

A Juice a Day

5-DAY CHALLENGE RECIPES AND SHOPPING LIST

DAY ONE

Gold Star



The tropical flavors of mango, pineapple, and lime come together with celery and mint for a truly delicious juice.

Both pineapple and mango are loaded with vitamin C and will give you a boost of energy.

MAKES: 16 OUNCES

INGREDIENTS:

- 1 mango
- ½ pineapple
- 2 celery stalks
- 1 lime
- ¼ cup mint

DIRECTIONS:

1. Wash all produce well.
2. Peel the mango, pineapple, and lime.
3. Cut all ingredients into the appropriate size for the juicer, juice, and enjoy.

DAY TWO

Deep Green



Kale, one of the most nutritious leafy greens offering vitamin K and calcium along with antioxidants, is the star of this juice. The apple and kiwi help sweeten this tasty drink, while the lemon and mint add brightness.

MAKES: 16 OUNCES

INGREDIENTS:

- 1 bunch kale leaves
- 1 green apple
- 2 kiwis
- 1/4 cup mint
- 1 lemon

DIRECTIONS:

1. Wash all produce well.
2. Peel the kiwis and lemon.
3. Cut all ingredients into the appropriate size for the juicer, juice, and enjoy.

DAY THREE

Orange Antidote

This brightly colored juice contains lots of anti-inflammatory properties thanks to the oranges, apples, turmeric, and black pepper.

MAKES: 16 OUNCES

INGREDIENTS:

- 2 oranges
- 1 apple
- 3 celery stalks
- 3-inch piece of turmeric
- ¼ tsp black pepper

DIRECTIONS:

1. Wash all produce well.
2. Peel the oranges.
3. Cut all ingredients into the appropriate size for the juicer, juice, and enjoy.





DAY FOUR

Green Glow

This juice is naturally sweetened with pear and has a touch of spice from the ginger.

MAKES: 16 OUNCES

INGREDIENTS:

- 2 cups spinach leaves or microgreens
- 1 pear
- 6 celery stalks
- 2 limes
- 2-inch piece of ginger

DIRECTIONS:

1. Wash all produce well.
2. Peel the lime.
3. Cut all ingredients into the appropriate size for the juicer, juice, and enjoy.

DAY FIVE

Winter Red

Pomegranate and blood orange are in season during the winter and pair deliciously with cucumber and ginger to fuel your body from the inside out.

MAKES: 16 OUNCES

INGREDIENTS:

- 1 pomegranate, seeds only
- 1 large blood orange
- 1 cucumber
- 1-inch piece of ginger

DIRECTIONS:

1. Wash all produce well.
2. Seed the pomegranate and peel the orange.
3. Cut all ingredients into the appropriate size for the juicer, juice, and enjoy.



Shopping List

Fruits

- 1 apple (any color)
- 1 green apple
- 2 kiwis
- 1 mango
- 2 oranges
- 1 large blood orange
- 1 pear
- ½ pineapple*
- 1 pomegranate
- 1 lemon
- 3 limes

Vegetables

- 11 celery stalks
- 1 cucumber
- 1 bunch kale
- 2 cups spinach or microgreens

Herbs

- 1/4 tsp black pepper
- 1/2 cup mint
- 3-inch piece of ginger
- 3-inch piece turmeric

*If you're buying pre-chopped pineapple, you'll need about 1.25 pounds.