



A
Juicing
Guide for
Beginners
WITH 9 EASY RECIPES

Welcome

WE'VE CHOSEN SIMPLE 3-INGREDIENT RECIPES

for an easy (and tasty) introduction to juicing. If you're new to juicing and need support getting started, this Juicing Guide for Beginners can help. Throughout this guide, we've sprinkled in the basics and benefits around juicing to help inspire you on your own wellness journey.

When you're new to juicing, it's best to keep it simple, easy, and delicious, so we've included 9 recipes perfect for beginners with 3-ingredient combinations that you'll love. At the end of the guide, there's a 5-day juice plan using some of these recipes, plus a shopping list, so you're ready to take the next step and make juicing a part of your daily habit.



Why Juice?

MAKING FRESH JUICE

is a simple way to boost your fruit and vegetable consumption, offering numerous benefits to your overall wellbeing. Juicing is also easy to digest and can be a gentle way to get more fruits and vegetables into the diet for those with digestive concerns.

BENEFITS OF JUICING

- Improves immune function
- Reduces inflammation
- Improves gut microbiome
- Improves blood sugar
- Improves bowel movements
- Improves heart health
- Supports digestive health
- Improves mood, mental focus
- Improves skin clarity
- Weight loss



Easy Green

A GREAT SOURCE
OF POTASSIUM
AND VITAMIN C



INGREDIENTS

- 1 lime
- 2 cups spinach
- 1 cup grapes

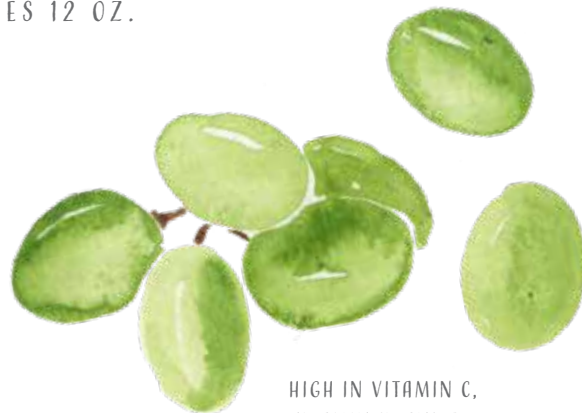


AN EXCELLENT
SOURCE OF FOLATE

DIRECTIONS

Wash ingredients thoroughly. Peel the lime. Cut ingredients to fit your juicer, juice in the order given, and enjoy.

—
MAKES 12 OZ.



HIGH IN VITAMIN C,
VITAMIN K, AND B
VITAMINS



1.
grapes



Spinach
2.



3.
lemons





USE YOUR NOSE

Ripe produce often smells sweet or fresh. Don't be afraid to sniff before you buy!



KEEP VARIETY IN MIND

Consider selecting ingredients that compliment what you are eating in your meals and make sure to rotate your fruits and vegetables so that you are consuming a diverse diet.



BRIGHT IS BEST

Look for produce that is vibrant in color without bruises or brown spots.

FROZEN IS FINE

Frozen fruits and vegetables retain tons of nutrients and are an affordable option. Simply thaw your frozen produce before adding it to your juicer.



Selecting Ingredients

PICK A PRICE THAT WORKS

Organic is great, but if you can't afford it, look for produce that is fresh and vibrant.



PICK WHAT'S IN SEASON

Find a farmers' market or search for a guide to help you discover seasonal produce in your area.



Simple Orange



A RICH
SOURCE OF FIBER
AND ANTIOXIDANTS

INGREDIENTS

2-inch piece of turmeric

4 carrots

1 apple



RICH IN VITAMIN K,
VITAMIN C, AND
POTASSIUM

DIRECTIONS

Wash ingredients thoroughly.
Peel the turmeric. Cut ingredients
to fit your juicer, juice in the
order given, and enjoy.

—

MAKES 10 OZ.

AN EXCELLENT SOURCE
OF BETA-CAROTENE





2.
carrots

1.
turmeric

3.
apple

JUICING AND BLENDING ARE BOTH GREAT

ways to increase the amount of plants in your diet. Which one you choose depends on personal preferences, goals and what makes the most sense for your specific needs.

JUICING

- Contains soluble fiber
- Gentler on digestion
- May be less filling
- Mostly carbohydrates, some protein
- May have larger volume of fruits and veggies than a blended drink
- Feeds beneficial microbiome as a prebiotic
- Be mindful of fruit-to-veg ratio for blood sugar

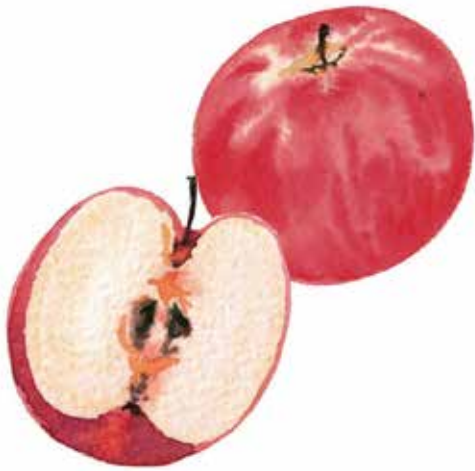


BLENDING

- Can be a healthy meal replacement option
- May have less vegetables than a juice, but you can add superfoods
- Feeds beneficial microbiome as a prebiotic
- May contain too much sugar if adding tropical fruits and sweeteners
- Contains insoluble and soluble fiber
- Can be more filling (thanks to both types of fiber)
- Provides macro-nutrient diversity (protein, healthy fats and carbohydrates)



Juicing vs
Blending



CONTAINS
PREBIOTIC FIBERS
TO SUPPORT GUT HEALTH

Purple Pleaser

RICH IN VITAMIN K,
VITAMIN C, AND
POTASSIUM

INGREDIENTS

1 beet
1 apple
1/2 cucumber



DIRECTIONS

Wash ingredients thoroughly.
Peel the lime. Cut ingredients
to fit your juicer, juice in the
order given, and enjoy.

—

MAKES 12 OZ.



MAY HELP SUPPORT
NEUROLOGIC HEALTH



1.
beet



2.
apple



3.
cucumber



What About *Fiber*

Soluble Fiber
dissolves in water
and sticks around
when we juice.

Insoluble Fiber
is the portion that
kicks out into pulp
when we juice.



Both soluble and insoluble fiber offer
significant health benefits.



JUICING = SOLUBLE FIBER

Juice only contains soluble fiber, which is more easily accessed and broken down in the intestines into usable metabolites and can regulate the gut microbiota by producing beneficial short chain fatty acids. It also aids in lowering cholesterol.



BLENDING = SOLUBLE + INSOLUBLE FIBER

Smoothies contain both soluble and insoluble fiber, which adds bulk to stool, helps improve transit time, prevents constipation and helps to carry out excess toxic waste.

Little Green

KEEPS YOUR DIGESTIVE
SYSTEM HAPPY
AND HEALTHY



INGREDIENTS

- 1 green apple
- 2 kiwis
- 2 celery stalks

DIRECTIONS

Wash ingredients thoroughly.
Core the apple and peel the kiwis.
Cut ingredients to fit your juicer,
juice in the order given, and enjoy.

—
MAKES 15 OZ.

CONTAINS
FLAVONOIDS
TO HELP FIGHT
INFLAMMATION



CAN HELP
REDUCE
CHOLESTEROL
LEVELS



1.
*green
apple*



2.
kiwi



3.
celery



YOU DON'T ALWAYS HAVE TO DRINK

juice immediately after you make it. In fact, many people will buy produce in bulk and make a large amount of juice to enjoy throughout the week. The best containers for juice storage are glass or stainless steel airtight containers.

Saving and Storing Juices

STORE IN FREEZER:

- Leave ½-inch space from top to allow for liquid to expand when frozen.
- Stays fresh for 72+ hours.
- Thaw frozen juices overnight in the refrigerator.



STORE IN REFRIGERATOR:

- Fill to the top of the container to reduce air.
- Date your jars with a washable marker or use a sticky note to remind you about the expiration.
- Keep your juice where you can see it. Visual cues help remind you to maintain healthy habits.
- Stays fresh for 24-72 hours.

Mellow Yellow



GREAT
ADDITION TO
SUPPORT
KIDNEY
HEALTH

INGREDIENTS

1/4 pineapple
2-inch piece of ginger
1 lemon

DIRECTIONS

Wash ingredients thoroughly. Peel pineapple, ginger, and lemon. Cut ingredients to fit your juicer, juice in the order given, and enjoy.

—
MAKES 14 OZ.



CONTAINS
BROMELAIN
THAT MAY HELP
REDUCE INFLAMMATION



USED FOR CENTURIES
AS A NATURAL REMEDY
TO HELP AID DIGESTION

A glass of vibrant yellow juice sits in the center of a white marble surface. Surrounding the glass are various ingredients: several slices of bright yellow pineapple, several slices of ginger root, and several slices of lemons. The scene is brightly lit, casting soft shadows.

1.
lemons

2.
ginger

3.
pineapple

ONE OF THE MOST COMMON QUESTIONS NEW JUICERS ASK IS:

“What can I do with the pulp that is leftover after I juice?” Juice pulp isn’t something to toss away, it has value too. The pulp is rich in fiber from your produce. Don’t like pulp? If you struggle with the taste or texture in your juice, you can strain it or try adding ice to your drink to make it more palatable.

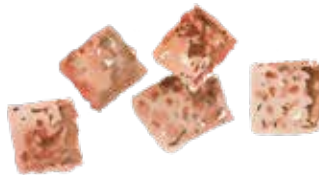
How to Handle Pulp



Save it for smoothies to boost insoluble fiber.



Mix some pulp back into juice to boost fiber.



Make veggie-rich crackers.



Add savory (veg pulp) to homemade veggie burgers, sauces or dips.



Add sweet (fruit pulp) to homemade pancakes, muffins or oats.



Compost it to enrich garden soil.



Make homemade veggie broth.



Add it to pet foods or to make dog treats.

Minty Green



USED SINCE
ANCIENT TIMES AS
A DIGESTIVE AID

INGREDIENTS

- 1 fennel bulb
- 1 pear
- 4 sprigs of mint

A GREAT SOURCE OF
FIBER TO KEEP DIGESTIVE
SYSTEMS REGULAR



DIRECTIONS

Wash ingredients thoroughly. Core the pear. Cut ingredients to fit your juicer, juice in the order given, and enjoy.

—

MAKES 15 OZ.



MAY HELP RELAX THE
MUSCLES OF THE STOMACH
AND INTESTINES



1.
mint

2.
fennel

3.
pear



LIKE YOUR JUICES TO TASTE MORE MELLOW?

Find a good balance of fruits and veggies. Cucumbers are a great option with a mild flavor.

LIKE A ZESTY FLAVOR?

You might need more lemon or lime.



Find Your Flavor Profile

TASTE IS AN IMPORTANT FACTOR

when making juices. In the beginning, you might need to adjust your recipes to find the best flavor for you. One way to make any juice taste better is to add something extra. Typically, adding a little extra lemon or apple will do the trick. Sometimes, a juice just needs a little bit of citrus or extra sweetness to improve the taste. Keep experimenting and know that your palate will continue to evolve the more you juice.

LIKE THE SWEETNESS OF ROOT VEGETABLES?

Or the earthiness of greens? Try a beet or carrot juice and then try one that features celery or kale.



LOVE FRESH HERBS?

Don't be afraid to add them to a juice! Basil, parsley, cilantro and dill can all add more flavor and nutrition to your recipes.



EXCELLENT AT
MINIMIZING THE
IMPACT OF
OXIDATIVE STRESS

Sunburst

HIGH IN POTASSIUM,
MAGNESIUM,
AND FOLATE

INGREDIENTS

1 orange
3 carrots
1/2 lemon



DIRECTIONS

Wash ingredients thoroughly. Peel the orange and lemon. Cut ingredients to fit your juicer, juice in the order given, and enjoy.

—

MAKES 12 OZ.



CONTAIN
COMPOUNDS
LINKED TO REDUCED
RISK OF HEART DISEASE

A glass of vibrant orange juice is the central focus, surrounded by fresh ingredients. In the top left, there are several whole carrots and two lemon halves. In the bottom right, there are more carrots and a sliced orange. The background is a clean, light-colored surface.

1.
carrots

2.
lemons

3.
orange

What About Sugar?

WHILE CONSUMING JUICE

that is composed of only fruit may spike your blood sugar, fruit is still very beneficial to add to your juices, as it contains essential micronutrients, vitamins and minerals you might not get from your veggies alone. We recommend following the 80/20 rule.

THE 80/20 RULE

A general rule of thumb when making juice is to aim for 80 percent vegetables and 20 percent fruit to keep blood sugar balanced. This ratio is based on the amount of produce you have before juicing. **An 80/20 juice might look like:**

NEW TO JUICING?

The 80/20 ratio might taste too bitter at first. You can try 70/30 or 60/40 split, adding an extra piece of fruit to sweeten your juice. As you become more accustomed to veggies, your taste buds will adapt. You can also pair your juice with food, especially protein and healthy fats to help keep your blood sugar balanced.



Sweet Green



HIGH IN
POWERFUL
ANTIOXIDANTS



INGREDIENTS

- 1/4 pineapple
- 1 green apple
- 4 large kale leaves

DIRECTIONS

Wash ingredients thoroughly. Peel pineapple and core the apple. Cut ingredients to fit your juicer, juice in the order given, and enjoy.

—
MAKES 14 OZ.



AN EXCELLENT,
NATURAL ANTI-
INFLAMMATORY



FIBER-RICH TO HELP
IMPROVE DIGESTION
AND REGULARITY

*green
apple*

1.



2.

pineapple



3.

kale



Juicing Cheat Sheet

HERE IS A LIST

of some of the best fruits, vegetables, and herbs to juice when you're getting started.



VEGETABLES TO JUICE

Cabbage
Beets
Carrots
Celery
Cucumbers
Fennel
Kale
Spinach
Sweet potato
Swiss chard
Tomatoes
Wheatgrass
Zucchini



HERBS TO JUICE

Basil
Cilantro
Ginger
Lemongrass
Mint
Parsley
Rosemary
Turmeric



FRUITS TO JUICE

Apples
Apricots
Berries
Cantaloupe
Cherries
Grapefruit
Kiwi
Lemon
Lime
Oranges
Pears
Pineapple
Peaches
Plums
Tangerine
Watermelon



CAN'T JUICE

Avocado
Banana
Eggplant
Mushrooms
Rhubarb



Red Licorice



CONTAINS
COMPOUNDS
THAT MAY
HELP IMPROVE
BLOOD PRESSURE

INGREDIENTS

- 1 fennel bulb
- 2 beets
- 1 orange

HELPS IMPROVE
CIRCULATION AND
LOWER BLOOD
PRESSURE



DIRECTIONS

Wash ingredients thoroughly. Peel beets and orange. Cut all ingredients into the appropriate size for the juicer, juice in the order given, and enjoy.

—
MAKES 15 OZ.

HIGH IN
VITAMIN C
AND FOLATE
TO HELP
ABSORB IRON





1.
fennel



2.
orange



3.
beets





5-Day Juice Plan

FOR BEGINNERS

Snapshot

5-Day Juice Plan Recipes



EASY GREEN

1 lime
2 cups spinach
1 cup grapes



SIMPLE ORANGE

2-inch piece of turmeric
4 carrots
1 apple



PURPLE PLEASER

1 beet
1 apple
1/2 cucumber



LITTLE GREEN

1 green apple
2 kiwis
2 celery stalks



STARBURST

1 orange
3 carrots
1/2 lemon

5-Day Plan Shopping *List*



