



JUICING RECIPES:

"MORNING SUNRISE"

2# CARROTS
3 APPLES
1 LEMON
1 PIECE OF GINGER
1 BEET (KEEP SEPARATE)

"FAT, SICK & NEARLY DEAD" JUICE

6 KALE LEAVES
1 CUCUMBER
4 CELERY STALKS
2 GREEN APPLES
½ LEMON
1 PIECE OF GINGER

"CLEANSING CUCUMBER"

1 CUCUMBER
2 APPLES
4 SPRIGS MINT
½ INCH GINGER (OPTIONAL)

"VEGGIE COCKTAIL"

3 TOMATOES
2 CELERY, STALKS
2 CARROTS
½ CUCUMBER
1 RED BELL PEPPER
½ LEMON
1 CLOVE, GARLIC
JUICE OF ONE JALAPENO (KEEP SEPARATE)

"CUCUMBER REFRESHER"

2 CUCUMBERS
2 LIMES
¼ PINEAPPLE



“SPICY & CREAMY DELIGHT”

1 SWEET POTATO, peeled
4 CARROTS
3 TOMATOES
½ BUNCH PARSLEY
4-6 KALE LEAVES
1 GARLIC CLOVE
1 THUMBNAIL SIZE, GINGER

“SUPER SINUS JUICE”

1 ORANGE
½ LEMON
1 APPLE
1TBSP GINGER
CAYENNE

“SWEET POTATO DELIGHT”

1-2 SWEET POTATOES
1 APPLE
1 ORANGE
Cinnamon, Sprinkle on top

Dr. Oz Green Juice

2 cups spinach
2 cups Cucumber
1 head Celery
½ inch Ginger Root
1 Bunch Parsley
2 Apples
1 Lime
½ Lemon



Thai Hulk:

2 Stalks Celery

1 Cucumber

1 Apple

1/2 Lemon

Ginger

1/2 Green Chard Leaf

Cilantro

3-5 Kale Leaves

1 Cup Spinach

Sweet Green Juice

2 cups Kale

2 cups Parsley

3 cups Romaine

1 Cucumber

3 Celery Stalks

1 Apple

Quick and Easy Apple & Beet Juice

1/2 Beet with Greens

3 Apples

Potassium Juice

4 Carrots, Greens Removed

1 Stalk of Celery

1 Apple

handful of Fresh Parsley

handful of fresh Spinach

1/2 lemon, peeled



Calcium Juice

1/2 Cup Broccoli Pieces

3 Carrots, Greens Removed

1 Apple

Small Handful Fresh Parsley

1/2 lemon, peeled

Heartburn Relief Juice

1 Cup Spinach

6 Carrots