



JUICING RECIPES

Greens Juice - a highly alkalizing strongly flavored green juice. Add spring water if you'd like to tone it down.

1 head romaine lettuce

3 stalks kale handful of spinach

3 stalks celery

1 cucumber

¹/2 bunch parsley and/or cilantro

1 lemon (halved)

1 3" piece of ginger

(Makes approximately 16 - 20 oz. of juice.)

Green Lemonade - simple, mellow green juice

1 head romaine lettuce

5 stalks celery

2 medium cucumbers

¹/2 bunch parsley or cilantro

1 lemon (halved)

(Makes approximately 16 oz. juice)

The Kitchen Sink (for the nonconformists): Whatever's in the fridge, with the following loose guidelines:

50% watery light green vegetables such as romaine, celery, cucumber

25% dark leafy greens (dandelion, kale, spinach, collards, chard, etc.)

25% carrot and/or beet for sweetness + 1 green apple + ¹/2 lemon + piece of ginger (optional)



Sunrise Cleansing Juice

1 large pink grapefruit

2 stalks of celery

1 cucumber large handful of strawberries large handful of spinach, chard, or any dark green

1 bunch of fennel stems

Digest Ease Juice - a strong tonic for the liver and digestive system.

1/2 to 1 inch piece of ginger

1/4 to 1/2 of a large fennel bulb/stalk/leaves (about 4 oz)

3 carrots

1 apple (a tart apples such as granny smith is best)

2 celery stalks, with leaves

1/4 head of cabbage

Bitter Is Better

1 bunch kale or dandelion greens

4-6 ribs celery

1 cucumber

1 burdock

1 lemon

12 apples (optional if you want to balance the bitter flavor)

Iron Boost

10 strawberries

20 raspberries

2 slices of watermelon

1 beet

1 bunch parsley



Pineapple Punch

1/2 pineapple

1 cucumber

3 stalks celery

1/2 bunch greens (chard, kale, dandelion, etc.)

1/2 bunch parsley or cilantro

1 beet

Be creative and follow your body's cravings as you select your juicing ingredients each day. Make it tasty and delicious so your body craves it each day!