



# 5 Amazing Juicing Recipes

To help you burn fat and  
lose weight, naturally

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# Cucumber Cleanse (w/ lemon twist)

## Ingredients:

1/2 cup water

1 large cucumber

1/2 fresh lemon



# Shades of Green Detoxifier

## Ingredients:

3 handfuls of spinach

1 green apple,

2 large stalks of kale

1/2 cucumber



# Carrot Ginger Immunity Boost

## Ingredients:

1 inch of ginger

6 carrots

1 clove of garlic

1/4 lemon





# Berry, Berry Cleanser

## Ingredients:

1/2 of raspberries

2-3 sprigs of mint

1 cup of strawberries

1 mango

1 cucumber



# Apple Cider Detox

## Ingredients:

1/4 of ginger

5 apples,

1/4 lemon

1 teaspoon of cinnamon

