

SIMPLE LIQUID GREENS

This juice is ideal for any beginner! Ginger also stimulates digestion.

1 green apple
6 Swiss chard leaves

½ lemon (with rind)
1-inch piece of ginger

THE FARM

Another great juice for those new to juicing. The sweetness of the carrot makes it ideal for the whole family.

1 small apple
1 head lettuce (organic)
1 carrot

LIQUID BLOOD

This juice is ideal for blood cleansing and nourishing your body.

1 carrot
1 beet
8 celery stalks

1 cucumber
1 apple
juice from 1 lemon

THE GREEN FIRE STARTER

The cayenne from this juice stimulates digestion. This juice is ideal for anyone who cannot tolerate fruits, needs to be on a low sugar diet, or has candida.

1 handful of spinach
1 handful of parsley
1 head of lettuce

1 cucumber
10 celery stalks
2 lemons, juiced

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dash of cayenne

NOT YOUR MOMMA' S GREEN JUICE

This juice is full of potassium and nutrients that will de-bloat the body and jumpstart the cleansing process in a safe and natural way. Parsley is rich in iron and great for energy.

1 pear or green apple

2 cucumbers

8 stalks of celery

1 handful of parsley

1 head of romaine

2 lemons, juiced

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