

Spiritual Fasting

The 3 C's (Carrot, Celery, Cabbage)

3-4 Carrots
1-2 Celery stalks
Small wedge cabbage

Sweet Drink

5 Carrots
1 Apple
1/2 Beet

Peppers Galore

1 Green Pepper
1 Red Pepper
3 Celery stalks
1/2 Cucumber
5 Lettuce leaves

Vegetable 8

1/2 Tomato
1/4 Cucumber
1 Carrot
1 Celery stalk
1 Handful Spinach
1/2 Red Pepper
1/2 Cup Cabbage
1 Green Onion

Muscle Beach

5 Handfuls Spinach
1 Cucumber
2 Carrots



Carrot/spinach juice

6 Ounces of Raw Spinach
10 Ounces of Raw Carrots

Carrot/beet/cucumber juice

4 Ounces of Raw Beet (with leaves)
3 Ounces of Raw Cucumber

9 Ounces Raw Carrot

Carrot juice with dandelion

8 Ounces of Raw Carrot
8 Ounces Dandelion

Carrot, dandelion and spinach

8 Ounces Carrot
4 Ounces Dandelion
4 Ounces Spinach or Chard

Almond Milk

1 Part Almonds
4 Parts water & Blend

Apple shake

1/2 orange peeled
2 green apples
1 ripe banana
1 tablespoon brewers yeast
orange slice for garnish



Carrot Blush

4 carrots
1 beet
5 - 6 leaves of Romaine or other leaf lettuce
3 - 4 leaves of spinach

Strong Carrot Combo

1 beet with greens
1 stalk celery
large handful of spinach
large handful of **parsley**
1 green pepper (or whatever pepper is organic)
1-3 cloves **garlic** (to taste or what you can stand)
1 slice of Ginger
enough carrots to make a quart of juice
(usually half of a 5 lb bag)

Carrot/Strawberry Juice

4-6 Carrots
6 Strawberries



Strawberry Smoothie

30-60 strawberries
9-13 medium or large bananas
7-8 cups fresh squeezed orange juice
1 cup flaxseed meal
Blend until Creamy.

Carrot Lemonade

4-5 medium carrots
1/2 medium lemon
1 apple
1 small 1.5 - 2 " wedge red cabbage
1 round of Ginger , about the size of a quarter

Golden Smoothie

2 kiwi fruits
1 banana
1/2 cup orange juice
1/2 cup frozen mango chunks (or other frozen fruit chunks)

Garden Tonic Drink

Handful of spinach
3 stalks of celery
2 stalks of asparagus
1 large tomato
1 cherry tomato for garnish



Health Smoothie

1 firm kiwi fruit, peeled
1/4 cantaloupe, with skin
1 ripe banana

Super 8 juice

1 kale leaf
1 collard leaf

small handful of parsley
1 stalk of celery
1 carrot, greens removed
1/2 red pepper
1 tomato
1 broccoli floret
celery stalk for garnish