



NourishingLife

HEALTH CENTER

Recommend Juicer: the Omega series 8006 or higher

BASIC JUICING RECIPES

Formula One: a highly-alkalizing strongly-flavored green juice

1 head romaine lettuce

3 stalks kale

handful of spinach

3 stalks celery

1 cucumber

½ bunch parsley

1 lemon (halved)

1 3" piece of ginger

Makes approximately 16 -20 oz. of juice

Green Lemonade 101: simple, mellow green juice

1 head romaine lettuce

5 stalks celery

2 medium cucumbers

½ bunch parsley

1 lemon (halved)

Makes approximately 16 oz. juice

The Kitchen Sink (for the non-conformists): Whatever's in the fridge, with the following loose guidelines:

50% watery light-green vegetables such as romaine, celery, cucumber

25% dark leafy greens (dandelion, kale, spinach, collards, chard, etc.)

25% carrot and/or beet for sweetness

+ 1 green apple

+ ½ lemon

+ piece of ginger (optional)

Sunrise Spring Cleansing Juice

1 large pink grapefruit

2 stalks of celery

large handful of strawberries

1 bunch of fennel stems

Makes 12-16 oz.