



# JUICING & SMOOTHIES



## Tips for Juicing

- 1. Watch the sugar!** We are trying to detox from sugar, so make your juices at least 70% low sugar vegetables and no more than 30% high sugar ingredients. Low sugar vegetables are leafy greens (like kale, spinach, arugula, beet greens, collard greens, herbs, etc.), cruciferous vegetables (such as broccoli, cauliflower, asparagus, cabbage, etc.), celery, cucumbers, bell peppers, onions, radishes, tomatoes and zucchini. High sugar ingredients are fruits (apples, oranges, grapefruit, melon, peaches, pears, etc.) and starchy vegetables (such as beets, carrots and sweet potatoes).
- 2. Go green, baby!** Green apples have less sugar than other varieties, so use these to sweeten your detox juices. If you have a favorite juice recipe that has several high-sugar ingredients (such as carrot- apple-ginger-beet), just balance it out with a green juice for the next choice!
- 3. Balance the bitter!** Many ingredients in detox juices are highly alkaline (such as celery and kale), which can taste very bitter. Use small amounts of lemon juice, ginger or garlic to balance the bitter taste of alkaline vegetables. Don't use them all at once! Half of a lemon, an inch of garlic root OR a few cloves of garlic are generally all that is needed.
- 4. Organic, please!** Most of us are on a budget, and (hopefully!) part of that budget is reserved for organically grown foods. Here is the place to splurge on the organic varieties over the conventional. At the very least, it is strongly advised to buy organic leafy greens (kale, spinach, etc.) for juicing. These vegetables have a large surface area and can collect lots of pesticides if conventionally grown.
- 5. Beneficial oils optional!** For increased nutrient absorption and even more health benefits, consider adding a tablespoon of organic oil to your juice. Coconut oil, extra virgin olive oil and flaxseed oil are excellent choices. These oils help your body absorb nutrients from the juice while providing heart- healthy fatty acids. Don't overdo it! Limit this addition to no more than two juices per day. Rotate the oils – use coconut oil one day and olive oil the next!
- 6. Experiment, have fun!** If you are new to juicing, green juices may be shocking to your palate. Do what you can, but don't force yourself to gulp down something you hate. Juicing should be an enjoyable way to enhance your health and experience foods and flavors in a new manner. Don't let any of these guidelines inhibit you from trying a new juice recipe – all juices containing a mix of fresh vegetables and fruits will provide healthful nutrients to your body!

\*Juicing is an incredibly popular way to detox, and with good reason. Juices from fresh fruits and vegetables are rich in vitamins, minerals, and nutrients and are easily digested by the body. Starting your 28-Day Strong Finish with a 3 day juice cleanse will accelerate detoxification and prepare your digestive tract to absorb all of the beneficial nutrients to follow during the program!

### **Pink Pom!**

1 large apple

1/2 thumb ginger root

1/2 lemon

1 large orange

1 pomegranate

### **Directions:**

Process all ingredients through juicer.

**Recipe:** <https://juicerecipes.com/recipes/pink-pom-118>



## Pumpkin Cordial

2 medium apples

1 tsp cinnamon (ground)

1 cup cranberries

1/2 thumb ginger root

1/4 tsp Nutmeg (ground)

1/2 orange (peeled)

2 cups pumpkin (heaping) (cut in cubes)

### Directions:

Process all of the ingredients except for the cinnamon and nutmeg through juicer.

Stir the ground cinnamon and nutmeg into your juice.

Recipe: <https://juicerecipes.com/recipes/pumpkin-cordial-116>





## Fennelicious

2 medium apples

1 fennel bulb (with fronds)

1/2 thumb ginger root

1/2 lemon

1 orange (peeled)

10 peppermint leaves

### Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/fennelicious-103>



## Holiday Lemonade

3 medium apples

1/2 cup, whole cranberries

1/4 thumb ginger root

1/2 lemon

1 large orange

### Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/holiday-lemonade-89>



## The Fog Cutter

2 medium apples

1/4 head, small cabbage (red)

4 medium carrots

1/2 thumb ginger root

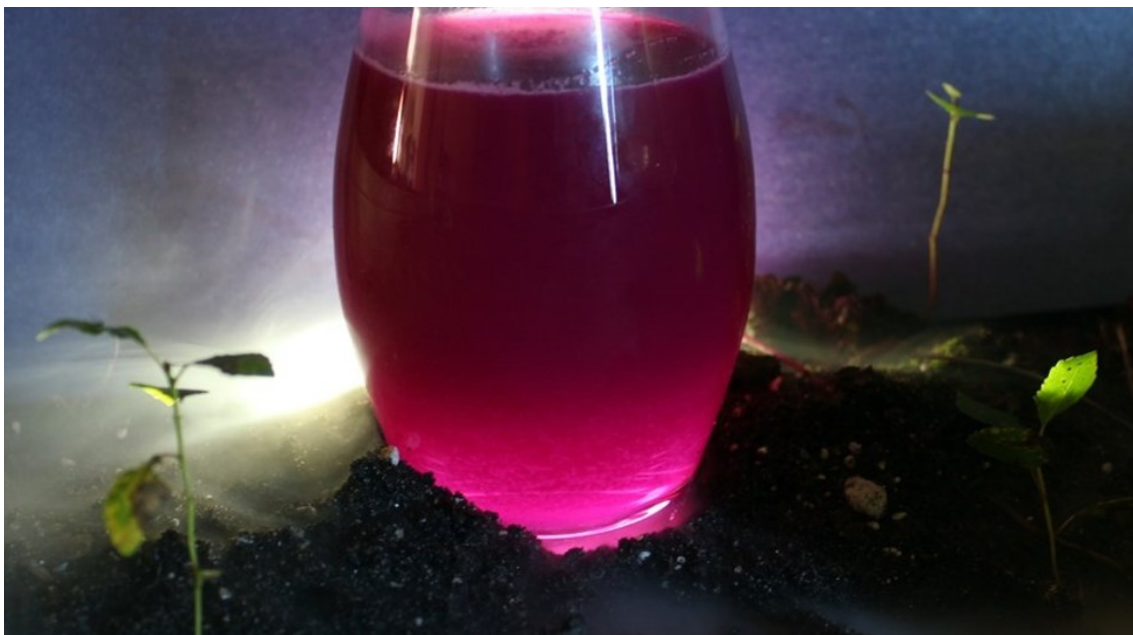
1 lemon

4 handfuls of spinach

### Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/fog-cutter-81>



## **Pomegranate Pizazz**

1 medium apple

1 cucumber

1/2 lemon

1 large orange

1 cup pomegranate arils (seed/juice sacs)

### **Directions:**

Process all ingredients through juicer.

**Recipe:** <https://juicerecipes.com/recipes/pomegranate-pizazz-94>





## Tips for Smoothies

Smoothies are incredibly easy to make and clean up, and modern products are making it even easier!

The modern kitchen is more likely to be equipped with one of these blending products than a juicer, making smoothies a very popular alternative to juicing. Unlike juices, smoothies contain all of the fiber from the fruits and vegetables from which they are made.

**Keep it simple!** There are three basic components to any detox smoothie:

- Greens (such as kale, spinach, chard, celery, cucumber, etc.) provide vitamins, minerals, fiber and chlorophyll, a powerful detoxifying component of plants.
- Liquid (such as water, green tea, coconut water, or almond milk) is used to thin out the smoothie.
- Fruit balances the greens, adds vitamins, minerals and fiber, and enhances the texture. Fruit may be fresh or frozen.

**The freezer is your friend!** You may find it convenient (and less expensive) to buy frozen fruits. A handful of frozen mixed berries, frozen diced mango or pineapple, or any other frozen chopped fruit is about half of a cup. The frozen fruit will be cooling and add a creamier texture to your smoothie!

**Add some pizzazz!** There are many additions you may sneak into any smoothie to increase the nutrient content. Try one at a time to keep from getting overwhelmed!

- Lemons, limes and ginger can help offset the bitter alkaline taste of greens and celery.
- Half of an avocado will boost vitamins, minerals and healthy fats while providing a creamy texture.
- Nuts, such as almonds, almond butter, and flax meal will increase fiber, mineral and healthy fats in your smoothies.
- Cilantro, mint, fennel, watercress or arugula can add a little spice!
- Spirulina packs protein and chlorophyll, a powerful detoxification agent!
- Raw cacao powder adds a chocolaty flavor, plus essential minerals like magnesium. Try some with almond butter for a heavenly post-workout recovery shake!
- A tablespoon of organic oil, such as coconut, extra virgin olive oil or flaxseed oil, will provide healthy fats and help your body absorb more of the nutrients in the smoothie. This addition is most beneficial if you are using water or tea as your liquid, as almond milk already contains beneficial fats.
- PhysX Protein powder is an excellent addition to your post-workout recovery shake!

**Experiment, have fun!** Don't let these guidelines keep you from trying something new! As long as you make sure your smoothies contain some vegetables, some fruit, a non-dairy base and no added sugar, you can't go wrong. If you do have a smoothie that doesn't comply, just have a green smoothie next time to balance it out. Be realistic! Don't try to force yourself to drink a

## Spiced Persimmon Protein Smoothie

4 oz butternut squash

1 persimmon – topped

1 tsp pumpkin pie spice

1 tbsp pea protein

2 dates

1 & 1/4 cup water

1 cup ice

### Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/spiced-persimmon-protein>



### **Cranberry Energy**

1 & 1/2 oz swiss chard

1 apple – chopped

3 oz cranberries

1 tbsp hemp seed

1 tsp lucuma powder

1 cup almond milk

1 cup ice

### **Directions:**

Blend everything together until you reach a smoothie consistency.

**Recipe:** <https://greenblender.com/smoothies/recipes/cranberry-energy>



## Spiced Apple

1 & 1/2 oz baby spinach

1 apple – chopped

1 pear – chopped

1 tsp cinnamon

1 tbsp flax seed

1 cup water

1 cup ice

### Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/spiced-apple>



## Spiced Cinnamon Apple

5 oz carrots – chopped

1 apple – chopped

1 tsp cinnamon

3 tbsp walnuts

1 cup water

1 cup ice

### Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/spiced-cinnamon-apple>





## Pumpkin Pie Cheesecake

5 oz butternut squash

1 banana – peeled

3 tbsp cashews

1 tsp lucuma powder

1 tsp pumpkin pie spice

1 & 1/4 cup water

1 cup ice

### Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/pumpkin-pie-cheesecake-2-smoothie-recipe>

