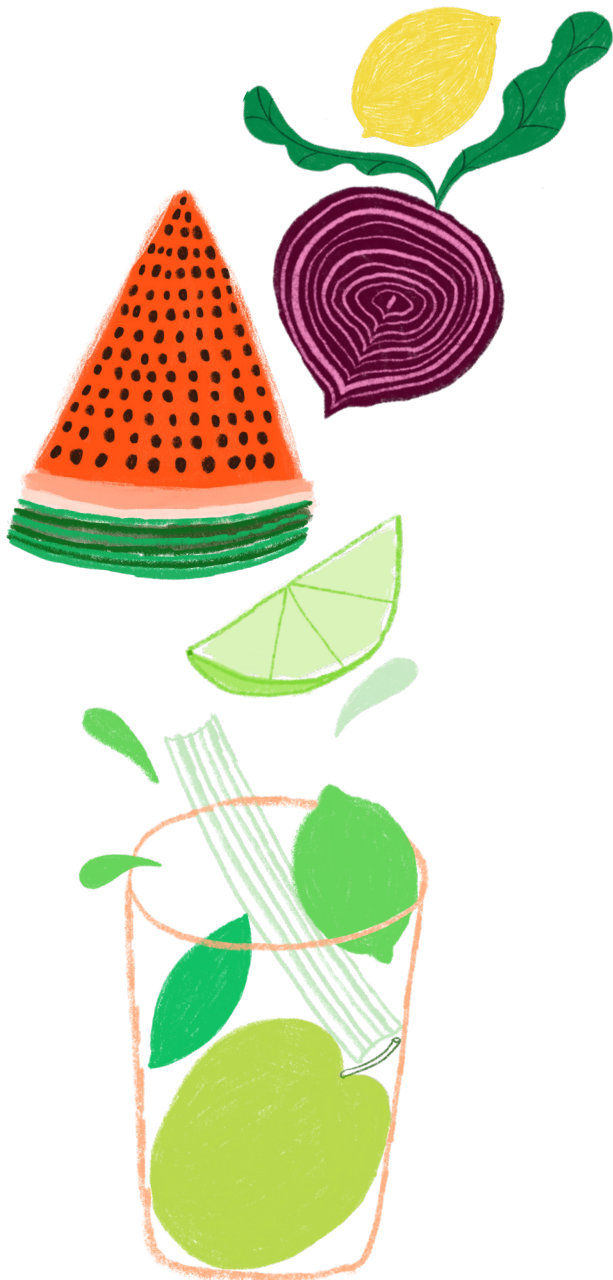


nama

fuel your work out

5-DAY JUICE CHALLENGE



recipes

day one / MIGHTY GREEN

- 1 large green apple
- 2 small cucumbers
- 2 cups spinach leaves
- ½ cup parsley
- 1 lime, peeled

day two / BEET POWER

- 2 small beets
- 2 small apples
- 1 lemon, peeled
- 2-inch piece ginger

day three / WATERMELON REFRESHER

- 1 medium cucumber
- 1 lime, peeled
- 3 cups watermelon
- ½ cup mint leaves
- Pinch sea salt

day four / ELECTRIC RECHARGE

- 2 medium celery ribs
- 2 cups pineapple, core included
- ½ lemon, peeled
- 2-inch piece turmeric
- ½ cup coconut water

day five / CARDIO COOLER

- 1 cup fresh cherries
- 2 oranges, peeled
- 1-inch piece ginger, peeled
- 1 cup chopped pineapple

DIRECTIONS

1. Wash all produce well.
2. Cut all ingredients into appropriate size for the juicer.
3. Add all ingredients to the juicer and enjoy.

shopping list

FRUITS

- 3 apples
- 1 cup cherries, fresh, pitted
- 2 lemons, peeled
- 2 limes, peeled
- 2 oranges, peeled
- 3 cups pineapple, peeled and chopped (including core)
- 3 cups watermelon, chopped

VEGETABLES

- 2 beets
- 2 celery ribs
- 3 cucumbers
- 2 cups spinach leaves

HERBS

- 3-inch piece ginger
- ½ cup mint leaves
- ½ cup parsley
- 2-inch piece turmeric

OTHER

- 1 cup coconut water
- Pinch sea salt