

Simple Juice Ideas

The following are some juice recipe ideas with brief descriptions, to get you started. Ingredient quantities are just general guidelines. Feel free to modify to your liking.

Juicers

Breville 800JEXL Juice Fountain Elite (centrifugal juicer)

On [Amazon](#)



- Faster (less time-consuming); generally easier to clean; best for juicing produce such as: apples, grapes, cucumbers, all citruses, celery, carrots, beets, zucchini, ginger, turmeric, etc.
- Centrifugal juicers are generally cheaper than masticating juicers.
- Not very efficient at juicing leafy-type produce.

Omega J8006 Nutrition Center Single-Gear Masticating Juicer

On [Amazon](#)



- Slower (more time-consuming); usually more difficult to clean ; best at extracting juice from leafy produce such as: arugula, spinach, sprouts, kale, parsley, cilantro, dandelion greens, mint, sprouts, etc.
- Masticating juicers are generally more expensive than centrifugal juicers.
- Can juice everything effectively, but produce (like apples) must be cut into smaller chunks.

JUICES FOR BEGINNERS	
Recipe	Description
- Apples (as many as you like) - 2 or more Lemons	<i>This is a simple and refreshing juice.</i>
- 1 Apple - 8-10 small Carrots - Small piece of Ginger	<i>This is a simple and refreshing juice.</i>
- 3 stalks of Celery - 1 large Cucumber - Water content of 1 Young Thai Coconut	<i>An electrolyte-rich and hydrating juice (keep in mind that dehydration is only truly resolved at the interstitial lymphatic level).</i>
- 1 Apple - 1 Lemon - 1 Cucumber - Small bunch of Mint	<i>A simple and refreshing juice.</i>
- 4-6 Carrots - 1-2 Beetroot(s) - Parsley	<i>A sweet and mild juice to start you off, so you get used to the taste of fresh-pressed juices. This juice is still great for the kidney, bladder and liver.</i>
- 1 Apple - 1 Beetroot - 1 Lemon - Small bunch of Dandelion Greens	<i>A blood purifying, as well as liver cleansing and tonifying juice.</i>
- 4-6 Carrots - 1-2 Beetroot(s) - 1 bunch of Spinach	<i>A sweet and mild juice to start you off, so you get used to the taste of fresh-pressed juices.</i>
- 4-6 Carrots - 1-2 Beetroot(s) - 1-2 16 oz. jars of Alfalfa Sprouts - Parsley	<i>A sweet, powerful juice with a slight 'bite' to it. Alfalfa (both plant and sprouts) is a highly nutritive and building plant food.</i>
- 3-5 Carrots - 1 bunch of Spinach - 2-3 stalks of celery - Parsley	<i>Once you get accustomed to this drink, you're ready to take on some of the other potent recipes.</i>

POWERFUL DETOXIFICATION JUICES	
Recipe	Description
- Pure Lemon Juice	<i>A very powerful and lymphatic pulling juice. Beginners should modify it to make it similar to a 'Master Cleanse' by diluting with water and including a sweetener such as maple syrup (makes it a lemonade type beverage). Also see: 'Lemonade & Grape Juice Fasts'</i>
- Pure Grape Juice	<i>Like lemon juice, it's a very powerful lymphatic puller. It's also a GI-tract and kidney cleansing drink. Between grapes or lemons there is no "most powerful". They're both potent in their own regard. Pure grape juice is easier to do. Also see: 'Lemonade & Grape Juice Fasts'</i>
- Pure Watermelon Juice	<i>A sublime kidney detoxifying juice. You may add a lemon for a twist.</i>
- Pure Beetroot Juice	<i>This one is exclusively for the bold, especially if consumed as a fasting juice. People usually don't make it past day 3. It's a strong kidney, bladder and liver cleanser.</i>

KIDNEY REJUVENATING JUICES	
Recipe	Description
- 1 bunch Parsley - 1 Cucumber - 1 Beetroot - 1-2 Apple(s)	<i>Parsley and beetroots in particular, are well-known for their kidney cleansing properties. Parsley is also great for elimination of heavy metals.</i>
- 1 bunch Parsley - 1-2 Lemon(s) - 2-3 stalks of celery - 1-3 Apple(s)	<i>Another excellent recipe.</i>
- 2 Beetroots - 2 spears of asparagus	<i>This juice is VERY potent and strong on the kidneys. Start by drinking only 2 fl. oz., then work your way up to 4, 6, and finally 8 fl. oz. at a time.</i>

OTHER EXCELLENT JUICES	
Recipe	Description
<ul style="list-style-type: none"> - 2 Apples - 1-3 inch piece of Ginger - 1 Lemon - 1 bunch of Cilantro - 1 bunch of Parsley - 1 bunch of Arugula - 3 Habaneros - 1 Cucumber 	<p><i>The famous 'Lemon Ginger Blast' made popular by Lou Corona and Dan the Man. A great tasting and well-cleansing juice. The parsley, cilantro and arugula makes it a great heavy metal detoxifying recipe.</i></p>
<ul style="list-style-type: none"> - 2-3 stalks of Celery - 1-2 Cucumber(s) - 2-3 Apples - 2-3 Carrots (optional) 	<p><i>A sweet, but less aggressive juice (due to the carrots).</i></p>
<ul style="list-style-type: none"> - 1 bunch of Parsley - 1-2 Lemon(s) - 1 Cucumber - 1 Beetroot - 2 stalks of Celery - 2-3 Carrots 	<p><i>A less aggressive juice (due to the carrots).</i></p>