JUICING RECIPES:

"MORNING SUNRISE"
2# CARROTS
3 APPLES
1 LEMON
1 PIECE OF GINGER
1 BEET (KEEP SEPARATE)

"FAT, SICK & NEARLY DEAD" JUICE
6 KALE LEAVES
1 CUCUMBER
4 CELERY STALKS
2 GREEN APPLES
½ LEMON
1 PIECE OF GINGER

"CLEANSING CUCUMBER"
1 CUCUMBER
2 APPLES
4 SPRIGS MINT
½ INCH GINGER (OPTIONAL)

"VEGGIE COCKTAIL"
3 TOMATOES
2 CELERY, STALKS
2 CARROTS
½ CUCUMBER
1 RED BELL PEPPER
½ LEMON
1 CLOVE, GARLIC
JUICE OF ONE JALAPENO (KEEP SEPARATE)

"CUCUMBER REFRESHER"
2 CUCUMBERS
2 LIMES
¼ PINEAPPLE
"SPICY & CREAMY DELIGHT"
1 SWEET POTATO, peeled
4 CARROTS
3 TOMATOES
½ BUNCH PARSLEY
4-6 KALE LEAVES
1 GARLIC CLOVE
1 THUMBNAIL SIZE, GINGER

"SUPER SINUS JUICE"
1 ORANGE
½ LEMON
1 APPLE
1 TBSP GINGER
CAYENNE

"SWEET POTATO DELIGHT"
1-2 SWEET POTATOES
1 APPLE
1 ORANGE
Cinnamon, Sprinkle on top

Dr. Oz Green Juice
2 cups spinach
2 cups Cucumber
1 head Celery
½ inch Ginger Root
1 Bunch Parsley
2 Apples
1 Lime
½ Lemon
Thai Hulk:
2 Stalks Celery
1 Cucumber
1 Apple
1/2 Lemon
Ginger
1/2 Green Chard Leaf
Cilantro
3-5 Kale Leaves
1 Cup Spinach

Sweet Green Juice
2 cups Kale
2 cups Parsley
3 cups Romaine
1 Cucumber
3 Celery Stalks
1 Apple

Quick and Easy Apple & Beet Juice
1/2 Beet with Greens
3 Apples

Potassium Juice
4 Carrots, Greens Removed
1 Stalk of Celery
1 Apple
handful of Fresh Parsley
handful of fresh Spinach
1/2 lemon, peeled
**Calcium Juice**

1/2 Cup Broccoli Pieces  
3 Carrots, Greens Removed  
1 Apple  
Small Handful Fresh Parsley  
1/2 lemon, peeled

**Heartburn Relief Juice**

1 Cup Spinach  
6 Carrots