



7 Day Juicing Plan

Feel great with this colorful combination of vibrant juicing recipes to fuel an entire week of healthy living.

Day 1

Lean
Green

Day 2

Beetiful
Day

Day 3

Purple
Dinasour

Day 4

Mellow
Yellow

Day 5

Green Fighting
Machine

Day 6

Cantaloupe
Loop

Day 7

Ring
The Bell

Just some of the nutritional benefits you will be getting more of



Vitamin C,
Vitamin A,
Vitamin B6



Vitamin C,
Dietary Fiber,
Potassium



Vitamin C,
Beta Carotene,
Potassium



Vitamin B6,
Potassium
Magnesium



Vitamin C,
Dietary Fiber,
Potassium



Vitamin C,
Vitamin B6,
Iron



Vitamin C,
Vitamin B6,
Potassium



Vitamin C,
Vitamin A,
Dietary Fiber



Day 1 - Lean Green

 Makes 2 cups / Serves 2

6 cups baby spinach leaves
5 cups kale leaves
4 carrots
4 green apples

1. Wash ingredients well
2. Juice the ingredients in the Breville centrifugal juicer alternating between ingredients

Day 2 - Beetiful Day

 Makes 2 cups / Serves 2

4 medium beets
4 large sprigs fresh mint
1 cup peeled, chopped honeydew melon
½ celery stalk, leaves trimmed

1. Wash ingredients well
2. Juice the ingredients in the Breville centrifugal juicer alternating between ingredients





Day 3 - Purple Dinosaurs

 Makes 2 cups / Serves 2

- 1 small beet
- 1 cup black or red seedless grapes
- 2 medium zucchinis
- 3 medium purple carrots
- 1 orange, peeled

1. Wash ingredients well
2. Juice the ingredients in the Breville centrifugal juicer alternating between ingredients

Day 4 - Mellow Yellow

 Makes 2 cups / Serves 2

- 2 medium yellow bell peppers, stems and seeds removed
- 1 cup peeled, chopped cantaloupe
- 2 medium yellow zucchinis
- $\frac{1}{4}$ orange, peeled
- $\frac{1}{4}$ lemon, peeled

1. Wash ingredients well
2. Juice the ingredients in the Breville centrifugal juicer alternating between ingredients



Day 5 - Green Fighting Machine

 Makes 2 cups / Serves 2

- 2 medium zucchinis
- 4 Swiss chard leaves
- 2 cups baby spinach leaves
- 1 kiwi fruit, peeled
- 1 pear, stem removed
- 5 large sprigs flat-leaf parsley

1. Wash ingredients well
2. Juice the ingredients in the Breville centrifugal juicer alternating between ingredients



Day 6 - Cantaloupe Loop

 Makes 2 cups / Serves 2

3 medium orange carrots
½ cup peeled, chopped cantaloupe
½ orange, peeled
3 celery stalks, leaves trimmed
1 medium parsnip
1½ inch piece of ginger

1. Wash ingredients well
2. Juice the ingredients in the Breville centrifugal juicer alternating between ingredients

Day 7 - Ring The Bell

 Makes 2 cups / Serves 2

2 red bell peppers, stems and seeds removed, quartered
1 medium orange carrot
1 medium beet
1 orange, peeled

1. Wash ingredients well
2. Juice the ingredients in the Breville centrifugal juicer alternating between ingredients

