



JUICE
refresh
Juiceman

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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.

The recipes, instructions and nutritional information contained in this book are not intended as medical advice or treatment or substitute for medical advice or treatment. Do not attempt self-treatment of a medical problem - consult your health care provider for medical advice and treatment

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INTRODUCTION

We've all had it...that sudden craving for something deliciously juicy. Satisfy that craving with simple juices for every time of day, whether you need a quick energy boost in the morning or a post-workout refresh. A variety of fruits and vegetables combine to create unique flavor profiles that do double duty as a source of essential vitamins and minerals. Try one of these mouthwatering recipes or get creative and make a juice that's your own! There are no rules; experimentation is encouraged.

GET JUICING!

energy **BOOST** pgs 4-8

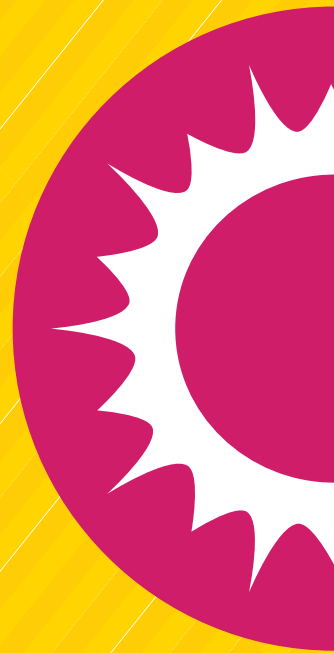
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AM energy boost

Get going in the morning with a delicious juice boost, designed to satisfy your thirst and keep your energy levels up!



PINEAPPLE & MANGO ENZYME BOOST

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 cups fresh pineapple
1 ripe mango, pitted, peeled
1 ripe apple
5 mint leaves, optional
Ice cubes, optional

DIRECTIONS:

Using light pressure, juice the pineapple and mango through the Juiceman® juicer on Speed 2. Reduce the Speed to 1 and juice the apple and mint, if using. Stir well to combine and serve over ice, if desired.

MAKE IT YOUR OWN: Add one-half peeled lime or tangerine to amp up the tart taste of this juice.

Aids digestion
and beat bloat
with this tasty
treat!



energy **BOOST**

CALORIES
165
SODIUM
30mg
CARBS
42g
FIBER
0g
PROTEIN
0g
CALCIUM
30mg
POTASSIUM
360mg
VITAMIN A
47mcg
VITAMIN C
107mg



CALORIES

73

SODIUM

61mg

CARBS

17g

FIBER

2g

PROTEIN

2g

CALCIUM

43mg

POTASSIUM

715mg

VITAMIN A

640mcg

VITAMIN C

24mg



TANGY TOMATO JUICE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*3 large tomatoes,
quartered*

1 lemon, peeled, sectioned

*2 carrots,
scrubbed, cut in chunks*

Ice cubes, optional

DIRECTIONS:

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

Carrots add a little sweetness to this drink while helping to keep bones strong.

ESSENTIAL VITAMIN C CRUSH

SERVINGS: 3 (about 18 oz.)

INGREDIENTS:

1 tart apple, cut in chunks

*2 sweet pears,
cut in chunks*

*2 oranges,
peeled, sectioned*

*2 small basil leaves,
optional*

Ice cubes, optional

DIRECTIONS:

Using light pressure, juice the apple through the Juiceman® juicer on Speed 1. Add the remaining fruit and basil, if using, and increase the Speed to 2. Stir well and serve over ice, if desired.

Fresh basil adds a unique, subtle flavor and provides a boost of antioxidants with anti-inflammatory properties



energy **BOOST**

CALORIES
92
SODIUM
9 mg
CARBS
23g
FIBER
1g
PROTEIN
0g
CALCIUM
17 mg
POTASSIUM
176 mg
VITAMIN A
15 mcg
VITAMIN C
62 mg



energy **BOOST**

CALORIES

177

SODIUM

28_{mg}

CARBS

42_g

FIBER

0_g

PROTEIN

1_g

CALCIUM

56_{mg}

POTASSIUM

667_{mg}

VITAMIN A

7_{mcg}

VITAMIN C

126_{mg}



Strawberries contain special compounds that naturally help promote heart health!

STRAWBERRY KIWI JUICE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 cups strawberries

3 kiwi fruit, peeled

1 cucumber, peeled, cut in chunks

½ cup honeydew melon, cut in chunks

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.

midday REFRESH

*Raspberry Peach Crush, Honeydew Melon
Thirst Refresher* – they taste as good as
they sound and will provide the perfect
afternoon lift your mind and body need!



midday **REFRESH**

CALORIES

74

SODIUM

28mg

CARBS

19g

FIBER

0g

PROTEIN

1g

CALCIUM

18mg

POTASSIUM

363mg

VITAMIN A

12mcg

VITAMIN C

27mg



Rich in potassium and an exceptionally high water content, honeydew melon helps to keep you hydrated & refreshed!

HONEYDEW MELON THIRST REFRESHER

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 cups honeydew melon, rind removed, cut in chunks

2 sweet apples, cut in chunks

4 spinach leaves, torn

4 mint leaves

Ice cubes, optional

DIRECTIONS:

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

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GRAPE & STRAWBERRY ANTIOXIDANT REFRESHER

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

3 cups fresh strawberries

2 cups red grapes

½ cup coconut water

1 fl. agave nectar, or to taste

Ice cubes, optional

DIRECTIONS:

Juice the berries and grapes through the Juiceman® juicer on Speed 2. Add the coconut water and agave nectar to the juice and stir well. Serve the juice over ice, if desired.

A touch of coconut water aids digestion and boosts hydration any time of day!

midday REFRESH

CALORIES

175

SODIUM

8mg

CARBS

44g

FIBER

1g

PROTEIN

2g

CALCIUM

31mg

POTASSIUM

265mg

VITAMIN A

6mcg

VITAMIN C

142mg

CALORIES

62

SODIUM

9mg

CARBS

27g

FIBER

0g

PROTEIN

0g

CALCIUM

7mg

POTASSIUM

46mg

VITAMIN A

13mcg

VITAMIN C

61mg



This juice mixture is versatile AND can help maintain energy levels!

RASPBERRY PEACH CRUSH

SERVINGS: 3 (about 18 oz.)

INGREDIENTS:

2 cups fresh raspberries

2 very ripe peaches, pitted, cut in chunks

½ cup brewed green tea

6 mint leaves

2 t. honey, or to taste

Ice cubes, optional

DIRECTIONS:

Using light pressure, juice all ingredients except green tea and honey through the Juiceman® juicer on Speed 2. Add tea and honey to the juice, stir well and serve over ice, if desired.

SAVE & SAVOR: Add 2 Tbs berry/peach pulp to 3 Tbs each canola oil and rice wine vinegar. Add salt and pepper to taste. Shake and chill for 4 hours. Strain through a fine sieve and discard the solids. Drizzle over spinach leaves or field greens.

MIXED BERRY & APPLE B-COMPLEX SUPPORT

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 large apples

¾ cup blueberries

¾ cup blackberries

1 t. honey, or to taste

Ice cubes

DIRECTIONS:

Using light pressure, juice the apples through the Juiceman® juicer on Speed 1. Increase the Speed to 2 and juice the berries. Stir the juice and add the honey. Serve the juice over ice, if desired.

Recharge with this berry-rich blend to beat the mid-day slump!



midday REFRESH

CALORIES

141

SODIUM

15mg

CARBS

35g

FIBER

0g

PROTEIN

0g

CALCIUM

33mg

POTASSIUM

297mg

VITAMIN A

8mcg

VITAMIN C

16mg

13



FITNESS

hydration

Pre-workout energy, post-workout recovery or something sweet during your workout to keep you hydrated – these recipes cover it all! Juice an *Orange & Mango Vitamin Powerhouse* or *Watermelon Lime Vitamin Fusion* and your body will thank you!

ORANGE & MANGO VITAMIN POWERHOUSE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 large oranges, peeled, sectioned

1 ripe mango, peeled, pitted

1 cup fresh strawberries

4 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.

MAKE IT YOUR OWN: Berries in season? Use any berries in place of the strawberries and change it up to suit your taste. Add a teaspoon of honey to make it even sweeter.

Try this bright, citrus drink to promote a healthy heart!

FITNESS hydration

CALORIES

119

SODIUM

6mg

CARBS

31g

FIBER

0g

PROTEIN

2g

CALCIUM

17mg

POTASSIUM

252mg

VITAMIN A

59mcg

VITAMIN C

157mg



CALORIES

37

SODIUM

0_{mg}

CARBS

6_g

FIBER

0_g

PROTEIN

2_g

CALCIUM

20_{mg}

POTASSIUM

92_{mg}

VITAMIN A

13_{mcg}

VITAMIN C

38_{mg}

16

Post workout try this ginger tea to help restore tired muscles & reduce muscle soreness.

CUCUMBER & GREEN TEA DETOX

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 cups honeydew melon, rind removed, cut in chunks

2 cucumbers, peeled, cut in chunks

½-inch fresh ginger root

½ cup brewed green tea

Ice cubes, optional

DIRECTIONS:

Using light pressure, juice the melon and cucumbers through the Juiceman® juicer on Speed 2. Reduce the Speed to 1 and juice the ginger. Add the tea to the juice and stir well. Serve over ice, if desired.

MAKE IT YOUR OWN: Use mild-flavored fruits and vegetables, such as melon, celery, green grapes and lettuce to add gentle flavors to your juice.

WATERMELON LIME VITAMIN FUSION

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

3 cups watermelon, rind removed

1 large cucumber, peeled

1 lime, peeled

½-inch fresh ginger root

6 mint leaves, optional

Ice cubes, optional

DIRECTIONS:

Using light pressure, juice the watermelon, cucumber and lime through the Juiceman® juicer on Speed 2. Reduce the Speed to 1 and juice the ginger root and mint, if using. Stir well and serve over ice, if desired.

MAKE IT YOUR OWN: Substitute 1 cup cantaloupe chunks for the cucumber. Add 1 teaspoon honey and omit the mint leaves.

Help soothe tired muscles & shorten recovery time with this watermelon rich fusion!

FITNESS hydration

CALORIES
60
SODIUM
12mg
CARBS
17g
FIBER
0g
PROTEIN
0g
CALCIUM
5mg
POTASSIUM
36mg
VITAMIN A
37mcg
VITAMIN C
22mg



PM replenish

Wind down at the end of the day with your favorite fruit and veggie concoctions. Start with one of these delicious mixes or juice any leftovers for your own unique creation!



A TO Z VITAMIN & MINERAL SUPPORT

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

1 cup green grapes

*2 cups romaine lettuce,
lightly packed*

1 large apple

1 cup kale, lightly packed

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.

Give your heart health a boost with this vitamin and antioxidant packed blend.



PM replenish

CALORIES

102

SODIUM

30_{mg}

CARBS

25_g

FIBER

0_g

PROTEIN

0_g

CALCIUM

90_{mg}

POTASSIUM

474_{mg}

VITAMIN A

506_{mcg}

VITAMIN C

65_{mg}



CALORIES

141

SODIUM

20mg

CARBS

35g

FIBER

0g

PROTEIN

0g

CALCIUM

37mg

POTASSIUM

348mg

VITAMIN A

66mcg

VITAMIN C

125mg

20

BERRY ANTIOXIDANT BOOST

SERVINGS: 3 (about 18 oz.)

INGREDIENTS:

2 cups fresh strawberries

2 cups fresh raspberries

4 ripe apricots, pitted

*1 tsp agave nectar, or
more to taste*

Ice cubes, optional

DIRECTIONS:

Using light pressure, juice the berries and apricots through the Juiceman® juicer on Speed 1. Add the agave nectar to the juice and stir well. Serve the juice over ice, if desired.

Apricots are rich in antioxidants, especially those associated with healthy eyes and improved vision.

STRAWBERRY JEWELLED JUICE

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

2 cups fresh strawberries

1 cup pineapple

1 cup pomegranate juice

Ice cubes, optional

DIRECTIONS:

Using light pressure, juice the berries and pineapple through the Juiceman® juicer on Speed 2. Add the pomegranate juice to the berry/pineapple juice and stir well. Serve over ice, if desired.

Strawberries star in this blend. Strawberries are a low glycemic load food and help to maintain lasting energy!



SAVE & SAVOR: Add 3 tablespoons strawberry/pineapple pulp to any prepared muffin batter. Bake as directed.

PM replenish

CALORIES 238
SODIUM 9mg
CARBS 58g
FIBER 1g
PROTEIN 2g
CALCIUM 31mg
POTASSIUM 326mg
VITAMIN A 2mcg
VITAMIN C 81mg



21

CALORIES

90

SODIUM

5_{mg}

CARBS

20_g

FIBER

3_g

PROTEIN

2_g

CALCIUM

26_{mg}

POTASSIUM

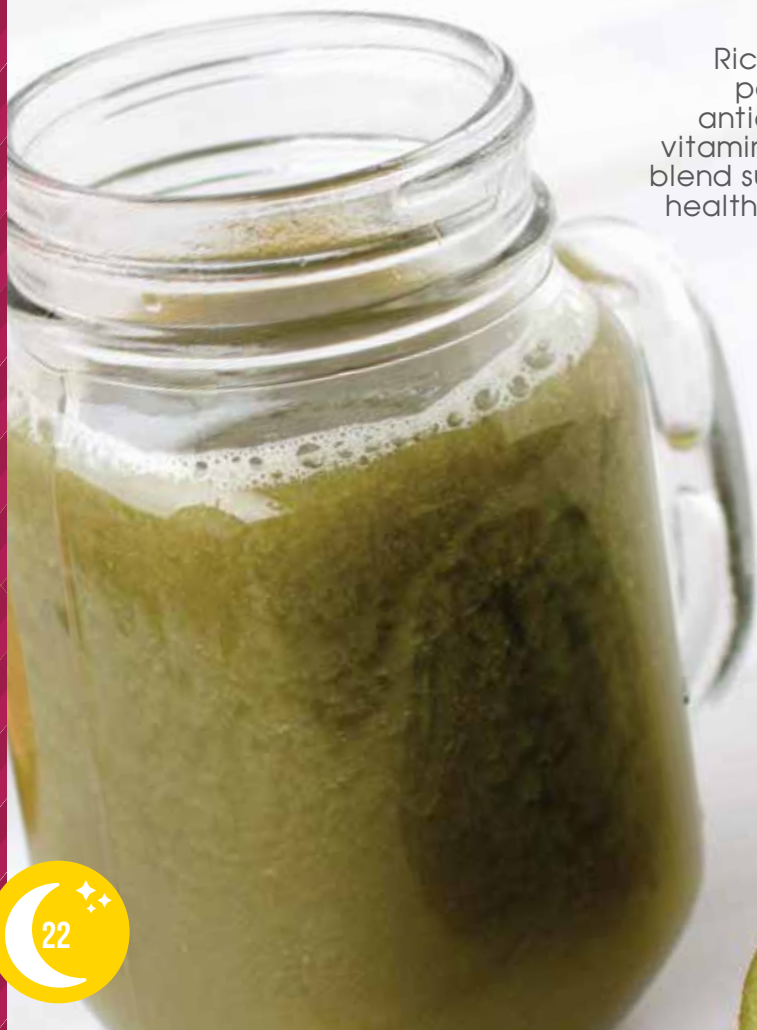
274_{mg}

VITAMIN A

63_{mcg}

VITAMIN C

22_{mg}



Rich in the powerful antioxidant vitamin C, this blend supports healthy joints.

GUAVA ANTIOXIDANT SUPPORT

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

- 1 cucumber, peeled*
- 2 kiwi fruits, peeled*
- 1 large guava, peeled*
- ½ cup papaya*
- 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.



