracha, spices, or a squeeze of lemon are always welcome and add to the health and flavor impact of your dishes.



Warming instructions.

Soups and broths. Warm gently in a pot on your stovetop. We do not recommend microwaving, but we know for many clients this is more convenient. If you microwave, heat to just the level of warmth you want, being careful to not overcook.

Baked items, flatbreads, baked pasta dishes. These are better warmed. Warm in a 350 oven for 5 minutes. Check and continue warming based on your desires. Using an oven will keep flatbreads crisp.

Bowls or dishes with hearty greens such as kale, spinach, arugula, collards, Asian greens, and mustard greens can be and are more enjoyable cooked. These are best quickly sauteed with the sauce packets and a tablespoon or two of water.

For clients with animal protein, warm the animal protein separately so as not to overcook. We cook the items how we wish you to eat them. Over warming can lead to overcooking.

Serving

Please plate your food whenever possible. Eating mindfully is a jolie practice that boosts metabolism, improves digestion, and elevates the mood.

Eat positively. We urge you to always speak kindly and with total acceptance to yourself. Know you are building a better you - but sometimes the part of you that is self critical breaks through. Let it speak and move on affirming the new you .

If you are taking your meals to work it is often easiest to toss salads before you leave the house. There may be some wilting due to the dressing, but you will get better distribution because we really pack in the salads. You can also pre-cook your bowls with hearty greens to make reheating at work easier. And, once again, feel free to swap a dinner for lunch if it is easier for you to transport.



If you are hungry

We ask you to wait until 2 hours after your meal to decide if you need more. The portion may look like you could eat more, but you will be full in most cases after your body has a chance to signal satiety.

If you do need to snack we recommend you drink water or tea first. If still hungry, vegetables are the best snack: cucumbers, carrots, celery, crunchy greens, peppers. Next we recommend olives, single serving nuts, fruit with skin or berries. For best results, don't add snacks.



How do I know when to eat what?

Each item will have a sticker that gives you the day and meal. For programs that have items such as juices that you can consume whenever you want - there will be either no sticker present or it will just assign a day.

Your modifications:

Your modifications are tracked through each meal delivery process with your client number - with each delivery your number is likely to change. In your delivery is a packing sheet we use to pack your meals and indicate modifications or menu changes.

We do not change the food label, we instead place a modification sticker to signal the ingredient change.

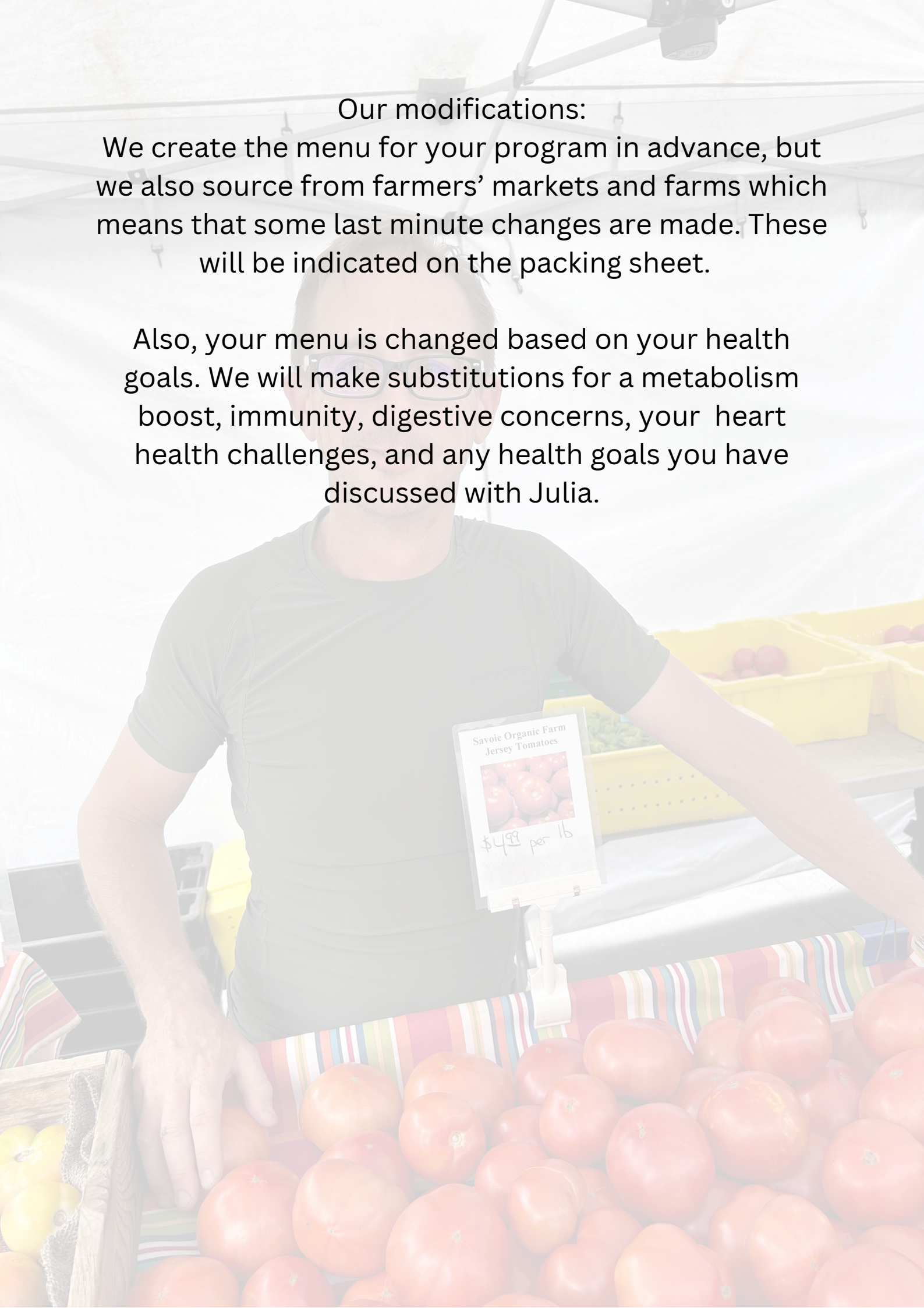
For clients who have opted for animal protein - animal protein is not listed on the label for your dish. Your animal protein is added in accordance with your selection, protein needs, and health. Not every meal will contain animal protein. There is protein in plants which is calculated as part of your weekly need. We will always include meals that contain no animal protein in all programs.



Our modifications:

We create the menu for your program in advance, but we also source from farmers' markets and farms which means that some last minute changes are made. These will be indicated on the packing sheet.

Also, your menu is changed based on your health goals. We will make substitutions for a metabolism boost, immunity, digestive concerns, your heart health challenges, and any health goals you have discussed with Julia.



Do I have to eat in the order given?

No - is the short answer -except if your program is a reset or cleanse.

We plan the week as a whole so if you need to mix and match you may do so.

What if I have a window of eating and non-eating?

Many clients adhere to various eating windows. For this, compress your meals to the time frame of your window. If you have a particularly small eating window, please let us know. We will make suggestions to possible changes in your menu that will help you.



Welcome to your
jolieLife!

Bon appetit!