



## The Juicing Guide



## V-8 Charger

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

SERVES: 1

### INGREDIENTS

- 2 medium carrots
- 1 small beet
- 1 large tomato
- 1 cup spinach (rotate your green weekly)
- ½ cucumber (peeled if not organic)
- ½ red bell pepper
- 1 celery stalk
- 1 garlic clove
- pinch cayenne pepper (optional)
- ½ lemon, juiced

### INSTRUCTIONS

1. Wash all fruits and vegetables and place into a large bowl.
2. Place all ingredients through your juicer, except the lemon juice.
3. Stir in lemon juice before serving and clean juicer immediately.

## Broccoli Beauty

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

SERVES: 1

### INGREDIENTS

- 2 medium carrots
- 3 broccoli florets or 1 broccoli stem
- 2 celery ribs (remove leaves for less bitterness)
- 1 cucumber (peeled if not organic)
- 1 lemon (peeled if not organic)

### INSTRUCTIONS

1. Wash all fruits and vegetables and place into a large bowl.
2. Place all ingredients through your juicer and enjoy.

## Celery Spin

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

SERVES: 1

### INGREDIENTS

- 2 cups spinach
- 1 cucumber (peeled if not organic)
- 1 celery stalk

### INSTRUCTIONS

1. Wash all fruits and vegetables and place into a large bowl.
2. Place all ingredients through your juicer and enjoy.

# Twisty Tomato Juice

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

SERVES: 1

## INGREDIENTS

- 2 vine-ripened tomatoes
- 4 basil sprigs
- 1 cup spinach
- 1 lemon or lime (peeled if not organic)

## INSTRUCTIONS

1. Wash all fruits and vegetables and place into a large bowl.

2. Juice 1 tomato.

3. Wrap the basil in several spinach leaves.

4. Turn off the machine, add the spinach and basil. Turn the machine back on and gently toggle the switch (if you have a toggle on your juicer) to juice them.

5. Juice the remaining tomato and lemon. Stir and drink.

# Basil & Kale Delight

PREP TIME: 10 MINS

TOTAL TIME: 10 MINS

SERVES: 2

## INGREDIENTS

- 4 cucumbers (peeled if not organic)
- 5 tomatoes
- ½ bunch of kale (or more to taste)
- 1 bunch of basil
- 1 garlic clove
- Green onion to taste (optional)

## INSTRUCTIONS

1. Wash all fruits and vegetables and place into a large bowl.

2. Place all ingredients through your juicer and enjoy.