



freshly  
**JUICED**

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**Nutritional Analysis:** calculations for the nutritional analyses in this book are based on the largest number of servings listed within the recipes. Calculations are rounded up to the nearest gram or milligram as appropriate. If two options for an ingredient are listed, the first one is used. Not included are optional ingredients or serving suggestions.

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# INTRODUCTION

It doesn't matter if you are new to juicing or a well-seasoned pro, the recipes in this book are fresh, easy and simply delicious. Enjoy a sweet fruity concoction or a savory vegetable fusion - whatever you're craving,

**WE'VE GOT A RECIPE  
TO GET YOU STARTED!**

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# energy BOOST

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When you need a **QUICK BOOST** of energy, these simple juices will provide just the zing you need to get moving. Start the morning with a Vitamin C Juice Blast or get your mid-morning refresh with the 24/7 Boost Juice!



## KALE EYE & SKIN SUPPORT

**SERVINGS:** 2 (about 12 oz.)

### INGREDIENTS:

*2 medium carrots,  
scrubbed, cut in chunks*

*2 cups kale,  
lightly packed*

*½ cucumber,  
peeled, cut in chunks*

*1 small bunch parsley*

*½ cup alfalfa sprouts*

### DIRECTIONS:

Using light pressure, juice all ingredients through the Juiceman® juicer on Speed 1. Stir well and serve over ice, if desired.

*Kale is nature's wonder plant! Rich in antioxidants vitamin C, beta carotene, lutein and zeaxanthin, Kale helps promote healthy eyes, skin and hair.*



**energy BOOST**

**CALORIES**

83

**SODIUM**

91mg

**CARBS**

16g

**FIBER**

2g

**PROTEIN**

2g

**CALCIUM**

156mg

**POTASSIUM**

688mg

**VITAMIN A**

1,139mcg

**VITAMIN C**

92mg





## energy BOOST

### CALORIES

89

### SODIUM

10<sub>mg</sub>

### CARBS

22<sub>g</sub>

### FIBER

0<sub>g</sub>

### PROTEIN

0<sub>g</sub>

### CALCIUM

24<sub>mg</sub>

### POTASSIUM

188<sub>mg</sub>

### VITAMIN A

115<sub>mcg</sub>

### VITAMIN C

175<sub>mg</sub>



## VITAMIN C JUICE BLAST

**SERVINGS:** 3 (about 18 oz.)

### INGREDIENTS:

*2 cups fresh pineapple,  
cut in chunks*

*2 papayas, peeled,  
seeded, cut in chunks*

*½-inch fresh ginger root*

*Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice the pineapple and papayas through the Juiceman® juicer on Speed 2. Reduce the Speed to 1 and juice the ginger root. Stir well and serve the juice over ice, if desired.

*Pineapple & papaya  
are rich in Vitamin C  
which helps promote  
a healthy heart!*

### MAKE IT YOUR OWN:

Substitute 1 peeled orange for the pineapple or 2 peeled, pitted mangos for the papayas.

# PINK GRAPEFRUIT VITAMIN C CRUSH

**SERVINGS:** 4 (about 24 oz.)

## INGREDIENTS:

*2 large pink grapefruit,  
peeled, sectioned,  
large seeds removed*

*1 cucumber, peeled,  
cut in chunks*

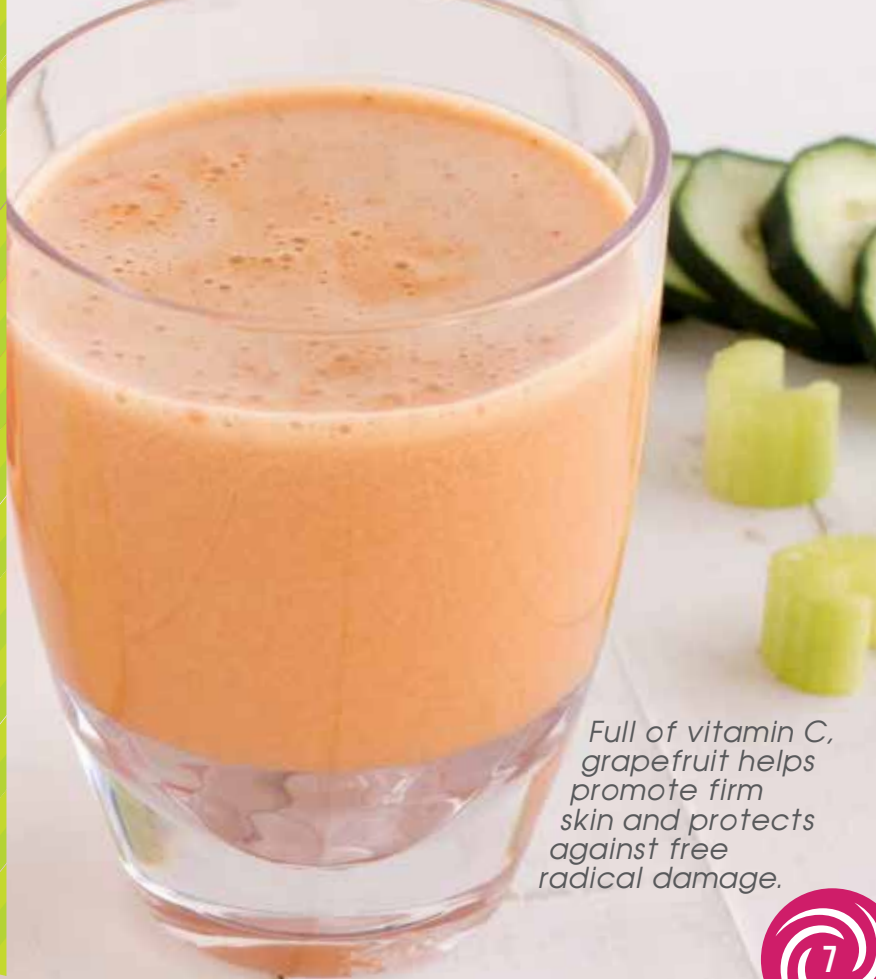
*2 ripe apples, cut in chunks*

*1 rib celery,  
cut in large pieces*

*Ice cubes, optional*

## DIRECTIONS:

Using light pressure,  
juice the grapefruit and  
cucumber through the  
Juiceman® juicer on Speed 2.  
Reduce the Speed to 1 and  
juice the apples and celery.  
Stir well and serve the juice  
over ice, if desired.



*Full of vitamin C,  
grapefruit helps  
promote firm  
skin and protects  
against free  
radical damage.*

**energy BOOST**

**CALORIES**  
88  
**SODIUM**  
4mg  
**CARBS**  
21g  
**FIBER**  
0g  
**PROTEIN**  
1g  
**CALCIUM**  
11mg  
**POTASSIUM**  
296mg  
**VITAMIN A**  
50mcg  
**VITAMIN C**  
60mg



CALORIES  
32  
SODIUM  
7mg  
CARBS  
6g  
FIBER  
0g  
PROTEIN  
1g  
CALCIUM  
20mg  
POTASSIUM  
365mg  
VITAMIN A  
75mcg  
VITAMIN C  
48mg



*Rev up with  
this vegetable  
blend  
containing  
horseradish  
which has anti-  
inflammatory  
properties.*

### SAVE & SAVOR:

Sprinkle 2-3 tablespoons vegetable pulp over pizza sauce when making a homemade pizza. Adds texture and great taste!

## SPICY HOT TOMATO JUICE

**SERVINGS:** 4 (about 24 oz.)

### INGREDIENTS:

*4 medium tomatoes,  
quartered  
1 cucumber,  
peeled, cut in chunks  
1 green pepper,  
cut in chunks  
1 rib celery, cut in chunks  
1 t. horseradish root  
½ small white onion  
Black pepper, optional  
Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice the tomatoes and cucumber through the Juiceman® juicer on Speed 2. Reduce the Speed to 1 and juice the pepper, celery, horseradish and onion. Stir well and add pepper, if using. Serve over ice, if desired.





## 24/7 BOOST JUICE

**SERVINGS:** 2 (about 12 oz.)

### INGREDIENTS:

*2 small cucumbers,  
peeled, cut in chunks*

*3 medium tomatoes,  
quartered*

*2 small basil leaves*

*½ lime, peeled*

### DIRECTIONS:

Using light pressure, juice  
all ingredients through the  
Juiceman® juicer on Speed  
2. Stir well and serve over  
ice, if desired.

*Help boost your eye sight,  
strengthen hair and improve  
your skin tone with this blend  
rich in potassium and vitamin K.*



energy **BOOST**

**CALORIES**

48

**SODIUM**

9mg

**CARBS**

13g

**FIBER**

0g

**PROTEIN**

2g

**CALCIUM**

30mg

**POTASSIUM**

495mg

**VITAMIN A**

46mcg

**VITAMIN C**

17mg



# midday REFRESH

---

Whether you need something light to fill your stomach or just craving something sweet during the day, one of these tasty juices will **SATISFY THAT THIRST!**



# ROMAINE & PEAR DETOX JUICE

**SERVINGS:** 1 (about 6 oz.)

## INGREDIENTS:

*2 large ripe pears,  
cut in chunks*

*3 cups romaine lettuce,  
lightly packed*

*6 mint leaves*

*Ice cubes, optional*

## DIRECTIONS:

Using light pressure, juice  
all ingredients through the  
Juiceman® juicer on Speed 2.  
Stir well and serve over ice,  
if desired.

*Rich in vitamin B1 (thiamine),  
this refreshing blend promotes  
healthy skin and hair.*



**REFRESH**  
midday

**CALORIES**  
121

**SODIUM**  
13<sub>mg</sub>

**CARBS**  
24<sub>g</sub>

**FIBER**  
1<sub>g</sub>

**PROTEIN**  
0<sub>g</sub>

**CALCIUM**  
39<sub>mg</sub>

**POTASSIUM**  
141<sub>mg</sub>

**VITAMIN A**  
368<sub>mcg</sub>

**VITAMIN C**  
27<sub>mg</sub>

midday **REFRESH**

CALORIES

60

SODIUM

49<sub>mg</sub>

CARBS

13<sub>g</sub>

FIBER

0<sub>g</sub>

PROTEIN

2<sub>g</sub>

CALCIUM

104<sub>mg</sub>

POTASSIUM

670<sub>mg</sub>

VITAMIN A

425<sub>mcg</sub>

VITAMIN C

57<sub>mg</sub>

12

## VITAMIN & MINERAL KALE REFRESHER

**SERVINGS:** 2 (about 12 oz.)

### INGREDIENTS:

*2 cups spinach,  
lightly packed*

*2 tomatoes, quartered*

*1 cup kale, lightly packed*

*½ apple, cut in half*

*Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice  
all ingredients through the  
Juiceman® juicer on Speed 1.  
Stir well and serve over ice,  
if desired.

*Rich in many vitamins and  
minerals, this super charged  
combination helps to ward  
off inflammation.*



# FRUIT ANTIOXIDANT DEFENSE

**SERVINGS:** 2 (about 12 oz.)

## INGREDIENTS:

1 ripe peach,  
pitted, cut in chunks  
1 ripe pear, cut in chunks  
2 cups green grapes  
Ice cubes, optional

## DIRECTIONS:

Using light pressure, juice  
all ingredients through the  
Juiceman® juicer on Speed  
2. Stir well and serve over  
ice, if desired.

Get the full  
spectrum of  
protection  
with this  
antioxidant-  
rich blend  
which helps  
promote  
healthy  
eyes, skin,  
hair, bones  
and a  
healthy  
heart!



## SAVE & SAVOR:

Combine 1 tablespoon peach/  
pear pulp with peach or  
vanilla-flavored yogurt.

midday REFRESH

CALORIES 249  
SODIUM 16mg  
CARBS 65g  
FIBER 1g  
PROTEIN 1g  
CALCIUM 29mg  
POTASSIUM 354mg  
VITAMIN A 14mcg  
VITAMIN C 16mg

**CALORIES**  
94  
**SODIUM**  
7mg  
**CARBS**  
23g  
**FIBER**  
0g  
**PROTEIN**  
0g  
**CALCIUM**  
22mg  
**POTASSIUM**  
155mg  
**VITAMIN A**  
10mcg  
**VITAMIN C**  
58mg

*Enjoy this blend for beauty on the inside and out! Pineapple contains vitamin C which promotes healthy skin and hair.*



## PINEAPPLE VITAMIN BLAST

**SERVINGS:** 2 (about 12 oz.)

### INGREDIENTS:

*2 cups fresh pineapple,  
cut in chunks*

*1 cucumber,  
peeled, cut in chunks*

*1 lime, peeled, sectioned*

*1 handful flat-leaf parsley*

*Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice all ingredients through the Juiceman® juicer on Speed 2. Stir well and serve over ice, if desired.

# SWEET CAROTENE CARROT JUICE

**SERVINGS:** 2 (about 12 oz.)

## INGREDIENTS:

*2 oranges, peeled,  
sectioned*

*3 medium carrots,  
scrubbed, cut in chunks*

*½-inch fresh ginger root*

*Ice cubes, optional*

## DIRECTIONS:

Using light pressure, juice the oranges through the Juiceman® juicer on Speed 2. Reduce the Speed to 1 and juice the carrots and ginger. Stir well and serve over ice, if desired.

*Full of beta-carotene to help support your cardiovascular system.*



**REFRESH**  
midday

**CALORIES**

114

**SODIUM**

43mg

**CARBS**

22g

**FIBER**

0g

**PROTEIN**

1g

**CALCIUM**

39mg

**POTASSIUM**

557mg

**VITAMIN A**

920mcg

**VITAMIN C**

89mg

15



# FITNESS

## hydration

---

**YOUR BODY WORKS HARD** and after a long day or an intense workout, properly refueling that body is critical. Juice one of these post-workout to replenish your nutrient stores — for an added protein boost, stir a few tablespoons of protein powder into the finished juice.



# CARROT B-COMPLEX BUILDER

**SERVINGS:** 2 (about 12 oz.)

## INGREDIENTS:

3 carrots,  
scrubbed, cut in chunks  
1 small apple, cut in chunks  
1 cup green grapes  
½ cup brewed green tea  
Ice cubes, optional

## DIRECTIONS:

Using light pressure, juice the carrots and apple through the Juiceman® juicer on Speed 1. Increase the Speed to 2 and juice the grapes. Add the tea to the juice and stir well. Serve over ice, if desired.

*Carrot juice is rich in magnesium which helps improve muscle contraction and helps keep bones strong.*



**FITNESS** hydration

**CALORIES**

110

**SODIUM**

49<sub>mg</sub>

**CARBS**

24<sub>g</sub>

**FIBER**

0<sub>g</sub>

**PROTEIN**

0<sub>g</sub>

**CALCIUM**

33<sub>mg</sub>

**POTASSIUM**

437<sub>mg</sub>

**VITAMIN A**

908<sub>mcg</sub>

**VITAMIN C**

22<sub>mg</sub>

CALORIES

145

SODIUM

5mg

CARBS

33g

FIBER

1g

PROTEIN

0g

CALCIUM

11mg

POTASSIUM

31mg

VITAMIN A

2mcg

VITAMIN C

10mg



*Pears are  
rich in many  
phytonutrients  
for a healthy  
heart.*



## PURE PEAR NECTAR

**SERVINGS:** 2 (about 12 oz.)

### INGREDIENTS:

*3 ripe pears, cut in chunks*

*2 T. agave nectar*

*Mint leaves, optional*

*Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice the pears and mint through the Juiceman® juicer on Speed 2. Add the agave nectar to the juice. If it is too thick, add water by tablespoons to your preference. Serve the nectar over ice, if desired.

# VITAMIN K CUCUMBER QUENCHER

**SERVINGS:** 3 (about 18 oz.)

## INGREDIENTS:

*2 medium cucumbers,  
peeled, cut in chunks*

*1 rib celery, cut in chunks*

*½-inch fresh ginger root*

*Ice cubes, optional*

## DIRECTIONS:

Using light pressure, juice the cucumbers through the Juiceman® juicer on Speed 2. Reduce the Speed to 1 and juice the celery and ginger. Stir well and serve over ice, if desired.

*Rich in  
Vitamin K,  
cucumbers  
promote  
healthy  
bones!*



**FITNESS** hydration

**CALORIES**

32

**SODIUM**

0mg

**CARBS**

4g

**FIBER**

0g

**PROTEIN**

0g

**CALCIUM**

20mg

**POTASSIUM**

88mg

**VITAMIN A**

0mcg

**VITAMIN C**

0mg



CALORIES

317

SODIUM

87 mg

CARBS

45 g

FIBER

3 g

PROTEIN

18 g

CALCIUM

35 mg

POTASSIUM

284 mg

VITAMIN A

169 mcg

VITAMIN C

197 mg



*Papayas pack a punch of vitamin A, potassium and calcium to keep bones strong.*

## PROTEIN POWER PICK-UP

**SERVINGS:** 2 (about 12 oz.)

### INGREDIENTS:

*2 ripe papayas, peeled, seeded*

*2 sweet pears*

*2 ribs celery*

*2 scoops vanilla-flavored protein powder*

*Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice the papayas and pears through the Juiceman juicer on Speed 2. Reduce the Speed to 1 and juice the celery. Add the protein powder to the juice and stir well. Serve the juice over ice, if desired.



## POST-WORK OUT PROTEIN POWER

**SERVINGS:** 2 (about 12 oz.)

### INGREDIENTS:

*2 cups spinach leaves,  
lightly packed*  
*2 cups romaine lettuce,  
lightly packed*  
*1 cucumber,  
peeled, cut in chunks*  
*6 mint leaves*  
*2 T. protein powder*  
*2 t. honey, or to taste*  
*Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice the spinach, lettuce, cucumber and mint through the Juiceman® juicer on Speed 1. Add the 2 T. protein powder and 2 t. honey and stir well. Serve over ice, if desired.

*Spinach is full of iron helping to keep energy levels elevated and help repair tired muscles.*



**FITNESS** hydration

**CALORIES** 130  
**SODIUM** 98mg  
**CARBS** 7g  
**FIBER** 1g  
**PROTEIN** 19g  
**CALCIUM** 50mg  
**POTASSIUM** 440mg  
**VITAMIN A** 389mcg  
**VITAMIN C** 29mg



*Supercharge your body with this beet blend!  
Beet juice may help you extend your workout.*



**CALORIES**

85

**SODIUM**

51mg

**CARBS**

14g

**FIBER**

0g

**PROTEIN**

3g

**CALCIUM**

75mg

**POTASSIUM**

641mg

**VITAMIN A**

633mcg

**VITAMIN C**

59mg

## **SALAD IN A GLASS**

**SERVINGS:** 1 (about 6 oz.)

### **INGREDIENTS:**

*1 medium beet,  
scrubbed, cut in chunks*

*2 cups romaine lettuce,  
lightly packed*

*½ cup chicory,  
lightly packed*

*2 radishes*

*½ cup mustard leaves,  
lightly packed*

*½ lemon,  
peeled, cut in half  
Ice cubes, optional*

### **DIRECTIONS:**

Using light pressure, juice all ingredients through the Juiceman® juicer on Speed 1. Stir well and serve over ice, if desired.

### **MAKE IT YOUR OWN:**

Want a sweeter juice? Omit the mustard leaves and add 1 tsp honey.



# PM replenish

---

Juicing is an easy and delicious way to get an extra dose of vitamins and antioxidants. With fresh ingredients and endless combinations, these juices are a pure and simple way to **REPLENISH YOUR BODY.**



CALORIES

32

SODIUM

32mg

CARBS

7g

FIBER

0g

PROTEIN

1g

CALCIUM

33mg

POTASSIUM

435mg

VITAMIN A

212mcg

VITAMIN C

11mg

**SAVE & SAVOR:**

Mix up to ¼ cup tomato pulp into your favorite marinara sauce for a fiber and flavor boost.

24

## TOMATO SPINACH PHYTO-SUPPORT

**SERVINGS:** 4 (about 24 oz.)

### INGREDIENTS:

*4 medium tomatoes,  
quartered*

*1 clove garlic*

*3 ribs celery, cut in chunks*

*1 cup spinach leaves,  
lightly packed*

*1 carrot, scrubbed, cut in  
chunks*

*Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice the tomatoes through the Juiceman® juicer on Speed 2. Reduce the Speed to 1 and juice the garlic, celery, spinach and carrot. Stir well and serve over ice, if desired.

*Try this blend  
to support your  
cardiovascular  
system.*



# LEAN GREEN MACHINE

**SERVINGS:** 2 (about 12 oz.)

## INGREDIENTS:

2 cups spinach leaves,  
lightly packed  
3 ribs celery, cut in chunks  
2 large tomatoes, quartered  
1 orange, peeled, sectioned  
1 cucumber,  
peeled, cut in chunks

## DIRECTIONS:

Using light pressure, juice the spinach and celery through the Juiceman® juicer on Speed 1. Increase the Speed to 2 and juice the tomatoes, orange and cucumber. Stir well and serve over ice, if desired.

*Recharge  
and help repair  
tissues with this  
antioxidant blast  
beverage!*



**PM** replenish

**CALORIES**  
71

**SODIUM**

31<sub>mg</sub>

**CARBS**

17<sub>g</sub>

**FIBER**

0<sub>g</sub>

**PROTEIN**

2<sub>g</sub>

**CALCIUM**

47<sub>mg</sub>

**POTASSIUM**

653<sub>mg</sub>

**VITAMIN A**

180<sub>mcg</sub>

**VITAMIN C**

64<sub>mg</sub>

CALORIES

121

SODIUM

52<sub>mg</sub>

CARBS

25<sub>g</sub>

FIBER

1<sub>g</sub>

PROTEIN

1<sub>g</sub>

CALCIUM

109<sub>mg</sub>

POTASSIUM

497<sub>mg</sub>

VITAMIN A

320<sub>mcg</sub>

VITAMIN C

22<sub>mg</sub>

*Pears contain flavonoids, compounds that can keep energy levels steady through the day.*

## MINERAL DEFENSE JUICE

**SERVINGS:** 2 (about 12 oz.)

### INGREDIENTS:

*1 small pear, cut in chunks*

*1 medium ripe peach, pitted, cut in chunks*

*3 cups field greens, lightly packed*

*2 basil leaves*

*Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice all ingredients through the Juiceman® juicer on Speed 2. Stir well and serve over ice, if desired.

# PEAR & APPLE MINERAL BOOST JUICE

**SERVINGS:** 5 (about 30 oz.)

## INGREDIENTS:

*3 small pears, quartered*  
*2 large tart apples,  
cut in chunks*  
*6 mint leaves*  
*2 t. honey, or to taste*  
*Ice cubes, optional*

## DIRECTIONS:

Using light pressure, juice the pears through the Juiceman® juicer on Speed 2. Reduce the Speed to 1 and juice the apples and mint, if using. Add the honey to taste and stir well. Serve the juice over ice, if desired.

*Get a protective boost with this pear and apple blend containing powerful antioxidants.*



## SAVE & SAVOR:

Spoon 2 tablespoons apple/pear pulp into your pancake batter for a delightful bit of fiber and flavor.

**PM** replenish

**CALORIES**  
139  
**SODIUM**  
18<sub>mg</sub>  
**CARBS**  
36<sub>g</sub>  
**FIBER**  
0<sub>g</sub>  
**PROTEIN**  
0<sub>g</sub>  
**CALCIUM**  
5<sub>mg</sub>  
**POTASSIUM**  
311<sub>mg</sub>  
**VITAMIN A**  
6<sub>mcg</sub>  
**VITAMIN C**  
15<sub>mg</sub>

CALORIES

126

SODIUM

13<sub>mg</sub>

CARBS

48<sub>g</sub>

FIBER

0<sub>g</sub>

PROTEIN

2<sub>g</sub>

CALCIUM

31<sub>mg</sub>

POTASSIUM

521<sub>mg</sub>

VITAMIN A

119<sub>mcg</sub>

VITAMIN C

86<sub>mg</sub>



*The antioxidant  
zeaxanthin found  
in mango may help  
protect your eyes.*

## FRESH MANGO NECTAR

**SERVINGS:** 2 (about 12 oz.)

### INGREDIENTS:

*3 ripe mangos,  
peeled, pitted,  
cut in chunks*

*3 t. honey, or to taste*

*½ cup coconut water*

*Ice cubes, optional*

### DIRECTIONS:

Using light pressure, juice the mangos through the Juiceman® juicer on Speed 2. Add the honey and coconut water and stir well. If too thick, add water by tablespoons to your preference. Serve over ice, if desired.