

nama

## RECIPES

5-DAY  
LOW-SUGAR

# Green Juice

CHALLENGE

### day one

#### Bright Bok Choy

- 4 bunches bok choy
- 1 cup green melon
- 1/2 lime, peeled

### day two

#### Romaine Refresh

- 3 cups chopped romaine
- 2 large celery ribs
- 1 green apple
- 1/2 lemon, peeled

### day three

#### Blush Greens

- 2 cups beet greens
- 1/2 cup parsley leaves
- 1 1/2 cups cucumber
- 1 green apple
- 1-inch piece ginger

### day four

#### Gut-Loving Green

- 2 cups spinach
- 2 medium zucchinis
- 1 small fennel bulb
- 1 kiwi
- 1/2 lemon, peeled

### day five

#### Pure Green Reset

- 2 large celery ribs
- 2 medium cucumbers
- 1/2 cup mint
- 1 cup microgreens

### 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



## Vegetables

- 4 bunches bok choy
- 1 bunch Romaine lettuce
- 4 celery ribs
- 1 bunch beet greens
- 2 cups spinach
- 4 cucumbers
- 2 medium zucchinis
- 1 fennel bulb
- 1 cup microgreens

## Fruits

- 1 green melon
- 1 lime
- 2 green apples
- 1 lemon
- 1 kiwi

## Herbs

- 1/2 cup parsley
- 1-inch ginger
- 1/2 cup mint