



# 1-Day Juice Cleanse Plan

## Breakfast



### Apple-Carrot-Lemon Juice

- 3 Medium Apples
- 1 Medium Capsicum (red bell pepper)
- 6 Medium Carrots
- 3 Celery Stalks
- 1 Medium Lemon
- Romaine Lettuce

Start your day right with this bright and cheery drink. All you have to do is squeeze the juice out of the lemon and then feed all the ingredients in the juicer.

## Morning Snack



### Cucumber-Coconut-Beet Juice

- 1 Small Red Beet
- 2 Medium Cucumbers
- 3 Medium Beet Greens
- 1 Large Coconut

Set aside the coconut water from the young coconut (about 2 cups). Peel the red beets and chop them into pieces. Process all the ingredients in a juicer.

## Lunch

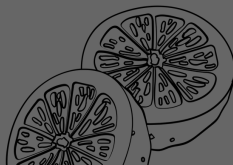


### Zesty Grapes-Kale-Mustard Juice

- 1 Medium Lemon
- 4 Cups of Red Grapes
- 4 Kale Leaves
- 1 Mustard Green Leaf

Remove the lemon's outer rind. Section it but keep the white pith intact. Use a low-RPM juicer, alternating grapes, kale, the lemon sections, and the mustard green leaf.

## Afternoon Snack



### Grapefruit-Pineapple Juice

- 2 Grapefruits
- Half of a Pineapple

Peel the pineapple and cut in half. Set aside the other half for later, and cut the other half into smaller pieces. Peel the grapefruits. Juice them together and drink immediately.

## Dinner



### Spinach-Pineapple Juice

- Half of a Pineapple
- 1 Lemon
- 1 Bunch of Spinach

Wash the spinach thoroughly. Slice the pineapple that you set aside a while ago. Remove the outer rind of the lemon. Feed all the ingredients to the juicer.



# 3-Day Juice Cleanse Plan

## day 1



### Breakfast

#### Apple-Carrot-Lemon Juice

3 Medium Apples  
1 Medium Capsicum (red bell pepper)  
6 Medium Carrots  
3 Celery Stalks  
1 Medium Lemon  
Romaine Lettuce

Start your day right with this bright and cheery drink. All you have to do is squeeze the juice out of the lemon and then feed all the ingredients in the juicer.

### Snack

#### Cucumber-Coconut-Beet Juice

1 Small Red Beet  
2 Medium Cucumbers  
3 Medium Beet Greens  
1 Large Coconut

Set aside the coconut water from the young coconut (about 2 cups). Peel the red beets and chop them into pieces. Process all the ingredients in a juicer.

### Lunch

#### Zesty Grapes-Kale-Mustard Juice

1 Medium Lemon  
4 Cups of Red Grapes  
4 Kale Leaves  
1 Mustard Green Leaf

Remove the lemon's outer rind. Section it but keep the white pith intact. Use a low-RPM juicer, alternating grapes, kale, the lemon sections, and the mustard green leaf.

### Snack

#### Grapefruit-Pineapple Juice

2 Grapefruits  
Half of a Pineapple

Peel the pineapple and cut in half. Set aside the other half for later, and cut the other half into smaller pieces. Peel the grapefruits. Juice them together and drink immediately.

### Dinner

#### Spinach-Pineapple Juice

Half of a Pineapple  
1 Lemon  
1 Bunch of Spinach

Wash the spinach thoroughly. Slice the pineapple that you set aside a while ago. Remove the outer rind of the lemon. Feed all the ingredients to the juicer.

## day 2



### Breakfast

#### Berrylicious Apple Burst Juice

3 Medium Apples  
1 Cup Blueberries  
1 Cup Cranberries  
1 Tablespoon of Psyllium

Remove the core from the apples. Juice the apples and berries and add the psyllium for added fiber.

### Snack

#### Ginger-Pear Juice

1 inch Fresh Ginger  
2 Pears  
5 Stalks of Celery

Peel the ginger then mix everything in the juicer.

### Lunch

#### Pineapple and Greens Juice

Half a Pineapple  
1 Large Cucumber  
1 Kiwi  
2 Cups Broccoli

Peel the kiwi and the pineapple, then juice all the ingredients.

### Snack

#### Lemonade with a Twist

3 Apples  
Half a Lemon  
1 Inch Fresh Ginger  
1 Yellow Pepper

Juice everything together and drink immediately.

### Dinner

#### Beta Carotene Booster Juice

1 Orange  
1 Banana  
1 Fresh Apricot  
1 Large Carrot

Peel the orange and the banana. Prepare the carrot and apricot. Juice everything.

## day 3



### Breakfast

#### Apple-Beet-Carrot Juice

1 Medium Apple  
1 Small Beet  
4 Carrots

Peel the beet and core the apple. Juice everything together and drink immediately.

### Snack

#### Red and Fruity Juice

15 Large Strawberries  
2 Medium Bunches of Red Grapes

Use a low-RPM juicer to alternately juice the grapes and strawberries (including the green leaves).

### Lunch

#### Tomato-Carrot-Spinach Juice

3 Carrots  
3 Medium Tomatoes  
1 Cup of Spinach

Wash the produce thoroughly. Cut the tomatoes in wedges. Feed everything to the juicer.

### Snack

#### Berrylicious Bananapple

1 Cup of Blueberries or Strawberries  
1 Medium-Sized Apple  
1 Banana

Peel the banana and core the apple, then use a juicer to process everything.

### Dinner

#### Green and Lean

1 Medium Cucumber  
3 Medium Granny Smith Apples  
1 Celery Stalk  
5 Sprigs of Parsley  
4 Medium Kale Leaves  
3 Medium Chard Leaves

Slice the apples into pieces. Use a low-RPM juicer to alternately press the celery, cucumber, green apple, kale, chard, and celery.



# 5-Day Juice Cleanse Plan

## day 1



### Breakfast

#### Apple-Carrot-Lemon Juice

- 3 Medium Apples
- 1 Medium Capsicum (red bell pepper)
- 6 Medium Carrots
- 3 Celery Stalks
- 1 Medium Lemon
- Romaine Lettuce

Start your day right with this bright and cheery drink. All you have to do is squeeze the juice out of the lemon and then feed all the ingredients in the juicer.

### Snack

#### Cucumber-Coconut-Beet Juice

- 1 Small Red Beet
- 2 Medium Cucumbers
- 3 Medium Beet Greens
- 1 Large Coconut

Set aside the coconut water from the young coconut (about 2 cups). Peel the red beets and chop them into pieces. Process all the ingredients in a juicer.

### Lunch

#### Zesty Grapes-Kale-Mustard Juice

- 1 Medium Lemon
- 4 Cups of Red Grapes
- 4 Kale Leaves
- 1 Mustard Green Leaf

Remove the lemon's outer rind. Section it but keep the white pith intact. Use a low-RPM juicer, alternating grapes, kale, the lemon sections, and the mustard green leaf.

### Snack

#### Grapefruit-Pineapple Juice

- 2 Grapefruits
- Half of a Pineapple

Peel the pineapple and cut in half. Set aside the other half for later, and cut the other half into smaller pieces. Peel the grapefruits. Juice them together and drink immediately.

### Dinner

#### Spinach-Pineapple Juice

- Half of a Pineapple
- 1 Lemon
- 1 Bunch of Spinach

Wash the spinach thoroughly. Slice the pineapple that you set aside a while ago. Remove the outer rind of the lemon. Feed all the ingredients to the juicer.

## day 2



### Breakfast

#### Berrylicious Apple Burst Juice

- 3 Medium Apples
- 1 Cup Blueberries
- 1 Cup Cranberries
- 1 Tablespoon of Psyllium

Remove the core from the apples. Juice the apples and berries and add the psyllium for added fiber.

### Snack

#### Gingery-Pear Juice

- 1 inch Fresh Ginger
- 2 Pears
- 5 Stalks of Celery

Peel the ginger then mix everything in the juicer.

### Lunch

#### Pineapple and Greens Juice

- Half a Pineapple
- 1 Large Cucumber
- 1 Kiwi
- 2 Cups Broccoli

Peel the kiwi and the pineapple, then juice all the ingredients.

### Snack

#### Lemonade with a Twist

- 3 Apples
- Half a Lemon
- 1 Inch Fresh Ginger
- 1 Yellow Pepper

Juice everything together and drink immediately.

### Dinner

#### Beta Carotene Booster Juice

- 1 Orange
- 1 Banana
- 1 Fresh Apricot
- 1 Large Carrot

Peel the orange and the banana. Prepare the carrot and apricot. Juice everything.

## day 3



### Breakfast

#### Apple-Beet-Carrot Juice

- 1 Medium Apple
- 1 Small Beet
- 4 Carrots

Peel the beet and core the apple. Juice everything together and drink immediately.

### Snack

#### Red and Fruity Juice

- 15 Large Strawberries
- 2 Medium Bunches of Red Grapes

Use a low-RPM juicer to alternately juice the grapes and strawberries (including the green leaves).

### Lunch

#### Tomato-Carrot-Spinach Juice

- 3 Carrots
- 3 Medium Tomatoes
- 1 Cup of Spinach

Wash the produce thoroughly. Cut the tomatoes in wedges. Feed everything to the juicer.

### Snack

#### Berrylicious Bananapple

- 1 Cup of Blueberries or Strawberries
- 1 Medium-Sized Apple
- 1 Banana

Peel the banana and core the apple, then use a juicer to process everything.

### Dinner

#### Green and Lean

- 1 Medium Cucumber
- 3 Medium Granny Smith Apples
- 1 Celery Stalk
- 5 Sprigs of Parsley
- 4 Medium Kale Leaves
- 3 Medium Chard Leaves

Slice the apples into pieces. Use a low-RPM juicer to alternately press the celery, cucumber, green apple, kale, chard, and celery.

## day 4



### Breakfast

#### Festive Day-Starter Juice

- 1 Beet
- 6 Kale Leaves
- 3 Plums
- 3 Apples

Wash the produce thoroughly. Cut out the pit from the plums. Juice kale first and set aside. Juice the rest of the ingredients and drizzle the kale juice at the top.

### Snack

#### Spice Up That Tomato Juice

- 3 Stalks of Celery
- 3 Large Tomatoes
- 2 Carrots
- 1 Inch Fresh Chilli

Clean the ingredients thoroughly by washing. Chop into smaller pieces if needed, but just feed everything to the juicer.

### Lunch

#### Green and Refreshing

- 2 Zucchini
- 1 Apple
- 4 Kale Leaves
- Half a Lemon
- 1 Inch Fresh Ginger

Wash the produce thoroughly. Peel the ginger and lemon. Add everything to the juicer and enjoy immediately.

### Snack

#### Cool and Refreshing

- 1 Cup Arugula
- Half a Cucumber
- 2 Medium Apples
- 3 Stalks of Celery
- 1 Zucchini
- 1 Inch Fresh Ginger

The produce should be washed properly. Using your juicer, start with the apples, shortly followed by the ginger and arugula, then complete the juice with the celery stalks, cucumber, and zucchini.

### Dinner

#### Minty Peaches

- 2 Sprigs of Mint
- 1 Peach
- 8 Carrots
- 2 Cups of Red Lettuce
- Half a Lime

Wash all the produce. Peel the lime and remove the pit from the peach. Process everything using the juicer.

## day 5



### Breakfast

#### Mood Booster Juice

- 4 Arugula Leaves
- 1 Cup Kale
- 1 Large Beet (with its leaves)
- 1 Lemon
- 2 Grapefruit
- 1 Inch Turmeric

Wash and clean the produce thoroughly. Peel the beet, lemon, and grapefruit. Mix everything using your trusty juicer and enjoy.

### Snack

#### Immunity Booster Juice

- 1 Beet
- 1 Small Apple
- 1 Pomelo
- 2 Medium Carrots
- 3 Stalks of Celery
- 1 Lemon
- 1 inch Turmeric
- 1 Inch Ginger

Prepare your ingredients by washing everything then peeling the beet, lemon and pomelo. Add everything to the juicer.

### Lunch

#### Sugar and Spice

- 2 Pears
- 3 Large Carrots
- 2 Stalks of Celery
- 1/2 Inch Fresh Ginger
- 1 Pinch of Cinnamon
- 1 Tinier Pinch of Nutmeg

Wash all the produce and juice everything excluding the spices. Stir in the nutmeg and cinnamon after.

### Snack

#### Red and Vibrant

- 2 Apples
- 2 Carrots
- 2 Beetroots

Wash all the produce and peel the beets. Juice all the ingredients.

### Dinner

#### Citrusy Kale

- 4 Purple Kale Leaves
- 2 Clementines
- 6 Carrots
- 1 Lemon
- 1 Inch Fresh Ginger

Clean the produce. Peel the lemon and the clementines. Juice the ingredients in this order: carrots, kale, ginger, lemon, clementines.