

Recipes for Juicing (For more, download the Juicing! App to you iPhone, Tablet, Ipod, or Ipad)

Hunger Pain Be Gone

Put pinch of sea salt in the bottom of your glass and set it aside

4 medium carrots

2 stalks of celery, leaves and all

1 handful of parsley

4 leaves of baby spinach

Dash of tabasco

Liver Cleanse

Put pinch of sea salt in the bottom of your glass and set it aside

2 apples

¼ grapefruit (without peel)

1 small bunch grapes

¼ lime (without peel)

½ beets

Digest Ease

Put pinch of sea salt in the bottom of your glass and set it aside

½ cucumber

1 green apple

1 stalk fennel with leaves

2 springs of mint

¼ - ½ inch piece of ginger

Detox 10 Day Food List

Protein (1 single serving at a time)

Nutivia Vanilla Hemp Protein or whey isolate vanilla protein

Tofu

Fish: Salmon, tilapia, tuna, cod (not canned or frozen), sea bass, swai

Dairy (1 single serving at a time)

Unsweetened almond milk or coconut milk

Cottage cheese (with live active cultures)

Greek yogurt (plain or vanilla)

Fiber (1 single serving at a time)

Flaxseed meal

Psyllium Husk

Quinoa

Chia seeds

Vegetables (as much as you would like)

Bag of kales

Spinach

Broccoli

Lettuce

Carrots

Celery

Cauliflower

Fruits (as listed in recipes, or a single serving at a time)

Kiwis

Red apples

Green apples

Limes

Dates

Black berries and raspberries

Peaches

Mangos

strawberries

Papaya

Fats (a single serving at a time)

Pumpkin seeds

Avocados

Safflower oil

Condiments (as much as needed)

Sea salt

Mineral water

Apple cider vinegar

Garlic powder

Onion powder

Vegetable stock

Black pepper

Cayenne pepper

Mrs. Dash