

## Juice Cleanse

### Shopping List & Daily Routine



#### Breakfast Juice

16 oz coconut water  
3 clementines OR 1 large orange  
1 Cup (usually 2 medium sized) carrots  
1 apple cored  
1 cup pineapple (fresh or frozen)  
1/2 tsp turmeric  
2 cups ice



#### Mid-morning Juice

12oz water/coconut water  
1 cup strawberries  
1 cup raspberries  
2 cooked beets  
1/4 tsp cayenne pepper  
10 drops liquid stevia OR  
1/4 tsp powdered stevia  
2 cups ice



#### Lunch Juice

12oz coconut water  
1 kiwi (can substitute 1 green apple + 1/2 lemon)  
1 banana (fresh or frozen)  
1/2 cup pineapple  
2 cups spinach or kale  
1/2 cup cucumber  
2 cups ice



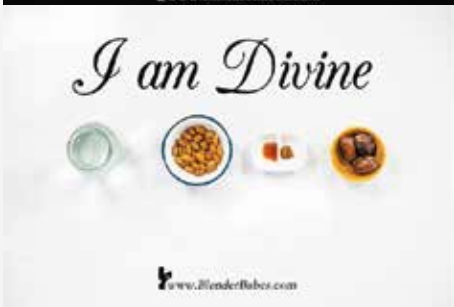
#### Mid-Afternoon Juice

12oz coconut water  
1 cup pineapple  
1 banana, 1 apple, 1 orange  
1 cup spinach  
1 cup kale  
1/2 tsp or 1/2 inch jalapeno  
(seeds removed, depending on how HOT!)  
1/2 tsp or 1/2 inch ginger  
1 Tbsp lemon juice (juice of half a lemon)  
2 cup ice



#### Dinner Juice

12 oz coconut water  
1 cup grapes  
1 orange (peeled)  
1 Cup sweet potato (cooked or raw)  
1 small apple  
1/2 inch fresh ginger (or substitute 1/2 tsp dried)  
3 dates  
1/2 tsp cinnamon  
2 Cups ice



#### Dessert Juice

12 oz filtered water  
1/4 cup raw almonds, soaked for 8 hours  
3 dates  
1/4 tsp vanilla  
1/4 tsp cinnamon  
2 cups ice

#### Morning Water

1 Cup Warm to hot water  
with lemon and/or ginger



#### Ingredients for Juice Cleanse

2 servings total  
1 Serving = 1 Person  
For 1 person/day reduce by half

#### Shopping List

- ☐ 6.5 cups/1.5 liters coconut water
- ☐ 9 clementines OR 3 large orange
- ☐ 1 Cup (usually 2 medium sized) carrots
- ☐ 2.5 Cups apple (3 medium apples)
- ☐ 2.5 Cups pineapple (fresh or frozen)
- ☐ 1 cup strawberries
- ☐ 1 cup raspberries
- ☐ 2 medium beets (cooked)
- ☐ 10 lemons
- ☐ 1 kiwi (can substitute 1 green apple + 1/2 lemon)
- ☐ 2 bananas (fresh or frozen)
- ☐ 1 cup grapes (preferably red)
- ☐ 3 cups spinach
- ☐ 1 cup kale
- ☐ 1/2 cup cucumber
- ☐ 1 Cup sweet potato (cooked or raw)
- ☐ 1/2 tsp or 1/2 inch jalapeno
- ☐ 1/2 tsp turmeric
- ☐ 1/4 tsp cayenne pepper
- ☐ 10 drops liquid stevia
- ☐ OR 1/4 tsp powdered stevia
- ☐ 1 inch ginger
- ☐ (or substitute 1/2 tsp dried)
- ☐ 6 dates
- ☐ 1/2 tsp cinnamon
- ☐ 1/4 cup raw almonds, soaked for 8 hours
- ☐ 1/4 tsp vanilla
- ☐ Huge Bag of Ice

#### Night Detox

1 Cup Hot Herbal Tea + Mag07 (optional)  
Detox Bath OR  
Skin Brushing & Contrast Shower

