



## Directions For Juicing



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#### 01 | Introduction

##### There are a few rules and guidelines you should know about making juice:

- Wash, scrub, scrape or peel fruits and vegetables prior to juicing them in the same manner that you would prior to eating them.
- Only juice those portions of the fruit or vegetable that you would eat.
- Prepare fruits and vegetables for juicing immediately prior to juicing them.
- **Use as many different kinds of fruits and vegetables as possible to insure a wide variety of nutrients are consumed.**
- Do not mix fruit juices with vegetable juices as they are digested differently. The only exception to this is:
  - Apples will mix with vegetable juices
  - Celery & lettuce may be juiced with fruit juice
  - Do not mix tomato juice with carrot or potato juice
- The majority of your vegetable juice should be either carrot or tomato.
- Do not heat the juice.
- Ideally, you should consume juice as soon as possible, the maximum time being up to two hours after you've made the juice.
- **If you must prepare juice ahead of time (to take to work the next day or for a trip), you may freeze the juice in a plastic container that can be sealed.**
- **Drink slowly – constantly sipping on the juice is the key to your being successful on this program**
- Drink a maximum of eight to ten ounces of juice in any one setting or over a period of one hour.
- A glass of juice should be consumed AS a meal or as a SNACK between meals. Never drink a glass of juice with a meal.

#### WHAT NOT TO JUICE

- Leaves: head or iceberg lettuce (except leaf lettuces), mature tough spinach (young and tender spinach are okay), greens that are pungent or bitter tasting
- Stalks and stems: asparagus, rhubarb
- Roots: garlic, ginger, onion, hot radishes, horseradish
- Seasonings: salt, spices, pepper
- Herbs: all
- Sweeteners: artificial, table sugar, fructose, honey, molasses
- Irradiated foods: they are supposed to be labeled if irradiated
- Other: peanuts, hot peppers

## 02 | Types Of Juices To Consume

FRUITS	VEGETABLES	MELONS
Apple	Avocado	Cantaloupe
Apricot	Alfalfa Sprouts	Honeydew
Banana	Bamboo Sprouts	Muskmelon
Cherry	Beets	Watermelon
Fig	Broccoli	
Grape	Brussels Sprouts	
Grapefruit	Cabbage (red & green)	
Lemon	Carrots	
Lime	Cauliflower	
Mango	Celery	
Nectarine	Cucumber	
Orange	Eggplant	
Papaya	Endive	
Peach	Green Beans	
Pear	Kale	
Pineapple	Leaf Lettuce	
Plum	Leeks	
Strawberry	Okra	
Tangerine	Peas	
	Radish (sweet)	
	Raw Corn	
	Scallions	
	Spinach (young & tender)	
	Sweet Pepper (red & green)	
	Sweet Potato	
	Tomato	
	Watercress	
	Yellow Squash	
	Zucchini Squash	

### PERMISSABLE SOLIDS

- You may eat all the melons you desire because melons digest and absorb as easily as juiced vegetables.

To help satisfy the body's natural desire to chew, you may consume the following once a day:

- A piece of fruit
- Melons
- Raw and unsalted nuts or seeds: 1-2 ounces in weight – they must be chewed VERY thoroughly, don't swallow until they are liquid in your mouth. They must also be consumed with the juice of a citrus fruit.

### OTHER IMPORTANT INFORMATION

If you are not maintaining regular bowel movements, add one heaping tablespoon of psyllium seed powder in a glass of water or juice first thing in the morning and again at bedtime. Make sure to drink this immediately as it will begin to gel if left too long in the glass.

## 03 | Juice Recipes

### Fruit Juices

*Juice these fruits alone or in any other combination*

Apple	Pineapple	Cantaloupe
Orange	Grapefruit	Watermelon
Grape	Papaya	Honeydew Melon

### Fruit Juice Combos

#### Citrus Swizzle

1 Orange  
1-inch slice of pineapple

#### Succulent Spray

2 apples  
½ grapefruit

#### Citrus Delight

½ grapefruit  
inch slice of pineapple

#### Sunrise Serenade

2 apples  
6-8 strawberries  
1/8 lemon with peel

#### Dazzling Daiquiri

1 apple  
5-6 strawberries  
1-inch slice of pineapple

#### Sparkling Sunrise

1 medium bunch of grapes  
1/8 lemon with peel  
½ papaya

#### Joy Juice

1 apple  
1 medium bunch of grapes

#### Lemon Blaster

1 orange  
1-inch slice of pineapple  
½ lemon with peel

#### Cranapple Delight

1 medium bunch of grapes  
2 apples  
1 cup of cranberries

#### Moonlight Madness

3-inch slice of pineapple  
1 medium bunch of grapes  
1/8 lime with peel

#### Grape Cooler

1 medium bunch of grapes  
1-inch slice of pineapple  
5-6 strawberries

#### Citrus Explosion

½ grapefruit  
1 orange  
¼ lemon with peel

#### Melon Mania

1-inch slice of cantaloupe  
1-inch slice of watermelon  
1-inch slice of honeydew melon

#### Luscious Elixir

1 orange  
¼ grapefruit  
6-8 strawberries

#### Delectable Delight

1 apple  
2 pears  
¼ lemon with peel

#### Grapple Twist

1 medium bunch of grapes  
3 apples  
¼ lemon

#### Peach Bowl

1 peach  
¼ grapefruit  
½ papaya

#### Island Blend

1-inch slice of pineapple  
½ cup of raspberries  
1 orange

#### Treetop Tantalizer

1 peach  
1 pear  
1 apple

#### Florida vs. Georgia Juice

2 oranges  
1 peach

#### A Bizarre Bunch

1 medium bunch of grapes  
1 cup of cranberries  
1-inch slice of pineapple

#### Strawberry Swizzle

1 large bunch of grapes  
6-8 strawberries

#### Koala Punch

1 orange  
3 kiwis  
1 medium bunch of grapes

#### Melon Tang

¼ honeydew melon  
¼ lime

**Tangy Spray**

1 medium bunch of grapes  
 3 tangerines  
 1-inch slice of pineapple

**Basically Succulent**

1 orange  
 2 apples

**Succulent Snap**

1 apple  
 ¼ grapefruit  
 1-inch slice of pineapple  
 1/8 lemon

**Apple Delight**

2 apples  
 ½ pomegranate

**Fruit & Veggie Combo**

1 orange  
 1 apple  
 ¼ lemon  
 2 lettuce leaves

**Apple Treat**

3 apples  
 6-8 strawberries

**Snappy Blend**

2 medium bunches of grapes  
 2 handfuls of cherries

**Zesty Quencher**

3-4 apples  
 ¼ lemon

**Cool Cocktail**

1 cup of cranberries  
 3 apples

**Pear-Apple Blend**

1 pear  
 2-3 apples

**Fruit Shakes**

*For all fruit shakes, combine all ingredients in the blender until smooth. To freeze bananas, peel and put in a container overnight.*

**All That Jazz (serves 2)**

2 apples  
 2-3 dates (seeds removed)  
 2 apples (peel and cut into small pieces)  
 1 frozen banana  
 ½ cup blueberries (frozen or fresh)

**Orchard Malt (serves 2)**

2 oranges or 2 apples juiced  
 1-2 frozen bananas  
 2 peaches (peeled and cut into small pieces)

**Berry Bomber (serves 2)**

2 frozen bananas  
 1 cup watermelon juice  
 1 cup raspberries

**Zesty Vegetable Juices**

*These vegetables may be juiced alone for a delicious fresh juice:*

- Carrot
- Tomato

**Instant Energizer (serves 2)**

2-3 frozen bananas  
 1-2 oranges juiced  
 4-6 strawberries

**California Creamer (serves 2)**

1-2 oranges juiced  
 2-3 strawberries  
 2 frozen bananas  
 3-4 dates (seeds removed)

**Sun-Swept Daiquiri (serves 2)**

1-2 oranges juiced or 2-inch slice of pineapple  
 5-6 strawberries  
 3-4 dates (seeds removed)  
 1 papaya (peel and remove seeds)  
 1 frozen banana

**Sumptuous Shake (serves 2)**

2 apples juiced or 2 oranges juiced  
 1 frozen banana  
 ½ papaya (peel and remove seeds)  
 5-6 strawberries  
 1 apple (peel and cut into small pieces)

## Vegetable Juice Combos

### **Mad Mixer**

5-6 carrots  
1 apple  
1 handful of parsley

### **Pineapple punch**

2 stalks of celery  
2-inch thick slice of pineapple

### **Garden Cooler**

6 carrots  
3 broccoli florets with stems

### **Appetizing Cocktail**

4-5 carrots  
3 cauliflower florets with stems  
½ leaf of bok choy

### **Bunny Blend**

5 carrots  
2 stalks of celery  
1 handful of parsley

### **Breeze Blend**

2 stalks of celery  
3-4 apples

### **Secret Tonic**

5-6 carrots  
1 handful of green cabbage  
1 apple

### **Celery Cleanser**

2 stalks of celery  
2 oranges

### **Spinach Secret**

4 carrots  
1 handful of spinach  
1 handful of cabbage

### **Carrot Snap**

6-7 carrots  
1 handful of parsley

### **Breakfast Buzz**

2 tomatoes  
1 stalk of celery

### **Exquisite Extravaganza**

4 carrots  
2 kale leaves  
½ cucumber  
¼ green pepper

### **Tantalizing Trio**

4-5 carrots  
¼ red pepper  
1 small handful of parsley

### **Golden Yam**

5-6 carrots  
¼ sweet potato

### **Robust Round**

6 carrots  
½ beet with greens

### **Daily Delight**

4 carrots  
1 apple  
1 stalk of celery

### **Gourmet Quencher**

4-5 carrots  
1 handful of green cabbage  
7-8 lettuce leaves

### **Herculean Hopper**

4-5 carrots  
2 stalks of celery  
1 handful of parsley  
1 handful of spinach

### **Lime Love**

1 tomato  
1 stalk of celery  
½ cucumber  
1 thin slice of lime

### **Prime Choice**

4 apples  
½ beet with greens

### **Veggie Combo**

4-5 carrots  
1 beet with greens  
1 handful of spinach

### **Master Blend**

5-6 carrots  
1 apple  
¼ beet with greens

### **Invigorating Pop**

6 carrots  
1 handful of spinach

### **Grand Gourmet**

4 carrots  
1 apple  
½ cucumber

### **Bizarre Blend**

4 carrots  
2 cauliflower florets with stems  
1 apple  
1 handful of parsley

### **Jivin' Jolt**

4 carrots  
1 apple  
¼ potato  
1 handful of parsley

### **Sunset Pleasure**

4 carrots  
3-4 cauliflower florets with stems  
1 handful of parsley

**Island of Pleasure**

6 carrots  
3-4 lettuce leaves  
1 handful of alfalfa sprouts

**Thirst Quencher**

6 carrots  
½ beet with greens  
1 handful of parsley

**Carrot Special**

4 carrots  
½ cucumber

**Veggie Treat**

4 carrots  
2 apples

**Gourmet Blend**

2 carrots  
¼ cup of red or green cabbage  
4 stalks of celery

**Power Recipe**

5-6 carrots  
½ apple  
1 handful of parsley  
4 kale leaves

**Carrot Champion**

5-6 carrots  
½ green pepper

**Invigorating Zest**

4 carrots  
½ apple  
3-4 broccoli florets with stems

PLEASE REMEMBER IF YOU NEED TO JUICE AHEAD OF TIME, YOU CAN MAKE ENOUGH JUICES TO LAST YOU A WEEK! JUST MAKE SURE THEY ARE IN SEALED CONTAINERS AND PUT IMMEDIATELY INTO THE FREEZER. THEN, TAKE OUT HOWEVER MANY YOU NEED FOR THE DAY AND TAKE WITH YOU (IF YOU ARE GOING TO WORK) OR PUT THEM INTO THE FRIDGE. TO GET THE MAXIMUM RESULTS, SIP THEM SLOWLY THROUGHOUT THE DAY AS THE THAW.

Helpful websites

- [www.discountjuicers.com](http://www.discountjuicers.com)
- [www.juicersdirect.com](http://www.juicersdirect.com)