

JUICES

Green Goddess

10 spinach leaves.
1 stalk celery
1/2 cucumber
1/2 Cup parsley

Cilantro Fiesta

6 Romain leaves
1/4 bunch of cilantro
1/2 lime
1 1/2 Cup pineapple
Alternate Romain and pineapple juicing.

Mean Green

2 med. Apple
4 stalk Celery
1 Cucumber
1" Ginger root
6 leaf kale
1/2 /Lemon

Eye Opener

2 med. apples
14 med. carrots
2 small oranges

Heartbeet

1 Apple
1 beet
12 med. carrots
1/2 lemon
2 oranges, peeled

ABC 's

2 apples
1 beet root
6 med. carrots

Healthy Green

2 green apples, 1/2 red
4 stalk celery, leaves removed
6 leaves kale
1/2 lemon, peeled
1 " ginger knob

Skin Tonic Juice

1 cup coconut water
1/2 lemon
1 C purslane, spinach, kale
1/2 mango
Handful of cilantro

Dr Schultz's Blood Building

15 leafs Beet greens
1 beet Beet root (3")
7 medium Carrot
2 leaf kale

Peachy Keen

3 Basil leaves
14 carrots
1/2 lemon
5 med. peaches

Lemon Drop

2 apples
4 med. carrots
2 ginger knobs, 1"
1 lemon
2 med. pears
1 zucchini

Fennel to the metal

1/4 tsp cinnamon
1/2 Cup coconut water
10 peppermint leaves
1 lemon
2 oranges. 1 Fennel bulb
2 med pears

The Wingman

3 apples
3 stalk celery
1/2 Cup cucumber
1/2 thumb ginger root
4 leaf kale
1 lemon
1 orange, peeled & de-seeded

Force Field

1 beet root
6 carrots
1/2 Cup coconut water
1 thumb ginger root
1/2 lime
1 orange
2 thumb turmeric

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