



Basic Juicing & Smoothie Guide

The following juices and smoothies are basic recipes to help you supercharge your intake of fresh, ripe, fruits and vegetables. Always check with your doctor before making any significant diet and lifestyle changes.

**Note 1: Keep in mind food and drug interactions if you are taking any medications (ex. Do not eat grapefruit if you are taking blood thinners such as Coumadin).*

**Note 2: If you have blood sugar issues reduce the amount of sweeter produce such as carrots, beets and apples and focus on foods such as cucumbers and the greens.*

**Note 3: Purchase organic produce if possible. If it is not possible, make sure to wash your produce well with a veggie wash or a hydrogen peroxide solution.*

Mean Green Juice



Ingredients

- 1 cucumber
- 4 celery stalks
- 2 apples
- 6-8 leaves kale (Australian tuscan cabbage)
- 1/2 lemon
- 1 tbsp ginger

Directions

1. Wash all produce well
2. Peel the lemon, optional
3. Juice with Breville, Omega or Norwalk Juicer
4. Pour over ice if desired

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Orange Juice



Ingredients

3-4 oranges

Directions

1. Wash well
2. Cut oranges in half
3. Juice with the Citristar Juicer
4. Enjoy

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Grapefruit Juice



Ingredients

2-3 grapefruit

Directions

1. Wash well
2. Cut grapefruit in half
3. Juice with the Citrastar Juicer
4. Enjoy

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Basic Fruit Smoothie



Ingredients

- 1 bag frozen mangoes
- 1 bag frozen cherries
- 1 banana
- ~5-6 Medjool dates
- Water to desired consistency

Directions

1. Add fruit to Vitamix or any blender
2. Blend on variable speed

* Vary this basic smoothie by switching the ingredients daily. Try strawberry plus blueberry, mangoes plus raspberry, mangoes plus cherries, switch dates with grapes for your sweetener, use fresh kiwis, or any creative combo you enjoy.

* Add baby spinach to make it into a green smoothie.

* Add Nutiva organic hemp seeds to give it extra protein and Omega 3 fatty acids.

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Travel Smoothie



Ingredients

1 box of blueberries
1 banana
~2-3 Medjool dates
Water to desired consistency

Directions

1. Add fruit to Tribest Personal Blender or Nutribullet
2. Blend

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Gerson Therapy Carrot Juice (8 oz.)



Ingredients

4-5 carrots (8 oz.)

Directions

1. Wash carrots
2. Cut off heads and tails (not 100% necessary)
3. Juice in Breville, Omega or Norwalk Juicer

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Gerson Therapy Carrot-Apple (8 oz.)



Ingredients

- 3 carrots (6 oz.)
- 1 large green apple (6 oz.)

Directions

1. Wash carrots and apples
2. Cut off heads and tails (not 100% necessary)
3. Juice in Breville, Omega or Norwalk Juicer

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Gerson Therapy Green Juice



Ingredients

(Obtain as many as possible of the following kinds of leaves (no others))

Romaine Lettuce

Swiss chard

Beet tops (young inner leaves)

Watercress

Some Red Cabbage

¼ of small green pepper

Endive

Escarole

Add 1 medium **granny smith apple** for each glass when grinding.

Directions

1. Wash carrots and apples
2. Cut off heads and tails (not 100% necessary)
3. Juice in Breville, Omega or Norwalk Juicer

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Basic Veggie Juice



Ingredients

3 carrots (6 oz.)

1 large green apple (6 oz.)

1 small beet

kale

spinach

Directions

1. Wash produce
2. Cut off heads and tails (not 100% necessary)
3. Juice in Breville, Omega or Norwalk Juicer

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My Favorite - Watermelon Juice



Ingredients

1 *Organic* Watermelon

Directions

1. Wash melon
2. If organic, you can cut the melon & juice it including the rind.
3. Juice in Breville or Omega & enjoy!

or

Ingredients

1 *Conventional* Watermelon

Directions

1. Wash melon
2. Cut the melon into cubes and toss the rind.
3. Blend the cubes on the lowest blender setting
4. Strain the mixture & enjoy!

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