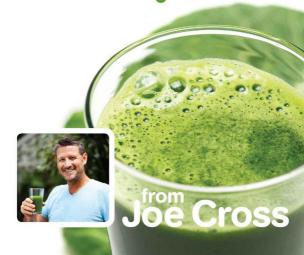


# 101 Juice Recipes



### **Table of Contents**

Message from Joe

How to use this Book

Joe's Juicing Tips

Get Ready to Juice How to Make a Juice Tips for Storing a Juice

Green Juice Recipes

Bunny's Brier Patch
Cancun
Carrot Spinach Apple
Clean Green Elixir

Crisp & Clean Green **Everyday Green** Go-To Green Green Apple Green Citrus Green Fennel Delight Green Goddess Green Grape & Pear Great Greens **Green Honey** Green Lemonade Green Tea Jicama Salad Joe's Mean Green Kickin' Cucumber Melon Lemon Lime & Bitters Little Green

Honey I Juiced the Greens Melon Chard Mexican Style Jugo Morning Dew Morning Green Glory Peachy Keen Green Red White Blue (& Green) Simple Green Sparkling Clean Green Elixir Spiced Apple Pear Summer Green Sweet Green The Perfect Pear The Three Cs Triple Threat Tutti Frutti Tuscan Summer

#### Winter Green Detox

Yellow Juice Recipes

Australia Gold
Celery Root & Pear
Ginger Pear-snip
Hot & Cold
Mango Salsa
Mexi Cali
Southwest
Taj Mahal
Tia Rita

Orange Juice Recipes

Winter White

Apple Pie

Carrot Apple Ginger Carrot Tangerine Ginger Captain Melon Citrus Times Three Glowing Green Pepper **Green Carrot Ginger** Mexican Fiesta Minty Citrus Oh Sweet Broccoli **Orange Ginger** Peach Chai Roots & Fruits Spicy Peach Carrot Sunburst Sweet Potato Pie The Cabbage Patch Triple C

#### Red Juice Recipes Auntie Oxie Beet-ini **Beet Potato Pie Bloody Mary Brooklyn Heights** Caprese Salad Cool Mint Cran-Apple-Crisp Cranberry Citrus Cocktail

Green Pom-Pom

Orange Fennel

Pink Lady Pom Apple Red Hot Red Rush

Mediterranean Summer

Red Sunrise
Ruby Champagne
Strawberry-Orange Mint Julep
Summer Lovin'
Un-Beet-Able

## Purple Juice Recipes

**BBO Blow Out** Dracula's Dream Hot Pink Just Beet It Mash Up Olympic Athlete Pink Blush Purple Power Red Licorice Sporty Spice

Sunrise Salad Bowl The Watering Pineapple

#### Resources

Produce Juicing Guide Substitution Guide



# Message from Joe

Welcome to juicing!

I'm excited to share my picks for 101 amazing juice recipes, as well as tips and how-to-juice information to have you juicing like a pro.

I've had my fun taste testing and selecting the juices for this book. I've included some old favorites (including

new combinations of fruits and vegetables, herbs and spices that evoke the flavors that I've always loved in great cuisine — and from what my mates have told me after sampling our recipes, I think we've come up with some real winners.

Juicing is not an exact science. Use these

my Mean Green) and have added some

measurements as guides and adjust to your taste. Love spinach? Add another handful to your juice. Hate beets? Substitute with red cabbage. Have fun trying out new fruits, vegetables, herbs and spices.

If you're on a Reboot be aware that not

vegetables, 20% fruit rule. Look for the juices designated as Reboot juices. No idea what a Reboot is? It's a period of eating and drinking just fruits and vegetables for weight loss and improved health. You can find out more about Rebooting at www.rebootwithjoe.com/rebooting Making a juice regimen part of your

all of these recipes follow the 80%

daily life can improve your health dramatically, and it can be fun, creative and delicious. I hope these recipes inspire you to keep on juicing!

#### Joe Cross

## About Reboot with Joe RebootwithJoe.com was founded by Joe

Cross after the success of his film Fat, Sick & Nearly Dead (www.fatsickandnearlydead.com) to educate and inspire people to achieve weight loss and health through juicing and plant-based eating.

Copyright 2013 © Reboot Holdings Pty. Ltd. All rights reserved Juice Photo Credits: Daniel Krieger

eBooks created by www.ebookconversion.com ISBN: 978-1-62274-028-4

## **How To Use This Book**

#### Have fun!

These juice recipes are meant to serve as inspiration for you to get creative with your juicer so feel free to adjust these recipes to fit your taste. If an ingredient is too strong for you, like ginger, use less. If you really love an ingredient, like blueberries, add a bit more. If you don't like an ingredient all together and it's used for flavor, like an onion or a radish, just leave it out of your juice. If it's a main ingredient, like a beet, try substituting it with a similar vegetable. There's a substitution chart included at the end of this book to help

you out. In general you can substitute a fruit for a fruit of the same color, or a vegetable for a vegetable of the same color and retain the overall nutritional make up.

### Icon Key

You will see the following icons to the right of the recipe titles. This is what they mean:

The juice is easy and quick to make. It's made up of a few ingredients that take little time to prep.

The juice is hydrating and loaded with electrolytes making it great

for before or after a workout.



The juice is 100% fruit. Better than store bought and still good for you, but higher in sugar and calories.



The juice is Reboot friendly. What's a Reboot? It's a period of consuming only fruits and vegetable for weight loss and improved health. It's what I did in 'Fat, Sick & Nearly Dead', leading to my 100 pound weight loss and medication free life. You can get Reboot plans on my website at www.rebootwithjoe.com/plans If

the plan calls for a specific juice color, you can use any juice of the same color in the book with the R. For example the plan may have three green juices to select from but you can use any green juice in this book with the R.



Have any of these conditions? The fruits and vegetables in this juice have nutrients that may support your body in fighting the condition and easing symptoms.

## Joe's Juicing Tips

Ready to start juicing? It's easy but yes, it does take time! These tips and tricks will help make it a fun and smooth process for you. Not sure what to do with that lemon? Peel it or not? Check out our Produce Juicing Guide in this book.

#### Get Ready to Juice

#### 1) Select your juicer.

Refer to our Juicer Buying Guide on RebootwithJoe.com to purchase the juicer that is right for you.

### Before making a trip to the store or market, make your grocery list so you know exactly how many fruits and vegetables to purchase.

2) Prepare your grocery list.

### If you plan on making a morning juice, prepare your fruits and veggies the night before by selecting the ingredients for your juice, washing

the produce, placing them in a storage to go.

#### 4) Now, start juicing. Follow steps on the next page to make

3) Save time.

container in the fridge and assembling the juicer in your kitchen so it's ready

your juice and start flooding your body with nutrients.

#### How to Make a Juice

#### 1) Wash produce thoroughly.

Unwashed produce can be contaminated with bacteria so this is an important step in the juicing process.

## 2) Line your juicer's pulp basket.

If you have a juicer that has a pulp basket, line it with a plastic bag for easy clean-up.

#### 3) Cut or tear produce.

Just before juicing, cut any produce that might be too large to fit through the juicer's produce shoot. (Once you start cutting vegetables they begin to

lose nutrients, so it's best to cut just before juicing. But if you really need to save on time, you may want to add this step to your preparation.)

## 4) Feed produce through the juicer's produce shoot.

If your juicer has more than one speed, don't forget to downshift from high to low for softer fruits. Most juicers come with a chart in the instruction manual to help guide you on speeds. Usually hard produce like apples and beets are on high and soft ones like spinach or cabbage are set to low.

#### 5) Rejuice your pulp.

Once produce has been passed through the juicer, check to see if your pulp is still damp. If it is, pass it back through your juicer and you'll be able to get more juice from the leftovers. (Visit www.rebootwithjoe.com/pulp to learn what to do with leftover pulp.)

# 6) Drink up and juice on. At this point, you should have a fresh juice ready to drink. Drink it as soon

juice ready to drink. Drink it as soon as possible because once it's juiced, it starts to lose nutritional value overtime. If stored properly, it can last 2 to 3 days, but remember that there are no preservatives in fresh juice (which is why we love it!) so it

- can go bad quickly. If you prefer it cold, pour over ice.
- 7) Now it's time to clean your juicer.

  Carefully scrub your machine with

Carefully scrub your machine with warm water and soap and place on a drying mat. Check the owner's manual to see if your juicer is dishwasher friendly for an even easier clean.

#### Tips for Storing a Juice

#### 1) Make a double batch.

Make more than one juice, have half right away, and then store the rest for your juice later that day or the following day. This will help ensure you get the most potent juice possible for at least one serving.

#### 2) Store in the fridge.

Juice will keep for 48 to 72 hours in the fridge (72 hours is maximum time suggested). If you are traveling bring your juice in a cooler.

#### 3) Freeze.

Freezing is also an option if you will

not be drinking the juice within 48 hours. If you do freeze your juice, do it immediately after juicing. Thaw in the refrigerator. Drink within 10 days of freezing.

## 4) Keep in airtight container. Store your juice in an airtight

container, preferably glass but BPA-free plastic works too.

#### 5) Fill container full.

Fill juice to the top of your preferred container to prevent oxygen from getting in which can deplete the nutrients.



# **Bunny's Brier Patch**

A garden juice low in calories and high in carotene, lutein and zea-xanthin.



- **▲ Ingredients** (Makes 2 servings)
- ½ yellow squash
- 2 leaves kale (Tuscan cabbage)
- 1 apple

<ul><li>1 stalk broc</li><li>2 handfuls s</li><li>3 carrots</li></ul>		
<ul><li>1) Wash all ing</li><li>2) Add all ing</li><li>enjoy!</li></ul>		ugh juicer and
Calories	77 / 322kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	0mg	
Carbohydrate	18g	
Fiber	0g	

Suga	rs		12g	
Prote	ein		2g	
Yields	and	nutritional	information	

are estimated and will depending on produce size and juicer used.





Stroke, diabetes, cancer, gout, allergies, vision, skin, immunity, GI, liver.

## Cancun

Get lost on the beaches of your spring break vacation by drinking in the numerous greens in this refreshing drink.



<ul> <li>6 leaves kale</li> <li>1 cucumber</li> <li>1 lime</li> <li>1 small hands</li> <li>1 jalapeño</li> </ul>	ful mint	abbage)		
<ol> <li>3 ribs celery (optional)</li> <li>Peel lime.</li> <li>Remove seeds from jalapeño.</li> <li>Wash all ingredients.</li> <li>Add all ingredients through juicer and enjoy!</li> </ol>				
Calories	164 / 686kJ			
Fat	1g			

Trans Fat	<u>0g</u>
Cholesterol	0g
Sodium	6mg
Carbohydrate	44g
Fiber	0g
Sugars	31g
Protein	3g
Yields and nutritional	information

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Gout, inflammation/pain, auto

immune conditions, weight loss/obesity, immunity, gallbladder.

## Carrot Spinach Apple

A sweet green juice high in vitamin K and A to promote strength and vitality.



**▲ Ingredients** (Makes 2 servings)

- 2 carrots
- 2 handfuls spinach

— 1 small handful parsley — 2 apples 1) Wash all ingredients. 2) Add all ingredients through juicer and enjoy! Calories 92 / 385kJ 0gFat Trans Fat 0gCholesterol 0gSodium 60mg

13g

1g

Carbohydrate

Fiber

Sugars

### Protein 3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

# +

Stroke, high cholesterol, osteoporosis, allergies, migraines, auto immune conditions, thyroid, weight loss/obesity, vision, skin, menstrual/PMS/menopause/PCOS.

## Clean Green Elixir

Super green and super clean, this green juice, loaded with 10 leaves of kale and a strong taste of lemon, is a crowd pleaser.



- 1½ green apples
- 1 pear
- 10 leaves kale (Tuscan cabbage)
- ½ lemon

2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!
Calories 117 / 490kJ
Fat 1g
Trans Fat 0g

0g

60mg

27g

2g

12g

1) Peel lemon.

Cholesterol

Carbohydrate

Sodium

Fiber

Sugars

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

#### R



High cholesterol, cancer, osteoporosis, inflammation/pain, vision, skin, immunity, liver, gallbladder.

# Crisp & Clean Green

Light and refreshing, this green juice is a great way to make your liver happy.



- **▲ Ingredients** (Makes 2 servings)
- ¼ head green cabbage
- 2 pears

— 1" / 2.5cm g	ginger	
<ol> <li>Peel ginger.</li> <li>Wash all ing</li> <li>Add all ing</li> <li>enjoy!</li> </ol>	gredients.	ugh juicer and
Calories	106 / 444kJ	

6 leaves romaine

Sodium

Carbohydrate

Calories	106 /	
	444kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	<u>0</u> g	

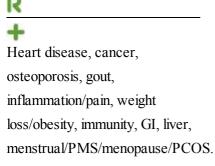
26mg

			-8
Suga	rs		16g
Prote	ein		2g
Yields	and	nutritional	information

1 σ

Fiber

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



# **Everyday Green**

If you like rich greens and a bit of bitterness you'll love this juice by New York City chef Dan Kluger.



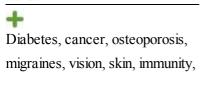
Ingredients (Makes 2 servings)

<ul> <li>6 leaves ka</li> <li>5 leaves co</li> <li>1 cucumber</li> <li>1 handful pa</li> <li>1 apple</li> <li>1" / 2.5cm g</li> </ul>	llard greens arsley	abbage)
<ol> <li>Peel ginger.</li> <li>Wash all ing</li> <li>Add all ing</li> <li>enjoy!</li> </ol>	gredients.	ugh juicer and
Calories	88 / 368kJ	
Fat	1g	
Trans Fat	0g	
Cholesterol	0g	

Carbohydrate	20g
Fiber	2g
Sugars	10g
Protein	3g
Yields and nutritional i	information
are estimated and	will vary
depending on produce	size and
juicer used.	

108mg

Sodium





### Go-To Green

A good go-to for your daily juice intake loaded with phytochemicals.



Ingredients (Makes 2 servings)

- 2 handfuls spinach
- 2 carrots

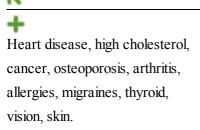
— 2 apples — 2 ribs celery — 1 cucumber 1) Wash all ingredients. 2) Add all ingredients through juicer and enjoy! Calories 112 / 469kJ Fat 0gTrans Fat 0gCholesterol 0gSodium 82mg

Carbohydrate

			- 8
Suga	rs		19g
Prote	ein		3g
Yields	and	nutritional	information

Fiber

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



# **Green Apple**

Combine these three ingredients and you'll have a healthy spin on store-bought apple juice in minutes.



- —2 apples
- 2 kiwi
- 2 large handfuls spinach

- 2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Calories 89 / 372kJ Fat 1g Trans Fat 1g
  - Cholesterol 1mSodium

1) Peel kiwi.

**Protein** 

- 27mg Carbohydrate 21g Fiber 1g
- Sugars 14g

1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

#### R



High cholesterol, diabetes, cancer, arthritis, gout, thyroid, vision, GI,

menstrual/PMS/menopause/PCOS.

### **Green Citrus**

The ingredients are simple; it's just the basics — apple, orange, and large handfuls of spinach (or any leafy greens that you prefer).



#### ▲ Ingredients (Makes 2 servings)

- 1 green apple
- 1 orange
- 3 handfuls spinach

1) Peel orange.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!
Calories 84 / 352kJ
Fat 1g
Trans Fat 0g

20g

2g

10g

3g

Trans ratogCholesterol0gSodium31mg

Carbohydrate

Fiber

Sugars

**Protein** 

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

1

Heart disease, high cholesterol,

cancer, osteoporosis, migraines, vision, skin, immunity.

# Green Fennel Delight

If you like the taste of licorice, you can find it in a healthy version of this great tasting juice that offers a smooth finish.

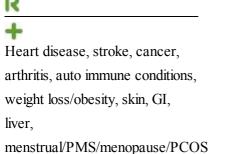


- **▲ Ingredients** (Makes 2 servings)
- 1 fennel
- 1 rib celery

— 8 leaves kale (	Tuscan c	abbage)
— 1 green apple		
— 2 oranges		
<ol> <li>Peel oranges.</li> <li>Wash all ingred</li> <li>Add all ingredienjoy!</li> </ol>		ugh juicer and
Calories	116 /	
	485kJ	
Fat	1g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	69mg	

Fiber	3g
Sugars	13g
Protein	4g
Yields and nutritional	information
are estimated and	will vary
depending on produce	e size and
iuicer used.	

Carbohydrate





## **Green Goddess**

It only takes seconds to load up on nutrients with this simple juice.



**Ingredients** (Makes 2 servings) **i** 

— 1 fennel

— 2 ribs celery — 3 handfuls spinach 1) Wash all ingredients. 2) Add all ingredients through juicer and enjoy! Calories 88 / 368kJ Fat 0gTrans Fat 0gCholesterol 0gSodium 128mg Carbohydrate 8gFiber 0g

lg

Sugars

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

#### K

+ Heart disease, osteoporosis,

gout, migraines, inflammation/pain, athyroid, vision, immunity, liver, thyroid, menstrual/PMS/menopause/PCOS.

# Green Grape & Pear

A healthy spin on grape juice to fight against the risk of stroke and high blood pressure.



- 1 cup / 150g green grapes
- 1 pear
- 1 lime
- 2 cucumbers

2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!
Calories 111 / 465kJ
Fat 0g

0g

0g

7mg

29g

1g

18g

1) Peel lime.

Trans Fat

Sodium

Fiber

Sugars

Cholesterol

Carbohydrate

#### Protein 2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, high cholesterol, cancer migraines, thyroid, skin, gallbladder.

## **Great Greens**

Consume this powerhouse of phytonutrients every day and your body will thank you.



- 1 green apple
- 2 handfuls spinach

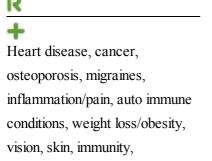
<ul> <li>1 cucumber</li> <li>2 ribs celery</li> <li>½ fennel</li> <li>1 bunch basil</li> <li>1) Wash all ingredients.</li> <li>2) Add all ingredients through juicer and enjoy!</li> <li>Calories 75 / 314kJ</li> <li>Fat 0g</li> <li>Trans Fat 0g</li> <li>Cholesterol 0g</li> <li>Sodium 105mg</li> </ul>	— 6 leaves ch	ard (silverb	eet)
<ul> <li>- ½ fennel</li> <li>- 1 bunch basil</li> <li>1) Wash all ingredients.</li> <li>2) Add all ingredients through juicer and enjoy!</li> <li>Calories 75 / 314kJ</li> <li>Fat 0g</li> <li>Trans Fat 0g</li> <li>Cholesterol 0g</li> </ul>	— 1 cucumber		
<ul> <li>— 1 bunch basil</li> <li>1) Wash all ingredients.</li> <li>2) Add all ingredients through juicer and enjoy!</li> <li>Calories 75 / 314kJ</li> <li>Fat 0g</li> <li>Trans Fat 0g</li> <li>Cholesterol 0g</li> </ul>	— 2 ribs celer	y	
1) Wash all ingredients. 2) Add all ingredients through juicer and enjoy!  Calories 75 / 314kJ  Fat 0g  Trans Fat 0g  Cholesterol 0g	$-\frac{1}{2}$ fennel		
2) Add all ingredients through juicer and enjoy!  Calories 75 / 314kJ  Fat 0g  Trans Fat 0g  Cholesterol 0g	— 1 bunch bas	sil	
Fat 0g Trans Fat 0g Cholesterol 0g	2) Add all ingr		ugh juicer and
Trans Fat 0g Cholesterol 0g	Calories	75 / 314kJ	
Cholesterol 0g	Fat	0g	
	Trans Fat	0g	
Sodium 105mg	Cholesterol	0g	
	Sodium	105mg	

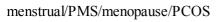
Fiber	0g
Sugars	8g
Protein	3g
Yields and nutritiona	al information

17~

Carbabudrata

are estimated and will vary depending on produce size and juicer used.





## **Green Honey**

It may look like a typical green juice, but its sweet honey flavor offers a unique taste and antioxidants.



**Ingredients** (Makes 2 servings) **i** 

- ⅓ medium honeydew
- 1 apple

— ½ cucumber 1) Remove rind from honeydew.

— 8 leaves kale (Tuscan cabbage)

2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy!

Calories	101 /
	423kJ
Fat	1g

Trans Fat 0g

0g

Cholesterol Sodium

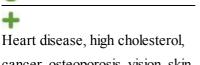
74mg

Carbohydrate

Suga	rs		11g
Prote	ein		3g
Yields	and	nutritional	information

Fiber

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



cancer, osteoporosis, vision, skin, immunity, liver.

## Green Lemonade

Take a refreshing lemonade that is perfect for those summer months up a notch by adding greens!



Ingredients (Makes 2 servings)

<ul> <li>1 green app</li> <li>2 handfuls s</li> <li>8 leaves ka</li> <li>½ cucumber</li> <li>2 ribs celer</li> <li>1 lemon</li> <li>1) Peel lemon</li> <li>2) Wash all ing</li> <li>3) Add all ingrenjoy!</li> </ul>	spinach le (Tuscan c r y gredients.	
Calories	74 / 310kJ	
Fat	1g	
Trans Fat	0g	

Cholesterol	0g
Sodium	61mg
Carbohydrate	17g
Fiber	1g
Sugars	7g
Protein	3g
Yields and nutritional	information
are estimated and	will vary

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

```
Heart disease, high cholesterol, diabetes, cancer, osteoporosis,
```

auto immune conditions, weight loss/obesity, GI, liver, gallbladder.

## **Green Tart**

Not only will its pleasant sour taste wake up your taste buds but it will give you a nice boost of energy to get through your morning and the rest of your day.



- Ingredients (Makes 2 servings)
- 8 leaves kale (Tuscan cabbage)
- 2 green apples
- ½ lemon

2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Calories 103 / 431kJ Fat 1g 0gTrans Fat

0g

45mg

24g

2g

14g

1) Peel lemon.

Cholesterol

Carbohydrate

Sodium

Fiber

Sugars

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, diabetes cancer, osteoporosis, inflammation/pain, weight loss/obesity, skin, immunity, liver, gallbladder.

## Jicama Salad

A new spin on a juice which can help boost your immune system.



<b>▲</b> Ingredients (	Makes 2 servings)
— 1 jicama	
— 4 leaves ron	naine
— 2 handfuls s	oinach
— 1 small hand	ful tarragon
— ½ lemon	
<ol> <li>Peel jicama (2)</li> <li>Wash all ing (3)</li> <li>Add all ingreenjoy!</li> </ol>	
Calories	57 / 238kJ
Fat	0g
Trans Fat	<u>0g</u>

Cholesterol	0g
Sodium	14mg
Carbohydrate	16g
Fiber	0g
Sugars	3g
Protein	3g
Yields and nutritional	information
are estimated and	will vary
depending on produce	size and
uicer used.	



Heart disease, diabetes, osteoporosis, thyroid, weight

loss/obesity, vision, menstrual/PMS/menopause/PCOS.

## Joe's Mean Green

No wonder this is Joe's favorite juice, it contains some of the most nutritious fruits and vegetables on the planet.



- **Ingredients** (Makes 2 servings) **i**
- 1 cucumber
- 4 ribs celery

— 2 green apples		
— 8 leaves kale (	Tuscan c	abbage)
— ½ lemon		
— 1" / 2.5cm ging	ger	
<ol> <li>Peel lemon and</li> <li>Wash all ingred</li> <li>Add all ingredienjoy!</li> </ol>	lients.	ugh juicer and
Calories	106 / 444kJ	
Fat	1g	
Trans Fat	0g	
Cholesterol	0g	

Sodium	69mg
Carbohydrate	26g
Fiber	<u>1g</u>
Sugars	14g
Protein	3g
Yields and nutritional	information
are estimated and	will vary
depending on produc	e size and
juicer used.	



Heart disease, high cholesterol, cancer, osteoporosis, migraines, auto immune condition, weight

loss/obesity, vision, immunity,



## Kickin' Cucumber Melon

Kick up your daily juice with this combination of cucumber, melon, lime, ginger and even jalapeño!



- **▲ Ingredients** (Makes 2 servings)
- 1 cucumber
- 1 lime
- 1/3 medium honeydew
- 1 jalapeño

1) Peel lime and ginger.
2) Remove rind from honeydew.
3) Remove seeds from jalapeño.
4) Wash all ingredients.
5) Add all ingredients through juicer and

— 1" / 2.5cm ginger

Carbohydrate

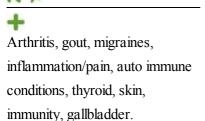
enjoy!	
Calories	46 / 192kJ
Fat	0g

Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	14mg

ribe	I		ug
Suga	rs		7g
Prote	ein		1g
Yields	and	nutritional	information

Eihar

are estimated and will vary depending on produce size and juicer used.



# Lemon Lime & Bitters

Sweet and sour and loaded with nutritional power.



▲ Ingredients (Makes 2 servings)

- 1 lemon
- 1 lime
- 1 handful watercress

- 8 · · · · · · · · · · · · · · · · · ·	Pies
1) Peel lemon	and lime.
2) Wash all in	ngredients.
3) Add all ing	gredients thro
enjoy!	
Calories	96 / 402kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	8mg

26g

1g

— 2 green apples

Carbohydrate

Fiber

Sugars

## Protein 1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

#### R



Diabetes, cancer, arthritis, migraines, inflammation/pain, weight loss/obesity, skin, GI, gallbladder.

### Little Green

Sometimes a little kiwi green is just what the doctor ordered.



**▲ Ingredients** (Makes 2 servings)

— 2 green apples

— 2 ribs of celes	ry	
<ol> <li>Peel kiwi.</li> <li>Wash all ingred</li> <li>Add all ingred enjoy!</li> </ol>		ugh juicer and
Calories	100 / 419kJ	
Fat	1g	

0g

0g

25mg

26g

— 2 kiwi

Trans Fat

Sodium

Cholesterol

Carbohydrate

Sugars		18g	
Prote	ein		1g
Yields	and	nutritional	information

are estimated and will vary depending on produce size and juicer used.



Fiber

Heart disease, stroke, high cholesterol, osteoporosis, gout, auto immune conditions, thyroid, immunity.

## **Honey I Juiced the Greens**

Deliciously tart with a satisfying sweetness and a slightly sour taste.



Ingredients (Makes 2 servings)

- 1/3 medium honeydew
- <sup>2</sup>/<sub>3</sub> medium pineapple

<ul><li>2 green apple</li><li>8 leaves kale</li></ul>		abbage)
<ol> <li>Remove rind to pineapple.</li> <li>Wash all ingred enjoy!</li> </ol>	edients.	
Calories	113 / 473kJ	
Fat	1g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	35mg	

Fiber	1g
Sugars	17g
Protein	1g
Yields and nutritional	information
are estimated and	will vary

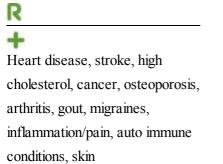
depending on produce size and

26g

Carbohydrate

Dil on

juicer used.



### **Melon Chard**

Sweeten up the strong taste of chard with refreshing fruity flavors from apple, cantaloupe and honeydew.



**▲ Ingredients** (Makes 2 servings)

— 2 apples

<ul> <li>½ cantaloupe (rockmelon)</li> <li>½ honeydew</li> <li>7 leaves kale (Tuscan cabbage)</li> <li>7 leaves chard (silverbeet)</li> </ul>		
<ol> <li>Remove rind from honeydew.</li> <li>Wash all ingred and all ingredient enjoy!</li> </ol>	ients.	•
Calories	178 / 745kJ	
Fat	1g	
Trans Fat	0g	
Cholesterol	0g	

Carbohydrate	44g
Fiber	1g
Sugars	32g
Protein	4g
Yields and nutritional	information
are estimated and	will vary

depending on produce size and

122mg

Sodium

juicer used.

Heart disease, stroke, osteoporosis, arthritis, migraines, skin, liver,

menstrual/PMS/menopause/PCOS.

# Mexican Style Jugo

If you can't get enough of the common Mexican dishes loaded with cilantro then you'll love this juice!



- 2 cucumbers
- 4 handfuls cilantro (coriander)
- 1 lime
- 1 poblano pepper

1) Peel lime. 2) Remove seeds from poblano pepper. 3) Wash all ingredients. 4) Add all ingredients through juicer and enjoy! Calories 69 / 289kJ Fat 0g

0g

0g

7mg

18g

— 1 apple

Trans Fat

Sodium

Fiber

Cholesterol

Carbohydrate

Suga	IS		10g
Prote	ein		2g
Vields	and	nutritional	information

nutritional information are estimated and will depending on produce size and juicer used.



Diabetes, cancer, migraines, inflammation/pain, auto immune conditions, thyroid, weight loss/obesity, skin, immunity, gallbladder.

## **Morning Dew**

This diverse juice is an excellent source of vitamin A and other powerful antioxidants.



### **Ingredients** (Makes 2 servings) — 2 green apples — ½ honeydew — 8 leaves chard (silverbeet) — 1 lime — 1 small handful basil — 1 small handful mint 1) Peel lime. 2) Remove rind from honeydew. 3) Wash all ingredients. 4) Add all ingredients through juicer and enjoy! Calories 112 /

469kJ

Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	93mg
Carbohydrate	25g
Fiber	1g
Sugars	17g
Protein	2g
Yields and nutritional	information
are estimated and	will vary
depending on produce	size and
juicer used.	



Heart disease, stroke, high cholesterol, cancer, osteoporosis, arthritis, auto immune conditions, vision, skin, immunity, liver, gallbladder.

# **Morning Green Glory**

Skip the coffee and start your day with this nutrient-packed sweet green juice.



- **▲ Ingredients** (Makes 2 servings)
- 5 leaves kale (Tuscan cabbage)
  - 1 handful spinach

— 3 leaves ro	maine	
— 1 cucumber	•	
— 3 ribs celer	У	
— 1 green app	ole	
— 1 lemon		
<ol> <li>Peel lemon.</li> <li>Wash all ing</li> <li>Add all ing</li> <li>enjoy!</li> </ol>	gredients.	ugh juicer and
Calories	75 / 314kJ	
Fat	1g	
Trans Fat	0g	
Cholesterol	0g	

Carbohydrate	18g
Fiber	1g
Sugars	9g
Protein	3g
Yields and nutritional	information

are estimated and will vary depending on produce size and juicer used.

```
Heart disease, diabetes, cancer, osteoporosis, migraines, weight loss/obesity, vision, skin, immunity,
```

menstrual/PMS/menopause/PCOS gallbladder.

## Peachy Keen Green

If you're seeking a wider variety of greens to juice, look no further. The dandelion greens in this juice might be just what you are looking for.



- 2 summer squash
- 8 leaves kale (Tuscan cabbage)
- 4 leaves dandelion greens
- 4 peaches
- 1 apple
- ½ lemon

2) Remove pits from peaches. 3) Wash all ingredients. 4) Add all ingredients through juicer and enjoy! Calories 166 / 695kJ Fat 1g Trans Fat 0g

1) Peel lemon.

Cholesterol 0g

Sodium

38mg

Carbohydrate 39g

Fiber 1g

#### Sugars 26g Protein 6g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

## 1

Heart disease, high cholesterol, cancer, osteoporosis, migraines, vision, skin, immunity, memory, liver.

# Red White Blue (& Green)

Rich in antioxidants and flavor this drink is a delicious treat and a refreshing and cooling taste for warm summer months.



- Ingredients (Makes 2 servings)
- $-2\frac{1}{2}$  cups / 380g watermelon
- 1 cup / 140g blueberries
- 8 leaves chard (silverbeet)

2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy!

1) Remove rind from watermelon.

- Calories 74 / 310kJ Fat 0g
- Trans Fat 0g
- Cholesterol 0g
- Sodium 56mg
- Carbohydrate 18g
- - 0g
- Fiber

2g

Sugars

**Protein** 

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, cancer, arthritis, gout, migraines, memory, liver.

## Simple Green

Healthy and powerful greens great for healing and protecting against diseases.



Ingredients (Makes 2 servings)

— 8 leaves kale (Tuscan cabbage)		
— 2 handfuls spinach		
— ½ cucumber		
— 4 ribs celery		
— 2 green apples		
nger		
edients.		
dients through juicer and		
100 /		
419kJ		

Trans Fat	0g
Cholesterol	0g
Sodium	84mg
Carbohydrate	24g
Fiber	1g
Sugars	13g
Protein	3g
rields and nutritional in	nformation
re estimated and	will vary
lepending on produce	size and
uicer used.	

Trans Fat



jı

Heart disease, high cholesterol,

cancer, osteoporosis, migraines, weight loss/obesity, skin, GI, liver,

menstrual/PMS/menopause/PCOS.

## **Sparkling Clean Green Elixir**

Minty fresh with a hint of lemon, you'll find a refreshing delight for your taste buds in this juice.



- ▲ Ingredients (Makes 2 servings)
- 2 ribs celery
- 2 leaves chard (silverbeet)

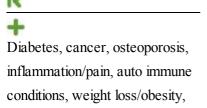
<ul> <li>½ lemon</li> <li>1 small har</li> <li>1 apple</li> <li>½ cucumbe</li> </ul>		
<ol> <li>Peel the ler</li> <li>Wash all in</li> <li>Add all ing enjoy!</li> </ol>	gredients.	ugh juicer and
Calories	54 / 226kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	52mg	

Fiber	r	<del>urau.</del>	0g
Suga	rs		9g
Prote	ein		1g
Yields	and	nutritional	information

 $12\alpha$ 

Carbohydrata

are estimated and will vary depending on produce size and juicer used.



vision

### **Spiced Apple Pear**

Simply sweet with a little spice, this juice is easy to make, super healthy and a crowd pleaser.



- ▲ Ingredients (Makes 2 servings)
- —2 apples
- 2 pears
- 8 leaves kale (Tuscan cabbage)

<ol> <li>Peel ginger.</li> <li>Wash all ing</li> <li>Add all ing</li> <li>enjoy!</li> </ol>	gredients. redients through juicer a	and
Calories	141 / 590kJ	
Fat		

1 ½" / 4cm ginger

	590kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
~ 1:	

Sodium 3mg Carbohydrate

37g 2g Fiber

Sugai	S			30g
Prote	in			1g
X7' 11	1	, .,.	1	

26~

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, high cholesterol,

cancer, auto immune conditions.

#### **Summer Green**

A fresh twist on a classic green juice, the zucchini lends a light flavor while the pears add just a touch of sweetness.



- **▲ Ingredients** (Makes 2 servings)
- —2 pears
- 4 leaves kale (Tuscan cabbage)
- 1 handful spinach
- ½ cucumber

ginger	
gredients.	er. ugh juicer and
99 / 414kJ	
1g	
0g	
0g	
30mg	
	mon and ging agredients. The gredients through the gredients gredients and ging are gredients. The gredients are gredients and ging are gredients.

23g

Carbohydrate

Protein	2g
Yields and nutritional inform	ation
are estimated and will	vary
depending on produce size	and
juicer used.	
R	
+	_
Heart disease, diabetes,	
osteoporosis, arthritis, gout,	

Fiber

Sugars

menstrual/PMS/menopause/PCOS

migraines, auto immune

vision, immunity,

conditions, weight loss/obesity,

#### **Sweet Green**

Combine the power veggie kale with refreshing pineapple and apple to make your greens delicious and sweet.



- ½ medium pineapple
- 1 green apple
- 8 leaves kale

2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Calories 99 / 414kJ

1) Remove rind from pineapple.

- Fat 1g
- Trans Fat 0g
- Cholesterol 0g
- 45mg Sodium
- 22g
- Carbohydrate
- Fiber 1g

12g

3g

Sugars

**Protein** 

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

#### R



Stroke, cancer, osteoporosis, inflammation/pain, auto immune conditions, vision, skin, immunity, liver.

#### The Perfect Pear

Lemon and parsley make a perfect 'pear' in this juice by offering a tart taste high in vitamin C.



<ul> <li>8 leaves kale</li> <li>1 pear</li> <li>1 cucumber</li> <li>1 handful par</li> <li>½ lemon</li> </ul>		abbage)
<ol> <li>Peel lemon.</li> <li>Wash all ingreenjoy!</li> </ol>		ugh juicer and
Calories	103 / 431kJ	
Fat	1g	
Trans Fat	0g	

Sodium	47mg
Carbohydrate	23g
Fiber	2g
Sugars	8g
Protein	5g
Yields and nutritional	information
are estimated and	will vary

Cholesterol



juicer used.

Heart disease, cancer, osteoporosis, weight loss/obesity,

depending on produce size and

vision, skin, immunity, liver, gallbladder.

#### The Three Cs

A super green juice packed with vitamin K.



- 2 apples
- 2 ribs celery
- 1 cucumber

— 6 leaves ch — ½ lemon	nard (silverb	eet)
<ol> <li>Peel lemon</li> <li>Wash all in</li> <li>Add all ing enjoy!</li> </ol>	gredients.	ugh juicer and
Calories	99 / 414kJ	
Fat	1g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	133mg	

Carbohydrate

Fiber

# Sugars 16g Protein 2g Yields and nutritional information

are estimated and will vary depending on produce size and juicer used.



Cancer, osteoporosis, arthritis,

allergies, auto, immune conditions, weight loss/obesity, vision, skin, liver, gallbladder.

### **Triple Threat**

You'll enjoy a sweet, sour and refreshing taste all in one sip.



**▲ Ingredients** (Makes 2 servings)

- 3 oranges
- 1 lemon
- 1 lime

— 6 leaves romaine 1) Peel the oranges, lemon and lime. 2) Wash all ingredients. 3) Add all ingredients through juicer and eniov!

— 2 sprigs rosemary

<u>-</u>	
Calories	78 / 326kJ
Fat	0g
Trans Fat	()g

0g

Cholesterol Sodium 1<sub>mg</sub>

Carbohydrate 21g

Fiber

Sugars			14g	
Prote	ein		2g	
Yields	and	nutritional	information	

are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, cancer, gout ,thyroid, skin, gallbladder.

#### Tutti Frutti

Sweet, savory and delicious, just like the pineapples that go into this juice.



- ▲ Ingredients (Makes 2 servings)
- <sup>1</sup>/<sub>4</sub> medium pineapple
  - 4 leaves chard (silverbeet)

<ul><li>— 1 kiwi</li><li>— 1 cup / 150g red grapes</li><li>— 1 green apple</li></ul>						
<ol> <li>Peel the kiwi and remove the rind from the pineapple.</li> <li>Wash all ingredients.</li> <li>Add all ingredients through juicer and enjoy!</li> </ol>						
Calories	89 / 372kJ					
Fat	0g					
Trans Fat	0g					
Cholesterol	0g					
Sodium	59mg					

Fibe	<del>ony</del> r	0g	
Sugars			17g
Prote	ein		1g
Yields	and	nutritional	information

are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, high

Carbabudrata

cholesterol, osteoporosis, arthritis, allergies, inflammation/pain, auto immune conditions, skin, memory.

#### **Tuscan Summer**

Perfect for pretending your vacationing in Italy.



— 1 grapefruit					
$\frac{1}{2}$ fennel					
— 1 orange					
— 1 handful bas	sil				
<ol> <li>Peel grapefruit and orange.</li> <li>Wash all ingredients.</li> <li>Add all ingredients through juicer.</li> </ol>					
Calories	149 /				
Curontes	624kJ				
Fat	1g				
Trans Fat	0g				
Cholesterol	0g				
Sodium	5mg				

Fiber	0g
Sugars	20g
Protein	2g
Violds and mythitisms	1 information

36g

Carbohydrate

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, high cholesterol, cancer, inflammation/pain, auto immune conditions, immunity.

# Winter Green Detox

From Chef Dan Kluger, this seasonal favorite and antioxidant powerhouse, is loaded with seven different fruits and vegetables that all add a surplus of phytonutrients.



#### **▲ Ingredients** (Makes 2 servings)

- 1 grapefruit
- 1 small handful mint
- 3 ribs celery
- ½ fennel
- 1 lemon
- 1 apple
- 5 leaves kale (Tuscan cabbage)

- 2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Calories 105 / 439kJ
  - Fat 1g

1) Peel grapefruit and lemon.

- 0gTrans Fat 0g
- Cholesterol Sodium 135mg
- Carbohydrate 23g
- Fiber 2g
- 7g Sugars

### Protein 4g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

## K

High cholesterol, osteoporosis,

allergies, auto immune conditions, vision, skin, immunity, liver,

menstrual/PMS/menopause/PCOS, gallbladder



#### Yellow

## Australia Gold

Celebrate Australia Day or any day with this unique juice full of plant rich micronutrients.



Ingredients (Makes 2 servings)

— ½ medium pineapple			
— 1 yellow pepper (capsicum)			
— 1 lemon			
— 1" / 2.5cm gi	inger		
seeds from y 3) Wash all ing	from pineapple an vellow pepper.		
Calories	106 / 444kJ		
Fat	0g		
Trans Fat	0g		

Cholesterol	0ഉ
Sodium	5mg
Carbohydrate	25g
Fiber	19
Sugars	15g
Protein	2g
Yields and nutritional	information
are estimated and	will var

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, cancer,

arthritis, inflammation/pain, thyroid, weight loss/obesity, skin, immunity, gallbladder.

# Celery Root & Pear

This simple, light, and refreshing juice is rich in electrolytes, sodium, potassium, and magnesium.



- Ingredients (Makes 2 servings)
- 3 celery root (celeriac)
- 2 pears
- 1) Wash all ingredients.

2) Add all ingredients through juicer and enjoy!

164 / 686kJ

Calories

Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	220mg
Carbohydrate	39g
Fiber	1g
Sugars	16g
Protein	4g
Yields and nutritional	information

are estimated and will vary depending on produce size and juicer used.



Heart disease, high cholesterol, cancer, thyroid, weight loss/obesity, GI.

# **Ginger Pear-snip**

Add a little spice to your life while helping to reduce your risk of cancer and inflammation.



Ingredients (Makes 2 servings)

— 3 parsnips

 $-1\frac{1}{2}$ " / 4cm ginger 1) Peel ginger. 2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Colorias 100 /

— 1 pear

Calories	795kJ	
Fat	1g	
Trans Fat	0g	

Cholesterol 0g

Sodium 19<sub>mg</sub>

Carbohydrate

Suga	rs		20g
Prote	ein		3g
Yields	and	nutritional	information

are estimated and will vary depending on produce size and juicer used.



Fiber



Heart disease, stroke, high cholesterol, cancer, allergies, inflammation/pain, thyroid, weight loss/obesity, immunity.

## **Hot & Cold**

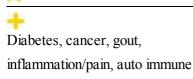
Hot, cold and healthy adding high levels of vitamins B6, E and K.



Ingredients (Makes 2 servings)

— 1 jicama		
— 2 oranges		
— 1 jalapeño		
— 1 small har	ndful mint	
— 2 sprigs cil	lantro (coria:	nder)
<ol> <li>Peel jicama</li> <li>Remove see</li> <li>Wash all in</li> <li>Add all ing enjoy!</li> </ol>	eds from jala gredients.	peño.
Calories	49 / 205kJ	
Fat	0g	
Trans Fat	0g	

Cholesterol	0g
Sodium	6mg
Carbohydrate	12g
Fiber	1g
Sugars	6g
Protein	1g
Yields and nutritional are estimated and depending on produce juicer used.	will vary





## Mango Salsa

Sweet and savory with a bit of spice, this juice is great for maintaining healthy skin.



Ingredients (Makes 2 servings)
— 1 mango
— ½ cucumber
— ½ yellow pepper (capsicum)
— 1 jalapeño
— 1 small handful cilantro (coriander)
— 1 lime
1) Peel lime.
2) Remove skin from mango.
3) Remove seeds from pepper and jalapeño.
4) Wash all ingredients.
5) Add all ingredients through juicer and enjoy!

Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	4mg
Carbohydrate	24g
Fiber	2g
Sugars	17g
Protein	2g
Yields and nutritional	information

are estimated and will vary depending on produce size and

juicer used.

Calories 96 / 402kJ



Arthritis, gout, allergies, migraines, inflammation/pain, auto immune conditions, thyroid, immunity, menstrual/PMS/menopause/PCOS,

menstrual/PMS/menopause/PCOS, gallbladder.

### Mexi Cali

A spicy anti-inflammatory juice that offers a refreshing bite.



- Ingredients (Makes 2 servings)
- <sup>2</sup>/<sub>3</sub> medium pineapple
- 1 green apple
- 1 lime

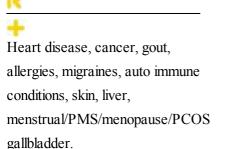
— ½ jalapeño			
— 1 small han	dful cilantro	(coriander)	
<ol> <li>Peel lime.</li> <li>Remove rind from pineapple.</li> <li>Remove seeds from jalapeño.</li> <li>Wash all ingredients.</li> <li>Add all ingredients through juicer and enjoy!</li> </ol>			
Calories	65 / 272kJ		
Fat	1g		
Trans Fat	0g		
Cholesterol	0g		
Sodium	88mg		

Fiber	13g
Sugars	3g
Protein	2g
Yields and nutritiona	1 information

120

Carhohydrate

are estimated and will vary depending on produce size and juicer used.



## **Southwest**

Fruity and refreshing with a prickly cactus flare that brings you to the southwest.



#### Ingredients (Makes 2 servings)

- 1 chayote
- 1 tomato
  - 1 green apple

2) Add all ingredients through juicer and enjoy!

58 / 243kJ

0g

1) Wash all ingredients.

**Calories** 

Fat

	•
Trans Fat	0g
Cholesterol	0g
Sodium	5mg
Carbohydrate	14g
Fiber	0g
Sugars	14g
Protein	1g
Yields and nutritional	information

are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, cancer, auto immune conditions.

## Taj Mahal

Inspired by the flavors of India, this juice is full of vitamin C and potassium.



Ingredients (Makes 2 servings)

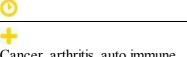
— 2 apples

— 2 pears				
— ½ lemon				
— 2" / 5cm ginger				
— dash garam masala				
<ol> <li>Peel lemon and ginger.</li> <li>Wash all ingredients.</li> <li>Add all ingredients through juicer.</li> <li>Top with garam masala and enjoy!</li> </ol>				
Calories	98 / 410kJ			
Fat	0g			
Trans Fat	0g			
Cholesterol	0g			
Sodium	63mg			

Fiber		1g
Sugars		12g
Proteir	1	1g
Yields ar	nd nutritional	information

Carbohydrate

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Cancer, arthritis, auto immune conditions, GI, liver, menstrual/PMS/menopause/PCOS,

gallbladder.

#### Tia Rita

The combination of refreshing fruits with basil and ginger is delicious, complex and invigorating to your taste buds.



- Ingredients (Makes 2 servings)
- 2 grapefruits
- 2 pears
- ⅓ medium pineapple
- 1 small handful basil

— 1" / 2.5cm ginger
1) Peel the grapefruits, lime and ginger
2) Remove the rind from pineapple.
3) Wash all inoredients

 $-\frac{1}{2}$  lime

4) Add all	ingredients through juicer a	and
enjoy!		

onjoy.	
Calories	94 / 393kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g

Trans rat	og
Cholesterol	0g
Sodium	3mg
Carbohydrate	22g

1100	L		18
Suga	rs		22g
Prote	ein		2g
Yields	and	nutritional	information

are estimated and will vary depending on produce size and juicer used.



Fiber

Heart disease, stroke, high cholesterol, cancer, arthritis, gout, allergies, skin, immunity, menstrual/PMS/menopause/PCOS.

#### Winter White

This juice is perfect for the winter months for its fresh and seasonal taste that can brighten up winter doldrums.



- Ingredients (Makes 2 servings)
- 1 fennel
- 2 pears
  - 1" / 2.5cm ginger

- 2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Calories 141 /
  - 590kJ Fat 0g

1) Peel the ginger.

- 0gTrans Fat
- Cholesterol 0gSodium
- 3mg Carbohydrate 37g
- Fiber

Sugars

2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, high cholesterol, cancer, arthritis, gout, inflammation/pain, auto immune conditions, thyroid, immunity, gallbladder



#### **Orange**

### **Apple Pie**

This delicious juice comes full circle in flavor and nutrients to boost your health.



Ingredients (Makes 2 servings)

- 1 sweet potato
- 2 carrots
- 2 apples

— 1 orange		
— dash pumpkir	n pie spice	
<ol> <li>Peel orange a</li> <li>Wash all ingreed</li> <li>Add all ingreed</li> <li>Top with a data and enjoy!</li> </ol>	edients. dients thro	ugh juicer.
Calories	148 / 619kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	

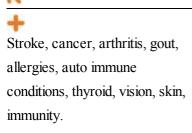
98mg

Sodium

Fibe	r		2g
Suga	rs		23g
Prote	ein		2g
Yields	and	nutritional	information

Carbohydrate

are estimated and will vary depending on produce size and juicer used.



### Carrot Apple Ginger

Transition to crisper, cooler weather, and beautiful produce, with this simple and super tasty classic.



- Ingredients (Makes 2 servings)
- 3 carrots
- —2 apples
- 1" / 2.5cm ginger

1) Peel ginger. 2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Calories 87 / 364kJ Fat 0gTrans Fat 0gCholesterol 0g

64mg Sodium Carbohydrate 22g

Fiber 0g16g

Sugars

**Protein** 1g Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, high cholesterol, cancer, osteoporosis, allergies, inflammation/pain, thyroid, vision, skin, immunity, liver.

# **Carrot Tangerine Ginger**

An orange colored juice with more health benefits than orange juice.



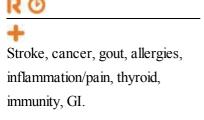
<b>ingredients</b> (M	akes 2 servin	gs)
— 4 carrots		_
— 4 tangerines		
— ½" / 1.3cm gir	nger	
1) Peel tangerine	s and ging	ger.
2) Wash all ingre	edients.	
3) Add all ingred	lients thro	ugh juicer and
enjoy!		
Calories	102 /	
	427kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	

Carbohydrate	25g
Fiber	2g
Sugars	20g
Protein	1g
Yields and nutritional	information

124mg

Sodium

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



#### **Captain Melon**

Healthy summer time juice with antiinflammatory and cancer fighting properties.



Ingredients (Makes 2 servings)

- ½ medium watermelon
- ⅓ medium pineapple
  - 1" / 2.5cm ginger

1) Peel ginger. 2) Remove rind from watermelon and pineapple. 3) Wash all ingredients. 4) Add all ingredients through juicer and enjoy! Calories 34 / 142kJ Fat 0gTrans Fat 0g

0g

8g

2mg

Cholesterol

Carbohydrate

Sodium

Fiber

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, cancer, auto immune conditions, thyroid, GI.

### Citrus Times Three

Packed with vitamin C to support your immune system and keep it strong.



Ingredients (Makes 2 servings)

— 3 oranges

— 2 grapefruits

— 2 sprigs rosemary
1) Peel oranges, grapefruits and lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and
eniov

— ½ lemon

Carbohydrate

Onjoy.	
Calories	138 /
	578kJ
Fat	0g
Trans Fat	0g
C1 1 1 1	^

Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	Oma

Cholesterol	0g
Sodium	Oma

Cholesterol	0g
Sodium	0mg

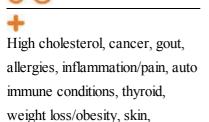
35g

# Sugars25gProtein3gYields and nutritional information

Fiber

immunity.

are estimated and will vary depending on produce size and juicer used.



# Glowing Green Pepper

Protect your immune system while brightening your skin with this glowing juice.



Ingredients (Makes 2 servings)

- 1 green pepper (capsicum)
- 1 cucumber
- 3 carrots

#### 1) Peel lemon. 2) Remove seeds from pepper 3) Wash all ingredients. 4) Add all ingredients through juicer and enjoy! Calories 65 / 272kJ Fat 0g

0g

0g

67mg

16g

1g

— 1 lemon

Trans Fat

Sodium

Fiber

Cholesterol

Carbohydrate

# Sugars 9g Protein 2g Yields and nutritional information

yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Stroke, diabetes, cancer, allergies, thyroid, weight

loss/obesity, vision, skin, menstrual/PMS/menopause/PCOS.

# **Green Carrot Ginger**

If you want to ward off the seasonal cold then load up on this juice super-packed with immune-boosting, heart-healthy ginger.



- Ingredients (Makes 2 servings)
- 1 cucumber
- 4 carrots
- 3 leaves kale (Tuscan cabbage)

— ½ pear — 1" / 2.5cm	ginger	
<ol> <li>Peel ginger</li> <li>Wash all in</li> <li>Add all ing enjoy!</li> </ol>	gredients.	ugh juicer and
Calories	89 / 372kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	97mg	

21g 1g

Carbohydrate

Fiber

Sugars		12g	
Protein		3g	
Vields	and	nutritional	information

are estimated and will vary depending on produce size and juicer used.



Stroke, cancer, osteoporosis, allergies, migraines, auto immune conditions, weight loss/obesity, vision, skin, liver.

#### **Mexican Fiesta**

A Mexican fiesta in a glass! The unique combination of jicama, red bell pepper, orange and red onion offers high levels of vitamin C.



#### Ingredients (Makes 2 servings)

- ½ jicama
- ½ red bell pepper (capsicum)
- ½ cucumber
- ½ red onion

— I orange			
— 1 lime			
— dash cayer	nne pepper		
<ol> <li>Peel jicama, orange, lime and onion.</li> <li>Wash al ingredients.</li> <li>Add all ingredients through juicer.</li> <li>Top with a dash of cayenne pepper and enjoy!</li> </ol>			
Calories	67 / 280kJ		
Fat	0g		
Trans Fat	0g		
Cholesterol	0g		
Sodium	4mg		

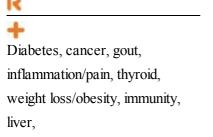
1 oranga

Fiber	1g
Sugars	8g
Protein	2g
Yields and nutritional	information

220

Carhohydrate

are estimated and will vary depending on produce size and juicer used.



menstrual/PMS/menopause/PCOS,



## **Minty Citrus**

Refresh your palate and load up on phytonutrients with this minty fresh juice.



#### Ingredients (Makes 1 servings)

- 2 oranges
- 1 grapefruit
- 2 carrots
  - 4 ribs celery

I Hullatul Hilli		
<ol> <li>Peel oranges and grapefruit.</li> <li>Wash ingredients well.</li> <li>Add all ingredients through juicer and enjoy!</li> </ol>		
Calories	123 /	
	515kJ	
Fat	1g	
Trans Fat	0g	
Cholesterol	0g	

96mg

1 handful mint

Sodium

Fiber

Carbohydrate

# Sugars 19g Protein 4g Violds and putritional information

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, high cholesterol, cancer, inflammation/pain, auto immune conditions, thyroid, vision, skin, immunity, GI.

## **Oh Sweet Broccoli**

Loaded with vitamins C, K, A, folate, and manganese, this juice is a good way to up your broccoli intake.



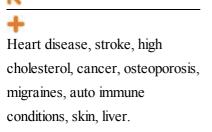
Ingredients (Makes 2 servings)

<ul> <li>1 ½ heads t</li> <li>2 oranges</li> <li>1 cucumber</li> <li>1 carrot</li> </ul>		
<ol> <li>Peel orange</li> <li>Wash all ing</li> <li>Add all ing</li> <li>enjoy!</li> </ol>	gredients.	ugh juicer and
Calories	71 / 297kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	36mg	

Fibe	r		2g
Suga	rs		12g
Prote	ein		2g
Yields	and	nutritional	information

Carbohydrate

are estimated and will vary depending on produce size and juicer used.



# **Orange Ginger**

A seasonal, antioxidant power-packed juice that includes flavors of the fall.



Ingredients (Makes 2 servings)

— 1 sweet potato

— ½ cup / 65g c	eranberries	S
— 1 orange		
— ½ lemon		
$-\frac{1}{2}$ fennel		
$\frac{1}{4}$ " / 0.5cm g	inger	
— dash cinnamo	on	
1) Peel sweet po	otato.	
2) Peel orange a	and lemon.	
3) Add all ingre	dients thro	ugh juicer.
4) Top with a da	ash of cinn	amon and
enjoy!		
Calories	128 /	
	536kJ	
Fat	1g	

Trans Fat	0g
Cholesterol	0g
Sodium	77mg
Carbohydrate	30g
Fiber	3g
Sugars	17g
Protein	2g
Yields and nutritional in	formation
are estimated and w	vill vary
depending on produce	size and
juicer used.	



Heart disease, high cholesterol,

cancer, inflammation/pain, skin, immunity, GI.

#### **Peach Chai**

Refreshingly fruity and spicy, nutrientrich and packed with antioxidants like vitamin C and phytochemicals.



### **Ingredients** (Makes 2 servings) — 3 peaches — 10 strawberries $-1\frac{1}{2}$ " / 4cm ginger — dash Chinese 5-spice 1) Peel ginger. 2) Remove pits from peaches. 3) Wash all ingredients. 4) Add all ingredients through juicer.

5) Top with dash of Chinese 5-Spice powder and enjoy!

Calories	51 / 213kJ
Fat	0g

Trans Fat	0g
Cholesterol	0g
Sodium	1mg
Carbohydrate	12g
Fiber	0g
Sugars	14g
Protein	1g
Yields and nutritional	information
are estimated and	will vary
depending on produce	e size and



juicer used.

Heart disease, stroke, cancer, arthritis, gout, allergies, thyroid, vision, skin, memory.

#### **Roots & Fruits**

A nice way to start a fall day. This juice is full of vitamin C, beta-carotene and bromelain.



Ingredients	(Makes 2 servin	gs)
— 2 carrots		
— 2 parsnips		
— ¼ pineappl	e	
— 1 orange		
— 1" / 2.5cm	ginger	
<ol> <li>Peel ginger</li> <li>Remove rin</li> <li>Wash all in</li> <li>Add all ing enjoy!</li> </ol>	d from pinea gredients.	
Calories	138 / 578kJ	
Fat	1g	

Trans Fat	0g
Cholesterol	0g
Sodium	74mg
Carbohydrate	32g
Fiber	3g
Sugars	17g
Protein	3g
Yields and nutritional	information
are estimated and	will vary
depending on produce	size and
juicer used.	



Heart disease, arthritis, allergies, migraines, inflammation/pain, thyroid, vision, skin immunity, gallbladder.

## Spicy Peach Carrot

Sweet with a surprising overtone of carrot and apple, this juice is a great dessert juice or a fruity start to the day.



- Ingredients (Makes 2 servings)
- 2 peaches
- 1 pear
- 2 carrots
- 1 cup / 150g green grapes
- 1" / 2.5cm ginger

<ul><li>pinch cinnamo</li><li>pinch nutmeg</li></ul>	on		
— pinch cloves			
<ol> <li>Peel ginger.</li> <li>Remove pits fi</li> </ol>	rom peach	nes.	
3) Wash all ingredients.			
4) Add all ingredients through juicer.			
5) Top with cinnamon, nutmeg and cloves and enjoy!			
Calories	141 / 590kJ		
Fat	1g		
Trans Fat	0g		
Cholesterol	0g		

Sodium	64mg
Carbohydrate	33g
Fiber	1g
Sugars	25g
Protein	2g
Yields and nutritional	information
are estimated and	will vary

are estimated and will vary depending on produce size and juicer used.



Heart disease, arthritis, inflammation/pain, auto immune conditions, weight loss/obesity,

immunity, liver, menstrual/PMS/menopause/PCOS, gallbladder.

#### **Sunburst**

Bursting with vitamin C, it's perfect to keep colds away while promoting healthy, glowing skin.



<b>Ingredients</b> (Makes 2 servings)		
<ul> <li>1 orange</li> <li>1 red bell</li> <li>3 carrots</li> <li>½ lemon</li> </ul>	pepper (caps	icum)
<ol> <li>Peel the le</li> <li>Wash all in</li> <li>Add all ing enjoy!</li> </ol>	ngredients.	ige. ugh juicer and
Calories	63 / 264kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	

Sodium	93mg
Carbohydrate	15g
Fiber	1g
Sugars	11g
Protein	2g
Yields and nutritional	information
are estimated and	will vary

are estimated and will vary depending on produce size and juicer used.

```
Stroke, cancer, arthritis, gout,
```

auto immune conditions, vision, skin,

menstrual/PMS/menopause/PCOS.

#### **Sweet Potato Pie**

When you are looking for something sweet, something with a bit of creaminess, or just an excuse to make a delicious, unique juice, this is the juice for you.



- Ingredients (Makes 2 servings)
- 1 sweet potato
- 2 pears
- 1 apple
- dash cinnamon

2) Wash all ingredients.
3) Add all ingredients through juicer.
4) Top with dash of cinnamon and enjoy!

Calories

136 /
569kJ

Fat

0g

Trans Fat

0g

0g

38mg

34g

1g

18g

1) Peel the sweet potato.

Cholesterol

Carbohydrate

Sodium

Fiber

Sugars

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

### R @



Heart disease, stroke, high cholesterol, diabetes, cancer, arthritis, allergies, vision, immunity,

menstrual/PMS/menopause/PCOS.

# The Cabbage Patch

Venture out of your typical juice routine. This recipe features the often ignored green cabbage which has a surprisingly high yield of juice for a leafy vegetable, a mild taste, and is abundant in vitamin C.



#### Ingredients (Makes 2 servings)

- 6 leaves green cabbage
- 6 leaves chard (silverbeet)
- 3 carrots
- 1 apple
- 1" / 2.5cm ginger

2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Calories 87 / 364kJ Fat 0gTrans Fat 0g

3g

Cholesterol 0g

1) Peel ginger.

- 196mg Sodium Carbohydrate 19g
- Fiber 0g
- Sugars 13g

**Protein** 

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, cancer, arthritis, allergies, auto immune conditions, weight loss/obesity, vision, GI, liver,

menstrual/PMS/menopause/PCOS.

## **Triple C**

If you need to load up on vitamin C, don't just rely on oranges! The cabbage in this juice offers high levels of vitamin C and sulphur.



Ingredients (Makes 2 servings)

— ¼ head green cabbage

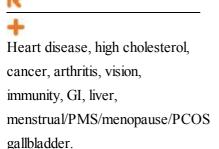
— 3 carrots

— 4 ribs cele	ry		
— 1 green app	ple		
— 1 lemon			
<ol> <li>Peel lemon.</li> <li>Wash all ingredients.</li> <li>Add all ingredients through juicer and enjoy!</li> <li>(This juice is best served chilled.)</li> </ol>			
Calories	98 / 410kJ		
Fat	0g		
Trans Fat	0g		
Cholesterol	0g		
Sodium	184mg		

Fiber	1g
Sugars	14g
Protein	3g
Yields and nutritiona	1 information

Carbabudrata

are estimated and will vary depending on produce size and juicer used.





Red

## **Auntie Oxie**

Vibrantly colored with a pop of refreshing flavor, this juice kicks your store bought grape juice to the curb by offering a surplus of antioxidants and nutritional benefits.



- **▲ Ingredients** (Makes 2 servings)
- 2 cups/300g red grapes
- 2 cups/280g blueberries
- 2 cups/500g pomegranate seeds
- 4 ribs celery
- 1) Wash all ingredients.

2) Add all ingredients through juicer and enjoy!

**Calories** 

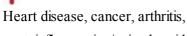
135 /

565kI

	303K
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	25mg
Carbohydrate	35g
Fiber	1g
Sugars	27g
Protein	2g
Yields and nutritional	information

are estimated and will vary depending on produce size and juicer used.





gout, inflammation/pain, thyroid, vision, skin, immunity, memory.

## **Beet-ini**

Put a new spin on happy hour and enjoy this healthy version of a 'martini'.



<b>Ingredients</b> (Makes 2 servings)			
— 1 beet (beetr	oot)		
— 1 apple			
— 1 orange			
— 1 sprig mint			
<ol> <li>Peel beet and orange.</li> <li>Wash all ingredients.</li> <li>Add all ingredients through juicer and enjoy!</li> </ol>			
Calories	60 / 251kJ		
Fat	0g		
Trans Fat	0g		
Cholesterol	0g		

Soutuiti	34mg
Carbohydrate	45g
Fiber	2g
Sugars	12g
Protein	1g
Yields and nutritional	information
are estimated and	will vary
depending on produce	e size and

2/1mg



juicer used.

Sadium

High cholesterol, cancer, arthritis, migraines, thyroid, vision, skin, immunity, GI, liver.

## **Beet Potato Pie**

Fill up on your root vegetables for the highest levels of beta-carotene and vitamin A.



<b>Ingredients</b> (Makes 2 servings)			
— 1 sweet pot	tato		
— 1 beet (bee	troot)		
— 2 apples			
— 1 ½" / 4cm	ginger		
<ol> <li>Peel sweet potato, beet and ginger.</li> <li>Wash all ingredients.</li> <li>Add all ingredients through juicer and enjoy!</li> </ol>			
Calories	80 / 335kJ		
Fat	0g		
Trans Fat	0g		
Cholesterol	0g		

Sodium	69mg	
Carbohydrate	20g	
Fiber	1g	
Sugars	11g	
Protein	1g	
Yields and nutritional information		
are estimated and	will vary	
depending on produce	e size and	
inicer used		



Stroke, high cholesterol, allergies, migraines, thyroid, weight loss/obesity, vision, skin,



# **Bloody Mary**

A healthy alternative to your weekend brunch cocktail.



**▲ Ingredients** (Makes 2 servings)

— 4 tomatoes

— 2 red bell peppers (capsicum)			
— 1 carrot			
— 1 zucchini			
— 2 ribs celery			
— 1 small handful parsley			
— 1 small handful oregano			
— 1 small handful basil			
— pinch sea salt			
— 1 tsp / 5ml olive oil			
1) Wash all ingredients.			
2) Add all ingredients through juicer.			
3) Top with pinch of sea salt and olive oil and enjoy!			
Calories 84 / 352kJ			

<u>Fat</u>	<u>2g</u>
Trans Fat	0g
Cholesterol	0g
Sodium	265mg
Carbohydrate	14g
Fiber	0g
Sugars	9g
Protein	3g
Yields and nutritional are estimated and depending on produce	will vary



Heart disease, diabetes, cancer, osteoporosis, migraines, thyroid, weight loss/obesity, immunity, menstrual/PMS/menopause/PCOS.

# **Brooklyn Heights**

With high levels of vitamin C, and a New York style taste, this juice takes you to new heights.



#### Ingredients (Makes 2 servings)

- 2 oranges
- <sup>1</sup>/<sub>3</sub> medium pineapple
- 1 cup / 250g cranberries

2) Remove rind from pineapple. 3) Wash all ingredients. 4) Add all ingredients through juicer and enjoy! Calories 80 / 335kJ Fat 0gTrans Fat 0gCholesterol 0g

2mg

21g

2g

16g

1) Peel oranges.

Sodium

Fiber

Sugars

Carbohydrate

### Protein 1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, cancer, gout, allergies, inflammation/pain,

gout, allergies, inflammation/pain, auto immune conditions, thyroid, immunity, gallbladder.

# **Caprese Salad**

A juice twist on a popular salad, with healthy ingredients that are in season all year round.



Ingredients (Makes 2 servings)

— 3 plum tomatoes		
— 1 fennel		
— 1 small handful basil		
— ½ lemon		
— pinch sea salt		
$-\frac{1}{2}$ tsp / 3ml olive oil		
1) Peel lemon.		
2) Wash all ingredients.		
3) Add all ingredients through juicer.		
4) Top with pinch of sea salt and olive		
oil and enjoy!		
Calories 72 / 301kJ		
Fat 2g		

Sodium	71mg
Carbohydrate	12g
D'I	
Fiber	0g
Sugars	4g
Protein	2g
Yields and nutritional	information
are estimated and	will vary
depending on produce	e size and
uicer used.	

Frans Fat Cholesterol

Heart disease, diabetes, cancer,

allergies, inflammation/pain, auto immune conditions, thyroid, weight loss/obesity, menstrual/PMS/menopause/PCOS.

## **Cool Mint**

A perfect summer juice to take to the beach and boost your vitamin A intake.



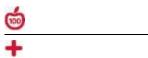
▲ Ingredients (Makes 2 servings)

— ½ medium watermelon

— ½ medium	honeydew	
— 1 cup mint		
— ½ lemon		
1) Peel lemon.		
2) Remove rin honeydew.	d from water	rmelon and
3) Wash all in	gredients.	
4) Add all ingrenjoy!	redients thro	ugh juicer and
Calories	60 / 251kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	

Carbohydrate	24mg 0g
Fiber	0g
Sugars	11g
Protein	1g
X7: 11 1	·

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Stroke, allergies, auto immune conditions, thyroid, vision, gallbladder.

## **Cran-Apple-Crisp**

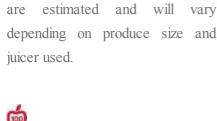
A sweet and delicious juice packed with antioxidants.



## ▲ Ingredients (Makes 1 servings) — 3 apples — 2 cups / 500g cranberries $-\frac{1}{4}$ lemon — 2" / 5cm ginger — dash of nutmeg and ground cloves 1) Peel lemon and ginger. 2) Wash all ingredients. 3) Add all ingredients through juicer. 4) Top with nutmeg and ground cloves and enjoy!

Calories	134 /
	561kJ

Trans Fat	0g
Cholesterol	0g
Sodium	5mg
Carbohydrate	33g
Fiber	1g
Sugars	21g
Protein	1g
Yields and nutritional	information



Fat

Cancer, gout, inflammation/pain, auto immune conditions, weight loss/obesity, immunity, GI.

# Cranberry Citrus Cocktail

This delicious juice is like all of your favorite Thanksgiving side dishes served up in a glass.



- 1 cup / 250g cranberries
- 1 orange
- 1 apple
- 1 sweet potato
- 5 leaves collard greens

2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Calories 110 /

1) Peel orange and sweet potato.

- 460kJ Fat 0g
- 0gTrans Fat
- Cholesterol 0g
- 30<sub>mg</sub> Sodium Carbohydrate 27g
- Fiber 2g

#### Protein 2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, high cholesterol, cancer, osteoporosis, allergies, migraines, vision, skin, immunity, liver.

### **Green Pom-Pom**

Throw your hands up in the air and cheer for this beautiful Green Pom-Pom juice.



▲ Ingredients (Makes 2 servings)

- 2 apples
- 2 ribs celery

— 1 handful spinach 1 cup / 250g pomegranate seeds 1) Wash all ingredients. 2) Add all ingredients through juicer and enjoy! **Calories** 161 / 674kJ Fat 1g Trans Fat 0gCholesterol 0gSodium 31mg Carbohydrate 25g

1g

Fiber

# Sugars 18g Protein 2g Violds and putritional information

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

```
Heart disease, high cholesterol, diabetes, cancer, arthritis, gout, allergies, auto immune conditions, vision, liver, menstrual/PMS/menopause/PCOS.
```

# Mediterranean Summer

If you've been dreaming about a summer on the Mediterranean then you'll love this slightly sweet juice loaded with lycopene.



#### ▲ Ingredients (Makes 2 servings)

- ½ medium watermelon
- 1 tomato
- 1 small handful basil
- 1 small handful mint
- pinch sea salt
- 1) Remove rind from watermelon.

- 3) Add all ingredients through juicer. 4) Top with sea salt and enjoy! Calories 46 / 192kJ
  - Fat 0g

2) Wash all ingredients.

- Trans Fat 0g
- Cholesterol 0g
- Sodium 383mg 10g
- Carbohydrate
- Fiber
- Sugars

**Protein** 

- 1g
  - 8g 2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, cancer, allergies, inflammation/pain, auto immune conditions, thyroid, weight loss/obesity, vision, immunity, menstrual/PMS/menopause/PCOS...

# **Orange Fennel**

The unique combination of fennel, orange and red cabbage presents a nutrient-packed and delightful juice.



#### 

- ¼ head red cabbage
- 4 leaves kale (Tuscan cabbage)
- 1 cucumber
- ½ fennel

— 2 oranges		
— 1 apple		
1) Peel orange	S.	
2) Wash all ing	gredients.	
3) Add all ingr	edients thro	ugh juicer and
enjoy!		
3 3		
Calories	81 / 339kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	47mg	
Carbohydrate	20g	

Fiber

# Sugars 7g Protein 4g Yields and nutritional information

are estimated and will vary depending on produce size and juicer used.





Heart disease, cancer, arthritis, allergies, migraines, thyroid, vision, skin, immunity, GI.

## **Pink Lady**

Perfect on a hot summer morning as a refreshing and light beverage, this juice will please more than your taste buds. The strawberries are loaded with phytonutrients, the watermelon contains high amounts of lycopene an antioxidant that can fight free radicals and the mint promotes a healthy digestive system. Cheers to the summer!



#### 

- ⅓ medium watermelon
- 12 strawberries
  - 4 sprigs mint

1) Remove rind from watermelon. 2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy!

— 3 sprigs tarragon

Calories	88 / 368kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g

Sodium	5mg
Carbohydrate	20g
Fiber	1g

14g

### Protein 2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Stroke, cancer, gout, allergies, inflammation/pain, auto immune conditions, thyroid, immunity.

## **Pom Apple**

A cleansing drink for those warm summer months, this juice is high in vitamins C and K and polyphenols.



▲ Ingredients (Makes 2 servings)

— 3 ribs celery

— 2 apples	ome grana	ac seeds
<ul><li>1) Wash all ingred</li><li>2) Add all ingred</li><li>enjoy!</li></ul>		ugh juicer and
Calories	121 /	
	506kJ	
Fat	1g	
Trans Fat	0g	

Cholesterol

Carbohydrate

Sodium

Fiber

0g

26mg

30g

1 cup / 250g pomegranate seeds

# Sugars 31g Protein 2g Vields and putritional information

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, high cholesterol, cancer, arthritis, gout, thyroid, vision, skin, immunity, memory.

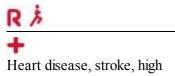
### **Red Hot**

More than typical fall juice, root vegetables with a pop of chili adds an extra zing to your taste buds.



<b>Ingredients</b> (Makes 2 servings)		
— 1 beet (beetroo	ot)	
— 4 carrots		
— 2 oranges		
— ½ sweet potato	)	
— 1 chili pepper		
1) Peel beet, swee	et potato	and oranges.
2) Wash all ingred	lients.	
3) Add all ingredi enjoy!	ents thro	ugh juicer and
Calories	110 /	
	460kJ	
Fat	0g	

Trans Fat	0g
Cholesterol	0g
Sodium	172mg
Carbohydrate	27g
Fiber	3g
Sugars	18g
Protein	3g
Yields and nutritional	
are estimated and	will vary
depending on produce	size and
juicer used.	



cholesterol, diabetes, cancer, arthritis, allergies, migraines, auto immune conditions, vision.

### **Red Rush**

The rich red color in these vibrant fruits and veggies signals a wealth of nutrition tucked inside a deliciously balanced sweet juice.



#### 

- $-\frac{1}{2}$  cup / 70g cherries
- 1/8 medium watermelon
- 4 medium strawberries
- 1 tomato

— I beet (bee	troot)	
— 1 small han	dful basil	
1) Wash all in	gredients.	
2) Remove pits	s from cherr	ies and green
stems from	strawberrie	S.
3) Cut ends off	f beet and pe	el.
4) Add all ingr	redients thro	ugh juicer and
enjoy!		
Calories	66 / 276kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	

29mg

1 heat (heatroot)

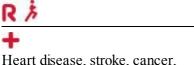
Sodium

Fibe	r	<del>urate</del>	10g 1g
Suga	rs		12g
Prote	ein		2g
Yields	and	nutritional	information

160

Carbohydrate

are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, cancer, gout, thyroid, skin, memory, GI, liver.

### **Red Sunrise**

A vibrant red color packed with nutrients and a simply sweet taste is an energizing start to your day.



<b>♦ Ingredients</b> (1	Makes 2 servin	gs)
— ½ head red c	abbage	
— 6 carrots		
— 2 oranges		
1) Peel oranges		
2) Wash all ingr	redients.	
3) Add all ingre	dients thro	ugh juicer and
enjoy!		
Calories	125 /	
	523kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	

Fiber	2g
Sugars	25g
Protein	5g
Yields and nutritional	information
are estimated and	will vary
depending on produce	size and
juicer used.	

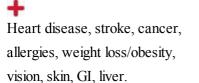
166mg

36g

Sodium

R O

Carbohydrate



## **Ruby Champagne**

An afternoon pick me up loaded with brain-boosting power and nitric oxide.



## ▲ Ingredients (Makes 2 servings) — 2 cucumbers — 2 carrots — 1 beet (beetroot) — 1 rib celery — 1 handful parsley — 1 lemon — 1" / 2.5cm ginger 1) Peel beet, lemon and ginger. 2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy!

82 / 343kJ

Calories

Trans Fat	0g
Cholesterol	0g
Sodium	93mg
Carbohydrate	19g
Fiber	1g
Sugars	10g
Protein	4g
Yields and nutritional	information
are estimated and	will vary
depending on produce	size and
uicer used.	



inflammation/pain, auto immune conditions, weight loss/obesity, vision, immunity, GI, liver, menstrual/PMS/menopause/PCOS.

Arthritis, allergies,

# Strawberry-Orange Mint Julep

Change up a typical Mint Julep recipe into a nutritious drink to enjoy at the Kentucky Derby.



- ½ cantaloupe (rockmelon)
- 12 strawberries

— 1 orange		
— 1 small hand	dful mint	
<ol> <li>Remove ring</li> <li>Peel orange</li> <li>Wash all ing</li> <li>Add all ingrenjoy!</li> </ol>	gredients.	
Calories	32 / 134kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	

26mg

18g

Sodium

Carbohydrate

ribe	I		18
Suga	rs		14g
Prote	ein		2g
Yields	and	nutritional	information

are estimated and will vary depending on produce size and juicer used.



Libor



Heart disease, high cholesterol, cancer, gout, allergies, inflammation/pain, auto immune conditions, thyroid, skin, immunity.

### **Summer Lovin'**

This juice offers a deliciously soft, sweet summer taste. The combination of blueberries and pomegranates makes this juice an antioxidant powerhouse.



- 1/4 medium watermelon
  - 1 cup / 140g blueberries

1) Remove rind from watermelon.
2) Wash all ingredients.
3) Add all ingredients through juicer and

—  $\frac{1}{2}$  cup / 125g pomegranate seeds

enjoy!

Carbohydrate

Fiber

3 3	
Calories	116 /
	485kJ
Fat	1g
Trans Fat	0g
Chalastaral	Ωα

Cholesterol Ug Sodium 3mg

28g

1g

Prote	ein		2g
Yields	and	nutritional	information

21g

are estimated and will vary depending on produce size and juicer used.



Sugars



Stroke, cancer, arthritis, gout, allergies, vision, skin, immunity, memory.

### **Un-Beet-Able**

You can't beat this Un-Beet-Able juice power-packed with nutrients from the colors of the rainbow.



- 1 apple
- 1 beet (beetroot)
- 3 carrots
- 4 leaves kale (Tuscan cabbage)

- , -, -, -, -, -, -, -, -, -, -, -, -,	88	
<ol> <li>Peel beet a</li> <li>Wash all in</li> <li>Add all ing enjoy!</li> </ol>	ngredients.	ugh juicer and
Calories	80 / 335kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	137mg	
-		

19g

1g

18g

1" / 2.5cm ginger

Carbohydrate

Fiber

Sugars

#### Protein

#### 2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

# R Å



Heart disease, stroke, cancer, arthritis, gout, allergies,

migraines, vision, liver,

menstrual/PMS/menopause/PCOS gallbladder.



**Purple** 

## **BBQ Blow Out**

Don't forget to bring your favorite nutrient rich juice to your next summer barbeque.



- ½ head red cabbage
- 1 beet (beetroot)
- 2 carrots
- ½ apple

## 1) Peel beet and lemon. 2) Wash all ingredients.

 $-\frac{1}{2}$  lemon

3) Add all ingredients through juicer and enjoy!

Calories	135 /
	565kJ
Fat	1g
Trans Fat	0g
Cl. 1 1	0

Trans Fat	0g
Cholesterol	0g
Sodium	150mg
G 1 1 1 .	2.1

Cholesterol	0g
Sodium	150mg
Carbohydrate	31g

Fiber 1g

Protein		3g	
Yields	and	nutritional	information

are estimated and will vary depending on produce size and juicer used.



Sugars



Heart disease, stroke, cancer, weight loss/obesity, vision, skin, GI, liver.

## Dracula's Dream

Keep your heart strong and blood pumping with Dracula's favorite red juice.

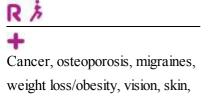


<b>Ingredients</b> (Makes 2 servings)		
— 2 beets (be	eetroot)	
— 2 carrots		
— 8 medium strawberries		
— 7 leaves kale (Tuscan cabbage)		
1) Peel beets.		
2) Wash all in	ngredients.	
3) Add all ingredients through juicer and enjoy!		
Calories	74 / 310kJ	
Fat	1g	
Trans Fat	0g	
Cholesterol	0g	

	_
Carbohydrate	17g
Fiber	1g
Sugars	7g
Protein	4g
37. 11 1	
Yields and nutritional	intormation

Sodium

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



immunity, GI, liver, menstrual/PMS/menopause/PCOS.

## **Hot Pink**

Pink isn't only for the girls. This juice is great for everyone's heart, bones and brain.



— 2 beets (beetroot)

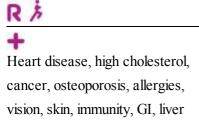
— 2 apples			
— 8 leaves chard (silverbeet)			
— 1 ½" / 4cm ginger			
1) Peel beets and ginger.			
2) Wash all ingredients.			
3) Add all ingredients through juicer and enjoy!			
Ciliby!			
Calories	102 /		
	427kJ		
Fat	0g		
Trans Fat	0g		
Cholesterol	0g		
Sodium	154mg		

Fibe	r		1g
Suga	rs		25g
Prote	ein		2g
Yields	and	nutritional	information

25g

Carbohydrate

are estimated and will vary depending on produce size and juicer used.



## **Just Beet It**

A great source of potassium and electrolytes; bring this juice with you the next time you head to the gym.



- **▲ Ingredients** (Makes 2 servings)
- 2 beets (beetroot)
- 2 pears
- 1 cucumber
- 1"/2.5cm ginger

- 2) Wash all ingredients.
  3) Add all ingredients through juicer and enjoy!
  Calories 106 / 444kJ
  - Fat 0g
    Trans Fat 0g

1) Peel beets and ginger.

- Cholesterol 0g
  Sodium 69mg
- Carbohydrate 27g

  Fiber 2g
- Fiber 2g
  Sugars 17g



Diabetes, cancer,

Inflammation/pain, thyroid, skin, immunity, GI, liver, gallbladder.

## Mash Up

Drink in the nutrients from seven different fruits and vegetables with a subtle, mellow flavor.

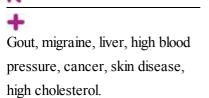


- ¼ head red cabbage
- 1 rib celery

— 1 stalk broccoli	
— ½ summer squash	1
— 1 kiwi	
— 1 cup / 150g red §	grapes
— ½ apple	
1) Peel kiwi.	
2) Wash all ingredie	ents
3) Add all ingredient	
enjoy!	is unough jureer and
Calories 81/3	339kJ
Fat	<u>1g</u>
Trans Fat	0g
Cholesterol	<u>0g</u>

Carbohydrate	208
Fiber	6g
Sugars	20g
Protein	3g
Yields and nutritional	information

are estimated and will vary depending on produce size and juicer used.



## **Olympic Athlete**

100% naturally packed with electrolytes, potassium, magnesium and antioxidant compounds to help keep your muscles and immune system healthy and strong.



- 1 beet (beetroot)
- 2 carrots
- 2 ribs celery
- ½ lemon
- 1 orange

— ½ cucumber 1) Peel beet, lemon and orange. 2) Wash all ingredients. 3) Add all ingredients through juicer and enioul

— 1 handful basil

enjoy:	
Calories	70 / 293kJ
Fat	1g
Trans Fat	Ωσ

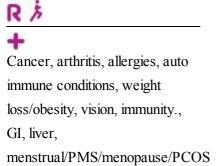
Calories	70 / 293kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	83mg

Trans Fat	Ug
Cholesterol	0g
Sodium	83mg
Carbohydrate	16g

Choresteror	og
Sodium	83mg
Carbohydrate	16g

Fiber

Sugars	llg
Protein	3 g
V:-111t-:t:	1 : C



gallbladder.

#### **Pink Blush**

A revitalizing, sweet, and fragrant juice that is so satisfying it will make you blush.



- ½ medium watermelon
  - 1 grapefruit

½ head red cabbage
 Peel the grapefruit and remove rind from the watermelon.
 Wash all ingredients.
 Add all ingredients through juicer and

— 1 apple

Sodium

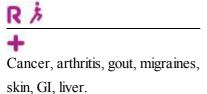
- enjoy!
  - Calories 118 / 494kJ
    Fat 0g
  - Fat 0g
    Trans Fat 0g
    Cholesterol 0g

 $21 \mathrm{mg}$ 

Fiber			0g
Sugar	S		21g
Protei	n		2g
Yields a	ınd	nutritional	information

Carbohydrate

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



## **Purple Power**

Packing a powerful sweet punch, this juice is loaded with rich sources of vitamins A, C, B6 and folate in addition to essential minerals.



- 1 apple
- 6 cups / 900g red grapes
- ½ cup / 75g blackberries
- 1" / 2.5cm ginger

2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!
Calories 194 / 812kJ
Fat 2g

13g

Fat2gTrans Fat0gCholesterol0g

1) Peel ginger.

- Cholesterol0gSodium51mg
- Carbohydrate 45g
  Fiber 3g

Sugars





Heart disease, stroke, diabetes, cancer, osteoporosis, migraines, inflammation/pain, auto immune conditions, thyroid, weight loss/obesity.

#### **Red Licorice**

Satisfy your craving for something sweet and keep your heart healthy with this powerful red potassium filled juice.



- **Ingredients** (Makes 2 servings) **i**
- 1 fennel
- 2 beets (beetroot)
- 1 orange

- 2) Wash all ingredients. 3) Add all ingredients through juicer and enjoy! Calories 51 / 213kJ Fat 1g
  - Trans Fat 0gCholesterol 0g

1) Peel beets and orange.

- 125mg Sodium
- Carbohydrate 11g Fiber 1g

**Protein** 

Sugars 4g

2g



Diabetes, Inflammation pain, thyroid, weight loss/obesity, liver,

menstrual/PMS/menopause/PCOS.

## **Sporty Spice**

Loaded with electrolytes, sodium, potassium, and magnesium, this juice is an excellent choice for those with active lifestyles.

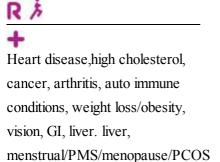


- 2 beets (beetroot)
- 1 carrot
- 3 ribs celery
- 1 lemon

— I orange		
— 1 handful basil		
<ol> <li>Peel beets,</li> <li>Wash all ing</li> <li>Add all ingrenjoy!</li> </ol>	gredients.	
Calories	66 / 276kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	
Sodium	143mg	
Carbohydrate	16g	

Fiber

Sugars		16g	
Prote	ein		3g
Vielde	and	nutritional	information



gallbladder.

#### **Sunrise**

Simple and sweet, the Sunrise Juice is a great way to start the day. The vibrant red color lets you know that the juice is packed with nutrients such as beta-carotene and vitamin C, and the sweet, tangy taste makes it pleasing to your taste buds.



- 3 carrots
- 1 orange
- 1 beet (beetroot)

- 2) Wash all ingredients.
  3) Add all ingredients through juicer and enjoy!
  Calories 76 / 318kJ
  Fat g
  - Trans Fat g
    Cholesterol g

1) Peel beet and orange.

- CholesterolgSodium123mg
- Carbohydrate 19g
  Fiber 1g
- Fiber 1g
  Sugars 13g

2g

**Protein** 



Stroke, high cholesterol, cancer, allergies, thyroid, vision, liver.

#### **Salad Bowl**

Drink in your salad with this simple, subtle and sweet juice.



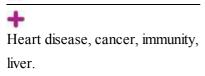
$\frac{1}{2}$ head red	cabbage	
— 1 orange		
— 1 apple		
— 4 leaves ro	maine	
— 1 handful pa	arsley	
<ol> <li>Peel orange</li> <li>Wash all ing</li> <li>Add all ingrenjoy!</li> </ol>	gredients.	ugh juicer and
Calories	73 / 306kJ	
Fat	0g	
Trans Fat	0g	
Cholesterol	0g	
· -		

Carbohydrate	23g
Fiber	1g
Sugars	13g
Protein	2g
Yields and nutritional	information

14mg

Sodium

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



# The Watering Pineapple

Sweet, thirst-quenching and refreshing is the perfect way to describe this juice.



- 1/8 medium watermelon
- ⅓ medium pineapple
- 1 beet (beetroot)
- 2 carrots

$-\frac{1}{2}$ " / 1.5cm ginger
1) Remove rind from watermelon and pineapple.
2) Peel the beet and ginger.

— 2 ribs celery

3) Wash all ingredients.

4) Add all ingredients through juicer and enjoy!

Calories	84 / 352kJ
Fat	0g
Trans Fat	0g

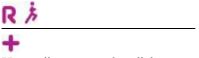
Trans Fat 0g
Cholesterol 0g
Sodium 126mg

Fiber	1 <del>9g</del> 1g
Sugars	14g
Protein	2g
Yields and nutritiona	al information

10~

Carbabudrata

are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, diabetes, cancer, arthritis, gout, migraines, auto immune conditions, vision, liver, menstrual/PMS/menopause/PCOS





## Resources

## **Produce Juicing Guide**

Not sure what to do with those fruits, veggies and spices? We've prepared a list of how to juice the most common ones, most of which you'll find in the recipes in this book. Get creative and start experimenting with your juices! You can find more juice recipes at RebootwithJoe.com/recipes.

Vegetables	<b>How to Prepare</b>
Asparagus	Rinse the stalks carefully and push through juicer,

	putting the bottom of the stalk through first.
Beets (Beetroot)	Peel your beets before juicing them! This will avoid the 'earthy' taste that many people complain about after juicing an unpeeled beet. Depending on the size of your beets, slice to fit your juicer shoot. Juice your beet greens, too!
Bell Peppers (Capsicum)	Rinse and remove the stem, but you can save time and forget removing the seeds — it's fine to juice them. Cut to size and

Broccoli	After rinsing, juice it all, from the stalks to the head.
Butter Lettuce	Rinse leaves individually, checking for dirt and sand. No need to remove the stems. Roll the leaves up and run through your juicer. Leafy greens move through your juicer best when followed by a harder fruit or vegetable, like apples, celery or cucumbers.
Cabbage	Green and red cabbages are great for juicing. Be sure to select a cabbage

head that is firm with

	cabbage in quarters, or smaller if needed, so it easily fits into the juicer shoot. If you don't like the taste of beets, you can substitute red cabbage in any juice recipe that calls for beets.
Carrots	Rinse thoroughly before passing through the juicer and that's it! You can juice your carrots with the greens and skins still on.
•	Wash carefully, as grit can get stuck in the nooks and

crannies of this hearty root

crisp leaves. Cut the

Celery	earthy taste, peel the celery root (celeriac) first.  Cut to fit your juicer.  Rinse thoroughly and add
	entire celery stalk through
	the juicer (even the leafy
	tops).
Chard	Rinse leaves individually,
(Silverbeet)	checking for dirt and sand.
	No need to remove the
	stems. Roll the leaves up
	and run through your
	juicer. Leafy greens move
	best through your juicer
	when followed by a
	harder fruit or vegetable,

vegetable. As with beets, if you don't prefer an

	like apples, celery or
Chili Pepper	cucumbers. Wash and juice. As you probably know, these are pretty spicy, so use with care! Remove seeds if you want a less spicy flavor.
Collard Greens	These are a great leafy green, and can be used if kale (Tuscan cabbage) isn't available. Wash the large leaves and roll up before juicing.
Cucumbers	Cut the cucumber in half and use it to help push greens through your juicer. No need to peel.

Dandelion	Juice as you would any
Greens	other green – wash leaves
	and roll up. Push through
	with firmer produce.
	These have some bite to
	them, so use sparingly, or
	round off with a sweet and
	juicy fruit, like pineapple.
Eggplant	Eggplant is best for eating.
Fennel	Rinse and cut fennel to fit through the juicer. You might notice a slight flavor that reminds you of black licorice.
Green Pepper (Capsicum)	Rinse and remove the stem, but you can save time and forget removing

Jalapeño (Chili Pepper)	the seeds — it's fine to juice them. Cut to size and juice.  Wash and juice. As you probably know, these are pretty spicy, so use with care! Remove seeds if you want a less spicy flavor.
Jicama	Wash, slice, but don't peel jicama before adding it to your vegetable juicer. The jicama juice will contain nutrients that were near the skin even after the skin's been pulped away.
Kale (Tuscan	Use any kind – lacinato, red, green, purple, curly,

cabbage)	etc. And add the leafy green through your juicer after rinsing.
Leeks	Keep the root and the green part on the leek, and slice in half the long way. Gently separate and rinse between the layers. Check for dirt or sand hiding between the layers.
Mustard Greens	Juice these like you would any green but definitely choose a small amount of mustard greens. This potent green will give a very strong taste and adds

lots of spice. It will

	literally warm your
Onions	insides. Go easy on these, as they
	can give your juices a
	super strong flavor. Some
	people prefer not to juice
	these at all. Peel papery
	skin and slice to fit your
	juicer, if needed. Onions
	are another one to start
	with a small amount, taste
	your juice, and add more
	if you like it. If eating raw
	onions bothers your
	stomach, you probably
	want to skip juicing them.
Parsnips	These are super easy, like carrots, especially if you
	• •

	have sindiffer of skilling
	ones. Just rinse and run
	through your juicer! If
	they're larger, you may
	need to slice in half
	lengthwise. Use these to
	run greens through your
	juicer.
Radishes	Another easy one — just
	rinse and run through your
	juicer. Leave the root and

have smaller or skinny

stem on, but remove the leaves if they have any. Watch out! These can spice up your juice in a flash, so add small

amounts at a time. If

you're feeling cold,

Red Pepper (Capsicum)	adding these to your juice will warm you right up.  Rinse and remove the stem, but you can save time and forget removing the seeds — it's fine to juice them. Cut to size and juice.
Romaine Lettuce	Rinse leaves individually, checking for dirt and sand. No need to remove the stems. Roll the leaves up and run through your juicer. Leafy greens move best through your juicer when followed by a harder fruit or vegetable,

	like apples, celery or cucumbers.
Scallions	Just rinse and juice! No need to remove the roots or dark green parts because you can juice it all. These have a strong flavor, like onions, so start small.
Spinach	Wash well — some bunches can have a lot of grit on them. Roll into a ball and run through your juicer using firm produce, like apples or carrots.
Squash	This goes for all squash varieties, including

	pumpkin and summer
	squash: scrub and remove
	stem. If the skin is really
	tough and thick, you might
	want to peel it. Otherwise,
	slice and keep the seeds in
	(you get those extra
	cancer-fighting chemicals
	by keeping in the seeds),
	and juice.
Sugar Snap	Rinse and run through
Peas	juicer. These don't have
	very high water content,
	so they're not going to
	yield a lot of juice. Juice
	along with carrots to drink

numpkin and summer

along with carrots to drink your peas and carrots!

Peel and cut into chunks.

Sweet

	pears and/or apples and you'll have a delicious dessert juice!
Tomatoes	Wash and remove stem and any leaves. If they're large, you may need to slice to fit your juicer. No need to take out the seeds. Fresh tomato juice is worlds away from that canned stuff!
Turnips	Scrub and chop in chunks to fit your juicer. A great addition to a juice for cooler weather!

Wheatgrass Some juicers are better at

Potatoes Add them with peaches,

	others. If you're just doing a small amount, any kind of juicer should be able to handle it. Rinse the wheatgrass, twist or roll into a ball, and push through with something juicy and firm, like apples. Gives a strong green flavor to your juice, and provides lots of great green chlorophyll energy.
Zucchini	Scrub and cut off stem, but leave the other end on. These are great for pushing through greens.

doing wheatgrass than

Fruits	<b>How to Prepare</b>
Apples	Core your apples and remove the seeds before pushing through your juicer.
Apricots	Rinse and slice in half to remove the pit.
Avocado	You can blend your juices in a blender with an avocado to thicken it up, but never put an avocado in a juicer.
Bananas	Similar to the avocado, never juice bananas! But feel free to blend your

	juices in a blender with a banana to thicken it up.
Blackberries	Rinse in a strainer. They don't keep well after being rinsed, so best to wash them the day you plan to juice them.
Blueberries	Rinse in a strainer.
Cactus Pears	Peel and cut to size if needed.
	necucu.
Cantaloupe (Rockmelon)	Remove the rind, flesh

	juicing.
Chayotes	Wash and chop to size to fit your juicer, then juice!
Cranberries	Rinse and run through juicer. Make sure you juice them with something sweet because these are really tart not like the commercial cranberry juice you buy in the store!
Grapefruits	Peel, and try to keep as much of the white pith on as possible (you can use a peeler for that), since the pith contains nutrients that help your body

	absorb the vitamin C and amazing antioxidants found in citrus fruits. Cut to fit your juicer, and remove the seeds. If you have a centrifugal juicer, you can keep the seeds in. They contain excellent nutrients too.
Grapes	Wash your grapes and remove them from their stems and add them through the juicer. Experiment with red, green, and purple grapes.
Honeydew	Cut into wedges and

remove outer skin with a

	juice these with seeds.
Kiwis	Peel and run through your juicer, seeds and all.
Lemons	Peel, and try to keep as much of the white pith on as possible (you can use a peeler for that), since the pith contains nutrients that help your body absorb the vitamin C and amazing antioxidants found in citrus fruits. Cut to fit your juicer, and remove the seeds. If you have a centrifugal juicer, you can keep the seeds in.

They contain excellent

knife or peeler. You can

	nutrients too.
Limes	Peel, and try to keep as much as the white pith on as possible (you can use a peeler for that), since the pith contains nutrients that help your body absorb the vitamin C and amazing antioxidants found in citrus fruits. Cut to fit your juicer, and remove the seeds. If you have a centrifugal juicer, you can keep the seeds in. They contain excellent nutrients too.
Mangos	Peel and cut spears of

	11101150 11 0111 till <b>0</b> 010.
	Makes a great tropical
	juice when mixed with
	pineapple! Also lends a
	great creamy texture to
	your juice.
Oranges	Peel, and try to keep as
	much of the white pith on
	as possible (you can use
	a peeler for that), since

mango from the core.

the pith contains nutrients that help your body absorb the vitamin C and amazing antioxidants found in citrus fruits. Cut. to fit your juicer, and remove the seeds. If you have a centrifugal juicer,

	you can keep the seeds in. They contain excellent nutrients too.
Papayas	Cut in half and peel skin. You can leave the seeds in to juice them.
Peaches	Cut in half to remove the pit and juice.
Pears	These can be juiced whole. Just wash and slice to fit your juicer, if needed.
Pineapples	The heavier the pineapple, the riper it is. Grab hold of the top and twist off. Slice into quarters, cut out the

	woody core, peel the skin, and juice.
Plums	Wash and slice in half to remove the pit. These give your juice a gorgeous color with an antioxidant punch.
Poblano Pepper	Wash and juice. As you probably know, these are pretty spicy, so use with care! Remove seeds if you desire a less spicy flavor.
Pomegranate	A trick for this tricky fruit: Fill a bowl up with water. Slice pomegranate in half without pulling the

halves apart, and then submerge in the bowl of water to break it apart. This keeps the juice from squirting everywhere. Then, keeping it in the water, break the pomegranate into chunks and tease the seeds out. The white parts will float and the seeds will sink. Remove all the skin and the white parts from the top of the water and use a spoon to remove the seeds. Juice! Raspberries Just rinse and juice. It's a

	made with raspberries, or
	combine them with fresh
	peaches for a peach
Strawberries	melba juice. Delicious and sweet, they
	have a powerful flavor
	when you juice them —
	so mix them with other
	berries, or maybe one or
	two other fruits. Just
	rinse and pop right in the
	juicer.

good idea to add a little bit of lemon to a juice

Tangerines Peel and pop into the juicer. As with grapefruits, leave as much of the white pith on

	centrifugal juicer.
Watermelon	Makes an amazingly
	refreshing juice,
	especially in hot weather.

as you can, and remove seeds if you're using a

Cut into wedges and

remove the skin and rind. You can keep the seeds.

Herbs & Spices	<b>How to Prepare</b>
Basil	Carefully wash the leaves, removing any grit. If your basil seems very gritty, submerge in a bowl of cold water and swish around. Remove and rinse. To juice, tear the leaves off from the stems and roll up. Push through with firmer produce.
Cayenne Pepper	Don't put this through your juicer! Just sprinkle into your juice.

Chinese 5- spice powder	Don't put this through your juicer! Just sprinkle into your juice.
Cilantro (Coriander)	Wash thoroughly. You can juice both the stems and the leaves.
Cinnamon	Don't juice this either! Sprinkle ground cinnamon on juices like apple, pear or sweet potato.
Cloves (ground cloves)	Don't put this through your juicer! Just sprinkle into your juice.
Dill	Rinse and pull the delicate fronds off the stem to juice.

Garam Masala	Don't put this through your juicer! Just sprinkle into your juice.
Garlic	The flavor is strong, and so are the benefits too many to list here, but they're a wonderfood. Use fresh garlic and peel before running through juicer. Start with a small amount and taste your juice before adding more. Better to start small and add more than the other way around!
Ginger	Peel your piece of ginger by cutting the size that you

	take a spoon to peel the
	skin back. You can also
	use a knife to cut it but a
	spoon does the trick.
	Ginger doesn't produce
	much juice but it does add
	a rich flavor so be careful
-	not to go overboard.
Mint	Wash thoroughly and
	remove leaves from stem
	before juicing. Goes great
	with pineapple, grapes,
	watermelon or
	strawberries.
Nutmeg	Don't put this through your

your juice.

juicer! Just sprinkle into

need for the juice and then

	juicer! Just add desired amount into your juice.
Oregano	Wash thoroughly and remove leaves from stem before juicing. Adds a pungent and spicy taste.
Parsley	Carefully wash the leaves, removing any grit. If it seems very gritty, submerge in a bowl of cold water and swish around. Remove and rinse. To juice, tear the leaves off from the stems and roll up. Push through with firmer produce.

Olive Oil Don't put this through your

Pumpkin Pie Spice	Don't put this through your juicer! Just sprinkle into your juice.
Rosemary	Gives a nice herbal and fragrant flavor to vegetable juices. Wash and tear leaves off their woody stems before juicing.
Sea Salt	Don't put this through your juicer! Just sprinkle into your juice.
Tarragon	Gives a nice herbal flavor to vegetable juices. Wash and tear leaves off their woody stems before juicing.

## Watercress Wash thoroughly. You can juice both the stems and the leaves.

## **Substitution Guide**

Ran out of carrots? Don't like beets? Have some leftover strawberries? View recipes as a source of inspiration, mix and match your produce and try out new combinations. Below is a list of ingredients that are easily substituted one for the other. Decide the amount to use based on your juicer's yield and your taste preferences.

**Apple** substitute pear, red grapes, blackberries, blueberries, cherries **Basil** substitute parsley, cilantro (coriander), mint

cabbage, tomatoes Blackberries substitute blueberries, strawberries, cherries **Blueberries** substitute blackberries, strawberries, cherries **Broccoli** substitute green cabbage Cantaloupe (Rockmelon) substitute mangos, peaches Carrots substitute sweet potatoes, pumpkin, parsnips Cayenne Pepper substitute chili, ialapeno Celery substitute cucumber, zucchini,

**Beets** (Beetroot) substitute red

jicama

Celery Root (Celeriac) substitute celery, jicama

(Tuscan cabbage), spinach, romaine, collard greens, green cabbage **Chavote** substitute yellow squash, iicama, pear **Cherries** substitute strawberries, blackberries Chili substitute cayenne pepper, ialapeño Cilantro (Coriander) substitute basil, parsley **Cinnamon** substitute nutmeg **Cloves** substitute nutmeg Collard Greens substitute kale (Tuscan cabbage), chard (silverbeet), dandelion greens

cherries,

**Cranberries** substitute

Chard (Silverbeet) substitute kale

pomegranate seeds Cucumber substitute celery, zucchini, iicama **Dandelion Greens** substitute kale (Tuscan cabbage), chard (silverbeet), collard greens Fennel substitute jicama Ginger substitute lemon **Grapefruit** substitute orange, tangerine Green Apple substitute apple, pear, red grapes, blackberries, blueberries, cherries Green Cabbage substitute red cabbage,

kale (Tuscan cabbage)

Green Grapes substitute red grapes

Green Pepper (Capsicum) substitute
red pepper (capsicum), yellow pepper
(capsicum)

cantaloupe (rockmelon)

Jalapeño substitute chili, cayenne pepper

Jicama substitute celery, celery root, cucumber

Kale (Tuscan cabbage) substitute

**Honeydew** substitute green grapes,

spinach, chard (silverbeet), green cabbage, collard greens **Kiwi** substitute mango, orange, tangerine, lime **Lemon** substitute ginger

Lime substitute lemon, orange, tangerine Mango substitute kiwi Mint substitute ginger, basil Nutmeg substitute cinnamon

Orange substitute grapefruit, tangerine,

kiwi, mango **Parsley** substitute cilantro (coriander) **Parsnip** substitute celery, celery root, carrot substitute Peach cantaloupe (rockmelon), pear Pear substitute apple, peach **Pineapple** substitute orange, grapefruit, mango **Poblano Pepper** substitute green pepper (capsicum) **Pomegranate** Seeds substitute pineapple, strawberries **Red Cabbage** substitute green cabbage, beets (beetroot) **Red Grapes** substitute green grapes Red Pepper (Capsicum) substitute green pepper (capsicum), yellow pepper (capsicum) Romaine substitute kale (Tuscan cabbage), green cabbage, spinach **Spinach** substitute kale (Tuscan cabbage), chard (silverbeet), spinach, romaine Strawberries substitute blackberries, cherries, pomegranate seeds Sweet Potato substitute carrots, pumpkin **Tangerine** substitute orange, grapefruit **Tomato** substitute red pepper (capsicum), watermelon Watercress substitute spinach,

Watercress substitute spinach, dandelion greens
Watermelon substitute grapefruit, cantaloupe, honeydew

(capsicum), green pepper (capsicum)

Yellow Squash substitute zucchini, cucumbers

Zucchini substitute yellow squash,

Yellow Pepper substitute red pepper

**Zucchini** substitute yellow squash, cucumber