

NAMA'S 5-DAY JUICE

WINTER RESET

RECIPES + SHOPPING LIST



DAY ONE KIWI GREEN

Makes 16 ounces

- 1/2 bunch spinach leaves
- 4 celery stalks & leaves
- 3 kiwis

DIRECTIONS

Wash all produce well.
Chop spinach and celery stalks.
Peel and chop kiwis.
Add all ingredients to the juicer
and enjoy.



DAY TWO MINTED CITRUS

Makes 16 ounces

- 1/2 cup fresh mint leaves
- 4 blood oranges
- 1/2 small cauliflower

DIRECTIONS

Wash all produce well.
Peel oranges.
Cut all ingredients into appropriate
size for the juicer.
Add all ingredients to the juicer
and enjoy.



DAY THREE GOLDEN RUBY

Makes 16 ounces

- 1 ruby grapefruit
- 1/2-inch piece turmeric
- 4 large carrots

DIRECTIONS

Wash all produce well.
Peel grapefruit and carrots.
Cut all ingredients into appropriate
size for the juicer.
Add all ingredients to the juicer
and enjoy.



DAY FOUR CABBAGE CRUSH

Makes 16 ounces

- 1 lemon
- 3 large beets
- 1/4 purple cabbage

DIRECTIONS

Wash all produce well.
Peel beets and lemon.
Cut all ingredients into appropriate size for the juicer.
Add all ingredients to the juicer and enjoy.

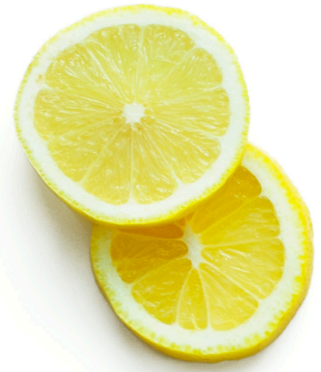
DAY FIVE SPICY PEAR

Makes 16 ounces

- 2 pears
- 1 fennel
- 1-inch piece ginger

DIRECTIONS

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



SHOPPING LIST

FRUITS

- 4 blood oranges
- 1 ruby grapefruit
- 1 lemon
- 3 kiwis
- 2 pears

VEGETABLES

- 1/2 small cauliflower
- 4 large carrots
- 3 large beets
- 1/4 purple cabbage
- 1/2 bunch spinach leaves
- 4 celery stalks
- 1 fennel

HERBS

- 1/2 cup fresh mint leaves
- 1/2-inch piece turmeric
- 1-inch piece ginger

