

21 Day Spring
MELTDOWN



JUICE & SMOOTHIE RECIPES





TIPS FOR JUICING

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).

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!

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.

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.

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!

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 21 Day Spring Meltdown with a 3 day juice cleanse (one juice per day) will accelerate detoxification and prepare your digestive tract to absorb all of the beneficial nutrients to follow during your detox!



JUICING



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>

DETOX GREEN JUICE

- 2 stalks celery
- 1 bunch kale leaves (preferably lacinato)
- 1 green apple
- 1 big handful of flat leaf parsley
- 1 lime
- 1 lemon
- 1 inch of fresh ginger root
- 1 tbsp organic coconut oil (optional, for additional health benefit)

Directions:

Process all ingredients through juicer.
Pour in melted coconut oil, if using.

Shake or stir and serve.





JUICING

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>



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

ORIGINAL V-8 RECIPE

- 1/2 medium bell pepper
- 2 large carrots
- 3 large celery stalks
- 1/2 cucumber
- 2 handfuls parsley
- 1 cup spinach
- 3 medium tomatoes

Directions:

Process all ingredients through juicer. Shake or stir. Serve over ice (if desired)

Recipe: <https://juicerecipes.com/recipes/original-v-8-recipe-17>



JUICING

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>



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



Recipe: <http://www.mindbodygreen.com/0-18335/13-detox-juices-to-drink-yourself-clean.html>

CARROT CLEANSER

- 4 carrots
 - 1 cm fresh ginger
 - 1 green apple
 - 1/2 lemon
- Green Treat:**
- 2 stalks celery
 - 1/2 cucumber
 - 1 kiwi fruit
 - 1/2 lemon
 - 1/2 cup parsley
 - 1/2 cup sprouts

Directions:

Process all ingredients through juicer. Shake or stir. Serve over ice (if desired)



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 PIZAZZ! 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!

- 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, 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 out. Be realistic! Don't try to force yourself to drink a smoothie that you really don't like – this should be an enjoyable way to get your nutrients!



SMOOTHIES



KIWI APPLE

- 1 1/2 oz collard greens
- 1 kiwi - peeled
- 1 persian cucumber - chopped
- 1 apple - chopped
- 1 meyer lemon - peeled
- 1/2 inch ginger
- 1 cup water
- 1 cup ice

Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/kiwi-apple-detox-smoothie>



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>



SMOOTHIES



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>



**Image Resources: Recipe Creator & Labeled For Reuse by Google*



BELLY SOOTHER

- 1 cup papaya
- 1 cup coconut kefir, coconut yogurt or cultured coconut milk Juice from ½ lime
- 1 tbsp raw honey

Directions:

Blend everything together until you reach a smoothie consistency.

Treat your tummy to a healthy dose of probiotics, found in tangy kefir.

Recipe: <http://www.prevention.com/food/25-delectable-detox-smoothies/slide/7>



SMOOTHIE



SPICY PINAPPLE DETOX

- 1+ cup water
- 1 banana (ideally frozen)
- 1 cup pineapple chunks
- 1 tablespoon fresh ginger
- 2 tablespoons lemon juice
- 1-2 dashes cayenne pepper
- 1 tablespoon flaxseed (optional)
- 1 teaspoon maca powder

Directions:

Start with 1 cup of water and add a little more if the smoothie is too thick.

Blend everything together until you reach a smoothie consistency.

Reserve 2 tablespoons of pineapple, diced, for a garnish. Ideally, start with frozen banana and frozen pineapple chunks. You can use fresh banana or pineapple, but the texture won't be quite as creamy as if frozen.

Top with the diced pineapple and a few pinches of cayenne pepper.



Recipe: <http://www.oneingredientchef.com/pineapple-detox-smoothie/>

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SYMPTOM	DATE/BEFORE	DATE/AFTER	DIFFERENCE
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Nausea or vomiting			
Diarrhea			
Constipation			
Bloated Feeling			
Belching or passing gas			
Heartburn			
Intestinal/Stomach pain			
Mood Swings			
Anxiety/Fear			
Anger, irritability, or aggressiveness			
Depression			
Fatigue or sluggishness			
Apathy or lethargy			
Hyperactivity			
Watery or itchy eyes			
Swollen, reddened, or sticky eyelids			
Bags or dark circles under eyes			
Under Eyes			
Blurred vision			
Headaches			
Faintness/Dizziness			
Insomnia			
Irregular, rapid, or skipped heartbeat			
Chest pain			
Aches or pain in joints			
Arthritis			

1 = Occasionally have it, effect is not severe

2= Occasionally have it, effect is severe

0 = Never

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

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SYMPTOM	DATE/BEFORE	DATE/AFTER	DIFFERENCE
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Stiffness or limitation of movement			
Aches or pain in muscles			
Chest Congestion			
Asthma or Bronchitis			
Difficulty Breathing			
Confusion or Poor Comprehension			
Poor Concentration			
Stuttering or Stammering			
Chronic Coughing			
Sore Throat, Hoarseness, or loss of voice			
Swollen or discolored tongue, gum, or lips			
Canker Sores			
Sinus Problems			
Excessive mucus			
Acne, Hives, Rashes, or Dry Skin			
Flushing or Hot Flashes			
Excessive Sweating			
Binge Eating/Drinking			
Craving Certain Foods			
Excessive Weight			
Compulsive Eating			
Water Retention			
Night Eating			
Frequent Illness			

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