



the sidekick
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guide to the

**14
DAY**

*Juicing
Challenge*

New Year's Juice
Reset Edition

2021

VANESSA
SIMKINS

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Introduction

Hey Juice Lovers! It's time for a juicy challenge. We're going to get strong, healthy and sexy through a straw.

The 21-day juicing challenge is about making juicing a part of your everyday lifestyle by drinking at least one juice a day. Not a diet, but a way of life. I like to call it the juicy life. I'm here to take you on a 21-day journey to nourish your body and soul. Our end goal? It's to help you to look and feel better- for life.

Why do a juice challenge?

Juicing is great for your body. And it's a really easy way to get good nutrition. It will make you strong, healthy and beautiful from the inside out. But you need to juice often in order for it to make a difference in your life. Juicing is part of a lifestyle. It's not a quick fix and

not just for cleanses. It's a great way to get complete nourishment for a healthy body.

It usually takes some discipline and support to make good changes in our lives. It's also great to have a community to do it with. We've got that. Check, check.

This is a fun way to incorporate juice into your diet and join others that are juicing too. The All About Juicing community is called the 'juice lovers' because we love to juice. You're one of us if you want to make positive changes in your diet and know that juicing is the single easiest way to squeeze nutrition into your body for life long health. I am so glad you're here.

Introduction

If you commit to juicing at least once a day for 21 days with us, here are some of the positive results you can expect:

1. Sustained energy
2. Glowing, clear skin
3. Weight loss
4. Better sleep
5. Cellular detox
6. Balanced emotions
7. Less cravings for processed foods
8. Happy digestive system
9. Less time cooking – juice makes a great meal.

A juice challenge is a fun, exciting way to juice. It doesn't matter if you're a juice newbie or a juicing pro.

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The Juicy Rules

Here's how it works

We are going to drink one 8-20 ounce glass of freshly pressed juice at least once a day.

It can be fruit juice. It can be green juice. It can be a great veggie juice. It can even be a blended juice or a smoothie, if you don't have a juicer or just want to change it up a bit. The shopping lists and recipes are in this guide. You can use mine or your own. My recipes for this challenge are tailored towards beauty- getting and keeping nice hair, skin, nails, a natural glow and a slim body. If you want to kick it up a notch, drink 2 juices a day.

Drink your juice whenever you'd like.

This challenge is flexible so that anyone can do this. Some people juice and find themselves full so they don't want a meal- totally okay and cool. Juicing can be your breakfast, lunch, dinner or super yummy snack. If you don't like one of the recipes, no problem, make another that you prefer or one of your own. From a health perspective, it's best to drink it first thing in the morning on an empty stomach.

The Juicy Rules

During the challenge I'll be with you to give you tips and recipes to keep you motivated, inspired and on track.

I know that even if you are super motivated it can be difficult to change your habits. For the first few days I'll be easing you into the challenge by giving you the easiest juice recipes.

I'm going to send you daily emails with shopping lists, recipes and encouragement. The recipes and shopping lists are also in this guide and they are printer friendly.

Be sure to join our [facebook](#) and instagram community to stay connected.

Stay committed to the challenge on your facebook and instagram wall. Letting your friends & family know what you're doing means they can support you. Check in with me daily to stay focused. Feel free to post photos on our wall and share the ingredients you used in your juice. Please be sure to tag all your photos #allaboutjuicing so we can see how you're progressing.

7 Juicing Tips

01. A ratio of 2 to 1 (sometimes 3 to 1) works really well when creating your own recipes. 3 veggies to one fruit, that is. For example, 1 beet, 1 carrot (the veggies) and 1 apple (fruit). You'll want to keep sugar content low on your juices, if possible.

02. Drink your juice right away. Juice loses nutrition within 15 minutes and can spoil quickly making it rancid. You can safely drink your juices within 48 hours of juicing. You can store it for 24 hours if you have a single gear, twin gear or hydraulic press. Try to drink it right away for the max amount of nutrients. If you are going to store your juice or take it with you, use a glass or stainless steel container. Mason jars are a fantastic

option. If you are embarrassed to carry green drinks with you, get an opaque travel mug, and no one will know or ask you questions.

03. Fix the recipes you don't like by adding an apple, carrot or bell pepper. Lemon & ginger are also great additions if you'd like to make your juice tastier.

04. Use your pulp in everyday recipes. Add them to soups, stews, oatmeal, casseroles virtually anything homemade can usually accommodate a little pulp. If you rather not, composting is a great option for reusing your pulp. It will make nutrient rich soil for your garden or yard.

7 Juicing Tips

05. Avoid juicing pits and peels of citrus, except for lemons & limes which are really detoxifying and nourishing. Peels of mangoes, papayas and the like should be avoided. Melon rinds are fine to juice. Strawberry and beet tops are also fine. Stay away from carrot tops.

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06. Rotate the greens in your juices. When consuming a high percentage of greens in your diet, be sure to rotate your greens a few times a week. Plants have trace alkaloids in their leaves so that in nature, animals periodically move on to eat other plant types, keeping them from completely exterminating any individual plant species. Alkaloids are poisonous in large quantities but are not harmful in small quantities. If you consume only

kale for weeks, the same type of alkaloids build up in your system. Consuming different greens over time will ensure that alkaloids don't build up in your system.

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07. Sip slowly. Both smoothies and juices should be sipped slowly and swished around the mouth so that they can mix with your saliva. This releases the enzymes and aids in absorption and digestion.

Juice Challenge FAQs

Why is juicing great?

Juicing is the single easiest way to squeeze more nutrition into your diet. And because it's from raw whole foods, it's pure, and your body can assimilate it completely.

What's the difference between juicing and blending?

Juicers extract the liquid from the fruit or vegetable, leaving only the nutrient dense juice behind for you to consume. Blenders blend the whole fruit and vegetable together in one drink. The nutrients in freshly-created juicer made juice are quickly and easily absorbed by your body. Because the fiber has already been removed, digesting juices is much easier for the digestive system to accomplish. When you blend, you are blending the whole fruit or vegetable and aren't able to get as many nutrients into a glass. It's also very hard to blend vegetables and make them palatable, but juicing vegetables can be very delicious. It's very hard to blend and drink a bag of carrots but it's very easy to drink a

bag of juiced carrots. They are both very good for you and I recommend both.

Should I make a new recipe every day?

Most people like to make new recipes everyday for variety. I recommend it because we should rotate what we eat on a daily basis to ensure we get a well-balanced amount of nutrients. If you make the same recipe two or three days in a row, however, I don't think that's the worst thing in the world. Try to go outside the box and experiment with new flavors.

Do I need a juicer to do this challenge? If so, which one?

This is a juicing challenge, so yes, you should have a juicer to fully participate. However, if you would like to make blender juices you can do that too, but keep in mind these recipes are not made for a blender. The challenge would work the same if you are making blender juices, drink one a day for 21 days.

Juice Challenge FAQs

To smoothie-fy any of my juice recipes, add water or coconut water to help the ingredients blend. You can drink it as is or strain out the fiber. You might also have to modify the amount of produce that would go in your blender juice. Traditionally a juicer needs more produce to make a glass of juice versus one that is made in a blender.

For a list of my favorite juicers, blenders and juicing essentials, click [here](#).

Can I eat food during the challenge?

Absolutely, this is not a cleanse. It's a challenge to help you incorporate juicing into your diet once a day for 7 days.

What should I eat during the juicing challenge?

Many people stick to their regular diet. This is not a challenge to change your diet. However, you will notice more positive changes in your health if you take this time to eat better and take care of your body. If you want your body to cleanse and you'd like to use this to kickstart a new chapter in your healthy-eating life, try embracing a vegetarian or vegan diet (more fruits and veggies!) and avoid all processed foods. Meats and processed foods slow down our body's cleansing processes. A light, clean fruit and veggie diet is the most beneficial if you're trying to turn your health around. This would include soups, salads, smoothies and raw foods recipes. More importantly, focus on clean eating. Avoid foods with ingredients that you cannot pronounce and are free of processed sugar.

If you don't want to change your eating, don't fret, it's no problem. Juicing once a day will still do very positive things for your overall health. Our goal for this challenge is one juice a day.

Juice Challenge FAQs

I don't have the fruit or vegetable your recipe calls for, what do I do?

This often happens. Try substituting with something you do have that is similar. For example, if you don't have kale, romaine lettuce can work well. If you are out of apples, try substituting a pear. Generally speaking, you'll like the juices from produce that you like to eat. Always keep apples and carrots on hand as they are the most versatile produce for juicing and can be used to substitute many ingredients in juice recipes.

How many calories are in your juices?

I don't typically count calories so I don't list out what it is for each recipe. When you start to incorporate clean, whole foods into your diet you'll notice that calorie counting becomes less important.

You can get an average of the calorie counts for your fresh juice by going to a reputable nutrition or calorie counting site like nutritiondata.com.

There, you'll want to find the calorie count (or other nutrition data, if that's what you are looking for, too) for each fruit or vegetable.

List out the calories for each fruit or veggie on a paper, taking note of the fiber content. Add up the total calories. Every gram of fiber has about 4 calories. So you'll want to multiply the fiber grams by 4 calories for each piece of produce. Then, subtract that from the total amount of calories that were in all of the produce. This will give you a pretty close estimate of the calorie counts for your juicing recipes.

Juice Challenge FAQs

Can I juice fruit only juices every day?

You could, however, it's best to make the majority of your juices vegetable based. While fruit juice contains natural sugar, which is different than processed sugar, it still is sugar. And sugar feeds the bad stuff in our body. That being said, fruit juices are very cleansing and very delicious. They also play a great role in our diet. In general, it's best to eat your fruit and juice your vegetables. I do include fruit juices in these recipes simply because it's easiest for those who are new to juicing and it's usually the most loved juices when sharing with others. If you are concerned about sugar, make sure you add greens to each recipe. Romaine lettuce, spinach and kale are great to juice.

The Juicy Extras Challenge

In addition to the 21 days of juice, we've got some extra challenges to get you thinking outside-of-the-juice-box and have fun with your juice. Get excited about juicing! There's a list below of fun ways to use your juice. Make it a point to do at least two of these each week during the challenge.

Add fiber to your juice

Fiber is a great addition to your juice. It's usually an unobtrusive way to add it into your diet. Add about 1/2 to 1 teaspoon to start. Your options are:

- **Chia seeds.** Chia seeds are fun because they add texture to the juice and add other nutrients.
- **Psyllium husk.** Psyllium will make the juice very thick. It binds with the water and can get gloppy so it works best with watery juices. You might need to add extra water.
- **Ground milled flax seed.** This is not my favorite option, but a lot of people do like the benefits of flax and this is a great way to incorporate it into your diet. It doesn't mix as well with the juice as the other fiber options do. I prefer flax in my smoothies or blender juices.

Add herbs to your recipe

Herbs are great because they are potent foods, many times very medicinal in nature, and can add a little spice to your recipe. Start by adding a few sprigs until you like the taste. They are typically very strong when juiced.

The herbs to consider: Parsley, cilantro, basil, peppermint, rosemary, dill, sage, spearmint, and thyme.

There are many other herbs you could juice, however, these are the most common and great starters.

The Juicy Extras Challenge

Try adding raw garlic clove to one of your recipes

This can be scary. Garlic is s-t-r-o-n-g. No doubt. Just add 1/2 or 1 clove. And it should be added to a vegetable juice. It's not going to mix with fruit juice well. Garlic has very antiseptic and antibiotic properties.

Juice for a meal

Who says juice can't be a meal? I think it can be a healthy delicious meal. There are many days I'm busy and need to keep going during lunch, so I make a nice large glass of juice, around 12-20 ounces. It gives me energy and makes me happy. The best time to juice each day is in the morning for breakfast. It is easy on the digestive system and allows your body to continue cleansing.

Add probiotics to your juice

Probiotics add friendly flora to your belly for healthy digestion. They are essential for good health. Buy good quality capsules (I like Udo's brand). Open up the capsules and dump it into your juice. Mix and drink.

Make a juice shot

Juice shots are so great. They are potent little juice cups to help you cleanse or to help energize your body. These are my favorites:

1/2 cup of coconut water or apple juice mixed with spirulina powder

1 lemon juiced + a few ounces of aloe vera juice + a shake of cayenne pepper

1/2 cup of fresh pineapple juice with wheatgrass powder or freshly juiced wheatgrass

The Juicy Extras Challenge

Make a blender juice

If you're primarily juicing with a juicer, pull out the blender and blend your drink up for a change of pace. Watery fruits work best in blender juices. Think melons, citrus, papaya and mangoes.

Share your juice with a friend or family member

Don't be greedy! Share one of your favorites with those close to you. You'll either convert someone into a juicer or you'll just be helping them to get some good nutrition into their body that day.

Juice wheatgrass

Wheatgrass is a bit tricky to juice but don't let it scare you. It's full of the most amazing nutrients. You'll need a gear juicer or a wheatgrass juicer. Most health food stores carry fresh wheatgrass. Just buy some and feed it through your juicer. It's really great alone,

but if it's your first time, juice it with some pineapple and you'll be sold. You can also buy the powder and mix it in with your juices. Be ready for some zippy energy.

Make one of your meals a "juice soup" instead of a juice

Making a juice soup is a great way to incorporate juicing into your meals. Cold soups like a tomato-carrot combination are tasty and so are chilled fruit soups. I'm a huge fan of chilled tomato soup. Add celery to make it more "salty."

Juice green

So you've never juiced green? Romaine or green leafy lettuce are great starter greens and I'm including them in many recipes during this challenge. Try swapping out stronger greens like arugula or watercress for other greens. It's great for your whole system and encourages cellular detox.

The Juicy Extras Challenge

Pour juice over ice

Sometimes these recipes just taste better over ice. It gives the drink a little chill. I like to make fun shaped ice cubes.

Add your juice into a smoothie recipe

If you are accustomed to keeping your juices and your smoothies separate, try adding your juice into a smoothie as a liquid base instead of nut milks or water. Plain orange juice usually works great for this.

Incorporate your juicer pulp into one of your food dishes

Mix your leftover pulp in dips, salsas, pastas, muffins, dehydrated snacks, stews, burgers or soups. It's usually undetectable.

Make an almond milk juice

This is fun and tasty if you haven't done it before. There are two ways to do this, depending on your type of juicer.

1. You can make almond milk with a slow juicer like the Omega Vert or Hurom. Soak almonds (any nut can work) for 6 hours. Dump the water. Juice it in your juicer with another fruit or veggie and it makes a delicious creamy juice milk. My favorites are carrot almond milk, peach almond milk and blueberry almond milk.
2. If you don't have a slow juicer but have a blender, you can still do this. Make almond milk by blending 1 cup of soaked almonds to 2 cups of water. Strain the pulp. If you'd like, add vanilla, honey or agave to taste. Mix the fresh almond milk with a mono-juice like peach, blueberry or carrot.

The Juicy Extras Challenge

Juice only organic produce

If organic isn't your normal habit, try making your juice all organic (at least one :). See if you taste the difference. Studies have shown that the nutrition is greater – plus you aren't consuming the nasty pesticides or GMO's.

Make juice popsicles

This is a fun way to get juice into your diet. Everyone loves them. Pour your fruit juice in a popsicle mold and freeze. Try mixing coconut milk or almond milk with the fruit juice before pouring for a different and creamy flavor. If you want to get serious about juice popsicles, try out the Zoku brand pop maker.

Try composting your pulp

Composting is easier than it sounds. It's a great way to use your pulp and will make a mineral rich soil for your garden or plants.

Make up a new recipe

Once you've made a few of my recipes, try coming up with your own. The best way to do this is to start with a base of carrot or apple (or both) and add produce from there. If you feel more comfortable, just tweak one of my recipes by adding or switching out one of the ingredients with another.

Add coconut water to your recipe

Coconut water can be a great addition to any juice recipe. It tends to work better in green and fruit juices. Experiment with 1/4 cup to start and work your way up to more. It adds a tasty twist and added nutrition.

Try one fruit or vegetable you've never tried before

Try something new! You might be surprised.

The Juicy Extras Challenge

Add mineral water or club soda to your recipe

Sometimes I like to dilute my juice with mineral water or club soda. Club soda has carbonation so it's not optimal for your digestive system, but it's nice as a treat.

Make juice-flavored water

This is a great way to get more water into your diet. It's also great for parties. Juice about 1/4 cup of a mono-juice and add mineral water to the rest. If you are making a pitcher, juice about 1/2 to 1 cup of juice. Tossing in chunks of the fruit or slices of citrus add to the presentation. Lemons, cucumbers, watermelon, mint, limes and oranges make great flavored water.

Add aloe juice to your juice

Aloe vera is healing & soothing to your tummy and digestive track. It has many benefits. Add about an ounce to one of your juices and mix to combine. There are many great store bought aloe vera juices. Look for an organic, inner leaf juice.

Add a juice booster to your juice

There are some fabulous extras you can use to supercharge your juice to make it more potent. Here is a list of my favorite boosters.

- Chia seeds
- Flax seeds
- Spirulina powder
- Cinnamon
- Different herbs
- Avocado
- Vanilla
- Stevia
- Ginger
- Turmeric
- Cayenne Pepper
- Coconut milk
- Wheatgrass powder
- Maca powder

Shopping Lists and Menus

These are suggested menus and shopping lists for the challenge. If you want to juice your own juices, juice what you like and drink them in whatever order you'd like. These recipes make about 16 ounces of juice. This can be one large glass or enough to serve two people. If you'd like to make more or share, double the recipe.

WEEK ONE

Juice Challenge

(DAYS 1-7)

DAY ONE Green Twist

serves 2 cups

INGREDIENTS:

- 1 large cucumber
- 3 celery stalks
- 1 apple, cored
- 1 lemon
- 1 handful spinach
- sliver ginger root

DAY FIVE Emerald Elixir

from *The Juice Lovers Big Book of Juices* pg 239

serves 2 cups

INGREDIENTS:

- 2 apples
- 5 carrots
- 2 handfuls spinach

DAY TWO Carrot Crush

serves 2 cups

INGREDIENTS:

- 2 apples, cored
- 3 celery stalks
- 4 carrots
- 1 lemon, peeled

DAY SIX Green Pineapple Zing

serves 2 cups

INGREDIENTS:

- 2 zucchini
- 1 pear
- 3 large kale leaves
- 1 large pineapple spear
- 1 celery stalk

DAY THREE Pineapple Lemonade

from *The Juice Lovers Big Book of Juices* pg 174

serves 2 cups

INGREDIENTS:

- 2 lemons
- 1 apple
- 1 cup fresh pineapple chunks
- ½ cup cold water
- Optional: add cilantro, mint or kale

DAY SEVEN Orange Grapefruit Swizzle

serves 2 cups

INGREDIENTS:

- 1 large lemon or 2 small lemons
- 1 grapefruit
- 1 medium orange
- Optional: handful romaine lettuce

DAY FOUR Red Reviver

serves 2 cups

INGREDIENTS:

- 1 red beet
- 1 large cucumber
- 1 lime, peel on
- 1 handful spinach
- Optional: 1 kale leaf
- ½ cup coconut water

DIRECTIONS:

Chop and prep all produce for your juicer. Always peel citrus except lemons and limes. Core pears and apples, and remove pits in fruits. Juice greens and fruits/veggies, alternating, and by wrapping the greens around harder produce. Drink immediately or store in an airtight glass container and drink within a day.

Shopping List

- ☐ 2 cucumbers
- ☐ Celery bunch
- ☐ 7 apples
- ☐ 4 lemons
- ☐ Spinach
- ☐ Kale
- ☐ Fresh ginger root
- ☐ 7 carrots
- ☐ Coconut water
- ☐ 1 large limes
- ☐ 2 zucchini
- ☐ 1 pineapple
- ☐ 1 grapefruit
- ☐ 1 orange
- ☐ 1 red beet
- ☐ 1 pear
- ☐ Optional: Romaine lettuce bunch (day 7), Cilantro, Mint (day 3)

WEEK TWO

Juice Challenge

(DAYS 8-14)

DAY EIGHT

Grape Tonic

serves 2 cups

INGREDIENTS:

- 1 lime, peeled
- 1 large cucumber
- 1-2 cups green grapes
- ½ bunch romaine lettuce

DAY TWELVE

Beet Cooler

serves 2 cups

INGREDIENTS:

- 1 red beet
- 2 cucumbers
- ½ pineapple

DAY NINE

Kiwi Balancer

serves 2 cups

INGREDIENTS:

- 1 zucchini
- 1 cucumber
- 1 lemon, peel on
- 2 celery stalks
- 1 apple, cored
- 1 kiwi
- Small bunch parsley or cilantro

DAY THIRTEEN

Spicy Apple Ginger Soda

from *The Juice Lovers Big Book of Juices* pg 307

serves 2 cups

INGREDIENTS:

- 2 apples
- 1 celery stalk
- ½" slice fresh ginger
- ½ cup sparkling water, add after produce is juiced

DAY TEN

ABC Juice

from *The Juice Lovers Big Book of Juices* pg 213

serves 2 cups

INGREDIENTS:

- 2 apples
- 1 red beet
- 4 celery stalks
- ½ cup coconut water

DAY FOURTEEN

Carrot Orange Power

serves 2 cups

INGREDIENTS:

- 2 celery stalks
- 6 carrots
- 1 large orange, peeled
- ½" slice fresh turmeric or ¼ tsp powder

DAY ELEVEN

Green Ginger

serves 2 cups

INGREDIENTS:

- 1/2 pineapple
- 1 cucumber
- 1 handful spinach
- 1 lime, peeled
- ½ bunch romaine lettuce
- Sliver of ginger

DIRECTIONS:

Chop and prep all produce for your juicer. Always peel citrus except lemons and limes. Core pears and apples, and remove pits in fruits. Juice greens and fruits/veggies, alternating, and by wrapping the greens around harder produce. Drink immediately or store in an airtight glass container and drink within a day.

Shopping List

- ☐ 2 limes
- ☐ 1 orange
- ☐ 2 red beets
- ☐ 5 cucumbers
- ☐ Green grapes
- ☐ Romaine lettuce
- ☐ 1 lemon
- ☐ 1 zucchini
- ☐ Celery bunch
- ☐ 1 kiwi
- ☐ 5 apples
- ☐ Parsley or cilantro
- ☐ Spinach
- ☐ Fresh ginger root
- ☐ Coconut water
- ☐ Fresh turmeric root or powder
- ☐ Sparkling water
- ☐ 1 pineapple

WEEK ONE

Blender Juice Recipes

(DAYS 1-7)

If you're using a blender, use these recipes instead. They are formatted specifically for a blender (Example: Ninja, Nutrabullet, Vitamix, Blendtec) and not for a juicer machine like the previous recipes.

DAY ONE Green Twist

serves 2 cups

INGREDIENTS:

- ½ cucumber
- 1 celery stalk, chopped
- 1 apple, cored
- 1 lemon, peeled
- 1 handful spinach, about 1 cup
- ½" slice ginger root
- ½ cup water or coconut water
- Optional: 1 tbsp honey or agave
- Ice

DAY FIVE Emerald Elixir

from *The Juice Lovers Big Book of Juices* pg 239

serves 2 cups

INGREDIENTS:

- 1 apple, cored
- 2 carrots, chopped
- 2 handfuls spinach
- 1 cup water or coconut water
- Optional: 1 tbsp honey or agave
- ice

DAY TWO Carrot Crush

serves 2 cups

INGREDIENTS:

- 1 apple, cored
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 lemon, peeled
- 1 cup water or coconut water
- Optional: 1 tbsp honey or agave
- Ice

DAY SIX Green Pineapple Zing

serves 2 cups

INGREDIENTS:

- ½ zucchini, chopped
- 1 pear, cored
- 2 kale leaves
- 1 large pineapple spear, rind removed
- 1 cup water or coconut water
- Optional: 1 tbsp honey or agave
- ice

DAY THREE Pineapple Lemonade

from *The Juice Lovers Big Book of Juices* pg 174

serves 2 cups

INGREDIENTS:

- 1 lemon, peeled
- 1 apple, cored
- 1 cup fresh pineapple chunks
- 1 cup cold water
- 1 tbsp honey or agave
- Ice
- Optional: add cilantro, mint or a kale leaf

DAY SEVEN Orange Grapefruit Swizzle

serves 2 cups

INGREDIENTS:

- 1 lemon, peeled
- ½ grapefruit, peeled
- 1 orange, peeled
- ½ cup water or coconut water
- Optional: 1 tbsp honey or agave
- ice

DAY FOUR Red Reviver

serves 2 cups

INGREDIENTS:

- ½ beet, raw or cooked
- ½ cucumber, chopped
- 1 lime, peeled
- 1 handful spinach
- 1 kale leaf
- 1 cup coconut water
- Optional: 1 tbsp honey or agave
- Ice

DIRECTIONS:
Chop all ingredients and place them in a blender. Blend on high until smooth. Add more liquid if needed or if using frozen ingredients. Drink immediately or store in an airtight container.

Shopping List

- ☐ 1 orange
- ☐ 1 grapefruit
- ☐ Kale
- ☐ 1 zucchini
- ☐ 1 pear
- ☐ 1 pineapple
- ☐ 1 cucumber
- ☐ Celery bunch
- ☐ 4 apples
- ☐ 4 lemons
- ☐ Spinach
- ☐ Ginger root
- ☐ Coconut water
- ☐ Honey/agave
- ☐ 3 carrots
- ☐ 1 limes
- ☐ Fresh mint
- ☐ 1 beet
- ☐ Optional: cilantro, mint

WEEK TWO

Blender Juice Recipes

(DAYS 8-14)

If you're using a blender, use these recipes instead. They are formatted specifically for a blender (Example: Ninja, Nutrabullet, Vitamix, Blendtec) and not for a juicer machine like the previous recipes.

DAY EIGHT

Grape Tonic

serves 2 cups

INGREDIENTS:

- 1 lime, peeled
- ½ cucumber
- 1 cup green grapes
- A few romaine lettuce leaves
- 1 cup water or coconut water
- Optional: 1 tbsp honey or agave
- Ice

DAY TWELVE

Beet Cooler

serves 2 cups

INGREDIENTS:

- ½ red beet, raw or steamed
- ½ cucumber
- 1 cup coconut water
- Optional: 1 tbsp honey or agave
- Ice
- Optional: include a few beet greens

DAY NINE

Kiwi Balancer

serves 2 cups

INGREDIENTS:

- ½ zucchini
- ¼ cucumber
- 1 lemon, peeled
- 1 celery stalk, chopped
- 1 pear, cored
- 1 kiwi
- Small bunch parsley or cilantro
- 1 cup water or coconut water
- Optional: 1 tbsp honey or agave
- Ice

DAY THIRTEEN

Spicy Apple Ginger Soda

from *The Juice Lovers Big Book of Juices* pg 307

serves 2 cups

INGREDIENTS:

- 1 apple, cored
- 1 celery stalk
- ¼" slice fresh ginger
- ½ cup water
- Optional: 1 tbsp honey or agave
- Strain juice, add ½ cup sparkling water after blending

DAY TEN

ABC Juice

from *The Juice Lovers Big Book of Juices* pg 213

serves 2 cups

INGREDIENTS:

- 1 apple, cored
- ½ beet, raw or steamed
- 2 celery stalks, chopped
- 1 cup coconut water
- Optional: 1 tbsp honey or agave
- Ice

DAY FOURTEEN

Carrot Orange Power

serves 2 cups

INGREDIENTS:

- 1 celery stalk, chopped
- 2 carrots, chopped
- 1 orange, peeled
- ¼" slice fresh turmeric or ¼ tsp turmeric powder
- 1 cup water or coconut water
- Optional: 1 tbsp honey or agave
- Ice

DAY ELEVEN

Green Ginger

serves 2 cups

INGREDIENTS:

- 1 cup pineapple chunks
- ½ cucumber
- 1 handful spinach
- 1 lime, peeled
- A few romaine lettuce leaves
- Slice fresh ginger
- 1 cup water or coconut water
- Optional: 1 tbsp honey or agave
- Ice

DIRECTIONS:

Chop all ingredients and place them in a blender. Blend on high until smooth. Add more liquid if needed or if using frozen ingredients. Drink immediately or store in an airtight container.

Shopping List

- ☐ 2 limes
- ☐ 2 cucumbers
- ☐ Green grapes
- ☐ Romaine lettuce
- ☐ Coconut water
- ☐ Honey/agave
- ☐ Sparkling water
- ☐ 1 lemon
- ☐ Celery bunch
- ☐ 1 pear
- ☐ 1 kiwi
- ☐ Parsley or cilantro
- ☐ 2 apples
- ☐ 1 red beet
- ☐ 1 pineapple
- ☐ Spinach
- ☐ Fresh ginger root
- ☐ 1 orange
- ☐ 2 carrots
- ☐ Fresh turmeric root or powder

New Year Reset Smoothies

Great for breakfast or lunch, these health promoting smoothies are delicious

DIRECTIONS: Place all ingredients in a blender and blend until smooth, adding more liquid if necessary.

Pineapple Cinnamon Spice Smoothie

Pineapple contains a powerful enzyme called bromelain which helps with digestion and cinnamon is great for blood sugar.

1 apple, core removed

1 cup pineapple chunks

Ice

½ cup water

½ teaspoon cinnamon

Orange & Ginger Smoothie

Oranges are rich in vitamin C, A & folate. Ginger is a natural decongestant and antibiotic – perfect if your immune system is under stress.

1 banana

½ inch slice of ginger

1 orange, peeled

Ice

Optional: handful of spinach

The Juice Challenge Calendar

Depending on what time and day you start to juice challenge, this calendar will help you map it all out. Print it, write down the recipes you want to make on each day, and tack it to your fridge.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

The Juice Challenge Journal

DAY 1 *During this challenge, I want to accomplish these goals (body + mind):*

DAY 2 *Juicing makes me feel...*

DAY 3 *Juicing rocks my world because...*

DAY 4 *My outlook on my overall health has changed since...*

Any life journey – small or large – is more meaningful when you allow yourself to truly experience it in your body and mind, in your soul. This journal will take you through each day so that you can stay motivated and work towards making positive changes in your life. I will give you a question to ponder on each day. This will help to get you started. Write down your thoughts, feelings, and favorite recipes. Take time to focus on your end goal. Think about your daily struggles and the positives that come from a healthier lifestyle.

DAY 5 *My favorite time of day to drink juice is...*

DAY 6 *How is juicing changing my life?*

DAY 7 *What can I do to make juicing easier to do each day?*

The Juice Challenge Journal

DAY 8 *Today, I feel _____ about juicing...*

DAY 9 *The reason I want to juice more often is...*

DAY 10 *What else can I be doing to improve my health? (Example: Exercise, drink more water, get more sleep)*

DAY 11 *My least favorite juices are...*

DAY 12 *My favorite fruits and vegetables to juice are...*

DAY 13 *My mind is clearer when...*

DAY 14 *Something new I learned about juicing is...*

If you loved this challenge, you will love our Juice Club!

Vanessa's Juice Club gives you weekly juice and smoothie recipes, like our challenge, to help you stay on track and motivated to juice. We also have a community to support you. This means no wasted produce, saved time, and no more icky-juices. Learn more about it [here](#).

The Juice on All About Juicing

All About Juicing will help you juice your way to radical wellness through a straw. If you're a juicer or juicer-to-be, you have found your all-in-one resource for becoming a high-energy, healthy, glowing, nutrition-absorbing machine.

At All About Juicing you'll find:

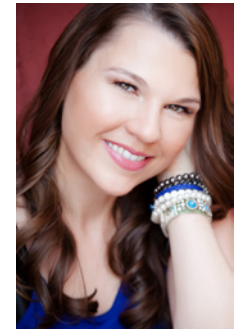
- Fabulous-tasting recipes you can juice every day.
- What to juice for what ailment.
- What combinations of juices work the best.
- How to fast and lose weight safely with juicing.
- The drinkable route to flawless skin, nonstop energy, a slim figure, and a sharp mind.
- How to get the most benefit-bang for your juicing buck.
- Guidance from someone who's been around the juicing block.

Whether you find yourself undernourished or want to start clean eating, All About Juicing can help you add this habit into your daily life and love it at the same time.

Are you in? Let's start the juicer.

About Vanessa

Vanessa Simkins, The Juicing Mixologist™, is the founder of all-about-juicing.com: a website and newsletter serving up fresh, tested juicing advice for getting a hot body, glowing skin, and lifelong health through a straw.



A juicing trendsetter known for her inventive and tasty juice recipes, Vanessa has an undying thirst for connecting people back to what makes them healthy, one drink at a time.

Visit us online for more recipes, tips, and inspiration.

Website: all-about-juicing.com

Facebook: facebook.com/AllAboutJuicing

Twitter: twitter.com/AllAboutJuicing

Pinterest: pinterest.com/allaboutjuicing

Instagram: Instagram.com/allaboutjuicing

The Perfect Juice Bottles™

Use them for juices, smoothies, infused waters, nut milks and herbal teas. Get yours at [VAs exclusiveshop.com](https://valsexclusiveshop.com) or our [Amazon store](#).

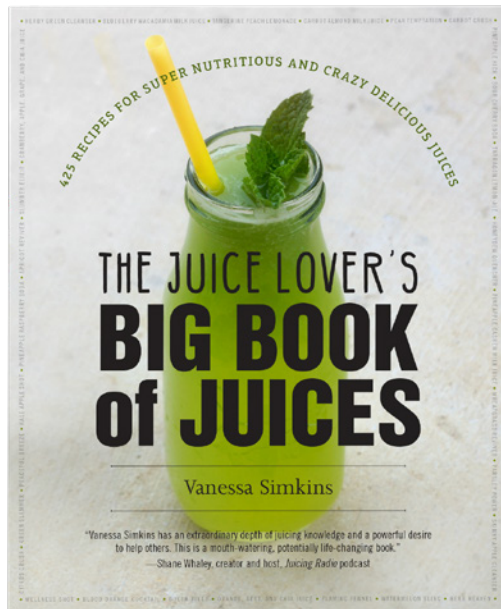
The best bottles for drinking & storing juices:

- Time saving & economical - make juice ahead, zero waste
- Clean & green - Glass never stains, absorbs odors, or leaches chemicals
- Easy cleaning and pouring - Wide mouth design makes it easy
- Slender design - fits in your cup holder, space saving in your fridge



Vanessa's Books

Juice Lover's Big Book of Juices



Power Blender Revolution



[Get signed copies of the books on vasexclusiveshop.com](http://vasexclusiveshop.com)

[Visit our Amazon Store](#)