



SIMPLY JUICE

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!

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energy BOOST

Nothing says good morning like a glass of fresh juice packed with the nutrients you need to kick start your day. Get going with a glass of *Jolt Juice* or *Mango, Pineapple & Kiwi Nectar* and the rest is all **EASY BREEZY.**



MANGO, PINEAPPLE & KIWI NECTAR

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*1 ripe mango, peeled,
pitted, cut in chunks
2 cups fresh pineapple,
cut in chunks
3 kiwi fruit, peeled
2 T. agave nectar
Ice cubes, optional*

DIRECTIONS:

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

*Mangoes are rich in
vitamin E to help you get
glowing, healthy skin!*



energy **BOOST**

CALORIES
220
SODIUM
8mg
CARBS
57g
FIBER
1g
PROTEIN
2g
CALCIUM
38mg
POTASSIUM
353mg
VITAMIN A
50mcg
VITAMIN C
209mg



energy BOOST

CALORIES

71

SODIUM

26mg

CARBS

18g

FIBER

0g

PROTEIN

0g

CALCIUM

77mg

POTASSIUM

305mg

VITAMIN A

73mcg

VITAMIN C

27mg



Be good to your joints with watercress! Full of beta carotene which has been shown to aid joint health.

GOOD-FOR-YOU VITAMIN JOLT JUICE

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

1 bunch watercress

1 bunch parsley

*2 large tart apples,
cut in chunks*

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.



SWEET FARM POWER PUNCH

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 cups kale, lightly packed

*½ cup fresh pineapple,
cut in chunks*

2 apples, cut in chunks

2 t. honey, or to taste

DIRECTIONS:

Using light pressure, juice all ingredients except honey through the Juiceman® juicer on Speed 1. Add honey to the juice, stir well and serve over ice, if desired.

*Kale is a great source of vitamin K
for strong, healthy bones.*



energy **BOOST**

CALORIES

154

SODIUM

45mg

CARBS

37g

FIBER

0g

PROTEIN

1g

CALCIUM

122mg

POTASSIUM

525mg

VITAMIN A

520mcg

VITAMIN C

41mg



midday REFRESH

Refresh midday with a sweet juice packed with flavor. *Sweet Strawberry Spinach* or *Cleansing Cranberry Lime Splash* accompanied by an afternoon break will help you recharge and **KEEP ON MOVING.**



STRAWBERRY SPINACH ANTIOXIDANT SUPPORT

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*2 cups fresh strawberries,
hulled*

*2 cups spinach leaves,
lightly packed*

*1 cucumber, peeled,
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.

*Spinach has many benefits,
one being that it is rich
in folate for healthy,
lush hair!*



midday REFRESH

CALORIES
135
SODIUM
44mg
CARBS
30g
FIBER
0g
PROTEIN
1g
CALCIUM
65mg
POTASSIUM
555mg
VITAMIN A
146mcg
VITAMIN C
101mg

CALORIES

144

SODIUM

32_{mg}

CARBS

37_g

FIBER

0_g

PROTEIN

2_g

CALCIUM

49_{mg}

POTASSIUM

607_{mg}

VITAMIN A

159_{mcg}

VITAMIN C

84_{mg}

10

*This
vitamin C
rich blend
promotes
healthy
gums and
a beautiful
smile!*

SPINACH SWEET DREAMS

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

1 apple, cut in chunks

*1 orange, peeled,
sectioned*

*1 cup spinach leaves,
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.

SWEET TART FUSION JUICE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

1 large tart apple,
cut in chunks

2 medium carrots,
scrubbed, cut in chunks

½ head green cabbage

1 cup green grapes

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.

*Did you know?
Cabbage is a cruciferous
vegetable which has been
associated with keeping cells
healthy and promoting overall
health*



midday REFRESH

CALORIES
104
SODIUM
60mg
CARBS
26g
FIBER
2g
PROTEIN
1g
CALCIUM
38mg
POTASSIUM
479mg
VITAMIN A
608mcg
VITAMIN C
29mg



CALORIES

106

SODIUM

21_{mg}

CARBS

21_g

FIBER

1_g

PROTEIN

19_g

CALCIUM

50_{mg}

POTASSIUM

440_{mg}

VITAMIN A

4_{mcg}

VITAMIN C

23_{mg}

12



*Cranberries
have been shown
to protect heart
health!*

DEFENDING CRANBERRY & LIME SPLASH

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*1½ cups fresh cranberries
(or use frozen, thawed
cranberries)*

*1 large ripe pear,
cut in chunks*

*1 lime, peeled, sectioned
Ice cubes, optional*

DIRECTIONS:

Using light pressure, juice the cranberries through the Juiceman® juicer on Speed 1. Increase the Speed to 2 and juice the pear and lime. Stir well and serve over ice, if desired.



FITNESS hydration

Sweated through another workout or just about to hit the gym? Hydrate your hard-working body with a pre-workout power-up or **POST WORKOUT REJUVENATION**

CALORIES

28

SODIUM

26_{mg}

CARBS

1_g

FIBER

0_g

PROTEIN

1_g

CALCIUM

58_{mg}

POTASSIUM

284_{mg}

VITAMIN A

145_{mcg}

VITAMIN C

11_{mg}



Try this powerhouse juice rich in potassium to keep bloat at bay and boost iron.

ALL GREEN POWERHOUSE JUICE

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

1 large cucumber,
peeled, cut in chunks

½ leek, white and
light green parts only,
cut in pieces

2 cups spinach leaves,
lightly packed

1 small bunch parsley

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.

CITRUS C POWER CRUSH

SERVINGS: 3 (about 18 oz.)

INGREDIENTS:

*2 oranges, peeled,
sectioned*

*1 pink grapefruit,
peeled, sectioned*

*2 cups fresh pineapple,
cut in chunks*

*6 mint leaves,
plus more for garnish*

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.

*Bursting with vitamin C to
help protect skin and lend a
youthful appearance!*

FITNESS hydration

CALORIES
181

SODIUM

8mg

CARBS

44g

FIBER

0g

PROTEIN

1g

CALCIUM

36mg

POTASSIUM

509mg

VITAMIN A

50mcg

VITAMIN C

60mg



CALORIES

97

SODIUM

49_{mg}

CARBS

19_g

FIBER

0_g

PROTEIN

0_g

CALCIUM

20_{mg}

POTASSIUM

334_{mg}

VITAMIN A

906_{mcg}

VITAMIN C

14_{mg}



A blast of
beta carotene
promotes
healthy eyes.

BETA-CAROTENE BLAST

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

2 medium apples,

*3 medium carrots,
scrubbed*

4 basil leaves, optional

Ice cubes, optional

DIRECTIONS:

Using light pressure, juice
the apples, carrots and basil
through the Juiceman juicer
on Speed 1. Stir well and
serve over ice, if desired.

APPLE & GRAPE METABOLIC BOOST

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

1 large apple, cut in chunks
4 large dates
2 cups green grapes
*1 cucumber, peeled,
cut in chunks*
Ice cubes, optional

DIRECTIONS:

Using light pressure, juice the apple and dates through the Juiceman® juicer on Speed 1. Increase the Speed to 2 and juice the grapes and cucumber. Stir well and serve the juice over ice, if desired.

Apples contain polyphenols which help improve metabolism!



FITNESS hydration

CALORIES 65
SODIUM 3mg
CARBS 16g
FIBER 1g
PROTEIN 0g
CALCIUM 11mg
POTASSIUM 145mg
VITAMIN A 7mcg
VITAMIN C 15mg



PM replenish

Close out another awesome day with your favorite night time refresher. Restore your body's balance of vitamins and minerals and head to bed knowing **ANOTHER JUICE** is waiting in the morning.



ALL-STAR DETOX JUICE

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

*1 large orange, peeled,
sectioned*

*3 medium carrots,
scrubbed, cut in chunks*

2 apricots, pitted

Ice cubes, optional

DIRECTIONS:

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

*Loaded with
vitamin C,
this all-star
antioxidant rich
combination
supports heart
health!*



PM replenish

CALORIES
138
SODIUM
44mg
CARBS
28g
FIBER
0g
PROTEIN
1g
CALCIUM
42mg
POTASSIUM
606mg
VITAMIN A
959mcg
VITAMIN C
46mg



CALORIES

145

SODIUM

13mg

CARBS

37g

FIBER

1g

PROTEIN

1g

CALCIUM

12mg

POTASSIUM

169mg

VITAMIN A

158mcg

VITAMIN C

164mg



Raspberries are full of compounds called anthocyanins, which have been associated with improved health and wellness!

PEACHY RASPBERRY VITAMIN BUILDER

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

*1 ripe peach,
pitted, cut in chunks
2 cups raspberries
1 pink grapefruit,
peeled, sectioned
2 tsp honey, or to taste
Ice cubes, optional*

DIRECTIONS:

Using light pressure, juice the peach, raspberries and grapefruit through the Juiceman® juicer on Speed 2. Remove and add the honey to taste. Stir well and serve the juice over ice, if desired.

TRIPLE ENZYME SPLASH

SERVINGS: 3 (about 18 oz.)

INGREDIENTS:

*2 cups fresh pineapple,
cut in chunks*

*1 orange,
peeled, sectioned*

½ cup pomegranate juice

2 t. agave nectar

Ice cubes, optional

DIRECTIONS:

Using light pressure, juice the pineapple and orange through the Juiceman® juicer on Speed 2. Add the juice and nectar and stir well. Serve the juice over ice, if desired.

*Try this tropical blend
to boost heart health.*



PM replenish

CALORIES
204
SODIUM
26mg
CARBS
53g
FIBER
4g
PROTEIN
3g
CALCIUM
13mg
POTASSIUM
226mg
VITAMIN A
9mcg
VITAMIN C
70mg

CALORIES

179

SODIUM

26mg

CARBS

28g

FIBER

1g

PROTEIN

2g

CALCIUM

71mg

POTASSIUM

971mg

VITAMIN A

98mcg

VITAMIN C

166mg



Together, beets & carrots team up to provide a winning boost of antioxidants which help promote a healthy cardiovascular system!

BEET & FRUIT HEART-BOOST JUICE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

1 medium beet, root ends removed, cut in chunks

2 oranges, peeled, sectioned

1 papaya, peeled, seeded, cut in chunks

Ice cubes, optional

DIRECTIONS:

Using light, even pressure, juice the beet through the Juiceman® juicer on Speed 1. Increase the Speed to 2 and juice the oranges and papaya. Stir well and serve over ice, if desired.

MAKE IT YOUR OWN:

Omit the papaya. Juice 3 carrots with the beets. Or, add 3 tangerines in place of the oranges.

JUICING TIPS

- Use seasonal fruits and vegetables for a new twist on juicing and the freshest flavor
- Use juice pulp in baked good recipes or as compost for a garden
- Freeze juice into ice cube trays to add a hint of flavor to water or sparkling water
- Mix one part juice with two parts sparkling water for a bubbly refresher
- Make popsicles using fresh squeezed juice for a frozen summertime favorite
- Line the pulp container with a bio-degradable bag for easy clean up later
- Store juice in a vacuum sealed container to enjoy later in the day
- Add ice to your juice container to cool fresh juice instantly

