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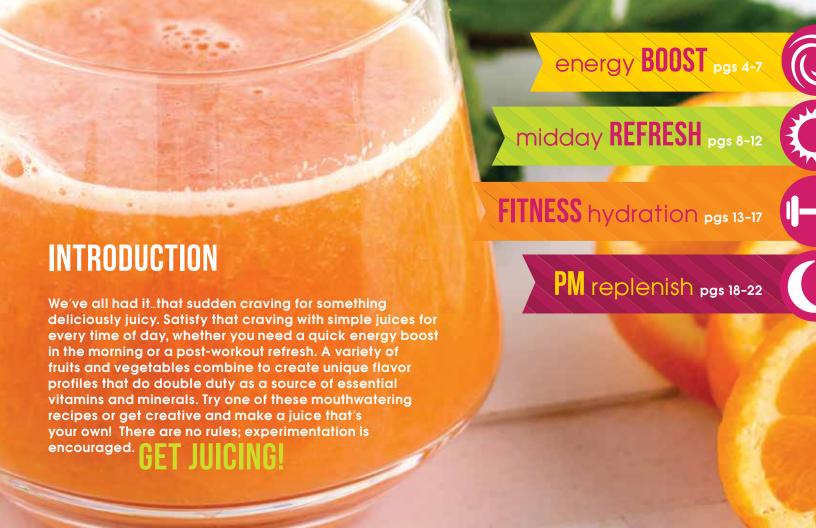
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Mutritional Analysis: calculations for the nutritional analyses in this book are based on the largest number of servings listed within the recipes. Calculations are rounded up to the nearest gram or milligram as appropriate. If two options for an ingredient 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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energy B00ST

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 BREETY



MÁNGO, PINEAPPLE & KIWI NECTÁR

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

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



GOOD-FOR-YOU VITAMIN JOLT JUICE

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

I bunch watercress
I 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.

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



SWEET FARM POWER PUNCH

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

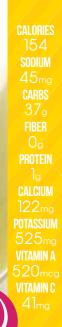
2 cups kale, lightly packed ½ cup fresh pineapple, cut in chunks 2 apples, cut in chunks

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.



midday BEFRESH

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.



CARBS 30g

STRAWBERRY SPINACH ANTIOXID SUPPORT

SERVINGS: 1 (about 6 øz.)

INGREDIENTS:

2 cups fresh strawberries,

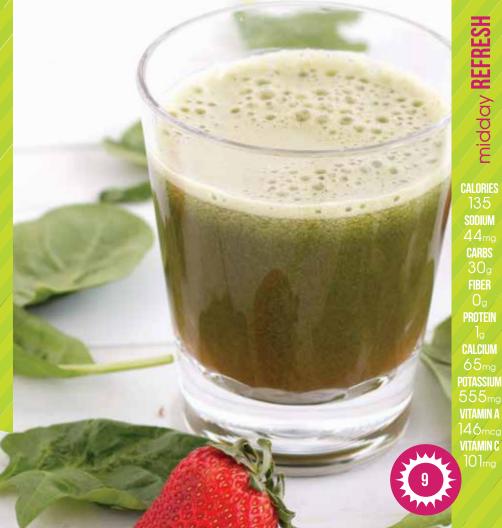
2 cups spinach leaves, lightly packed

1 cucumber, peeled, cut in chunks

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!



CARBS 37_g PROTEIN 29 **POTASSIUM VITAMIN A**



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

carbs 21₉ **POTASSIUM** 440_{mg} VITAMIN A



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.



FINESS hydration

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



CALORIES
28
SODIUM
26mg
CARBS
1g
FIBER
0g
PROTEIN
1g
CALCIUM
58mg
POTASSIUM
284mg
VITAMIN A
145mg

VITAMIN C



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.

SERVINGS: 3 (about 18 oz.)

INGREDIENTS:

2 oranges, peeled, sectioned

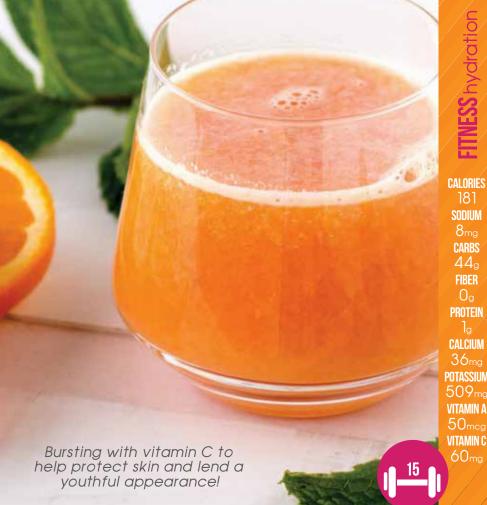
1 pink grapefruit, peeled, sectioned

2 cups fresh pineapple, cut in chunks

6 mint leaves, plus more for garnish Ice cubes, optional

DIRECTIONS:

all ingredients through the Juiceman[®] juicer on Speed 2. Stir well and serve over ice, if desired.



FITNESS hydration

SODIUM CARBS 44_g **FIBER PROTEIN** CALCIUM 36 mg**POTASSIUM** 509mg VITAMIN A 50_{mcg} VITAMIN C 60_{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 lce 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. SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

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

DIRECTIONS:

Using light pressure, juice the apple and dates through Speed 1. Increase the Speed to 2 and juice the grapes and cucumber. Stir well if desired.



FITNESS hydration

SODIUM **CARBS** FIBER **PROTEIN** CALCIUM POTASSIUM 145_{mg} VITAMIN A VITAMIN C

repienish

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.



SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

1 large orange, peeled, sectioned

3 medium carrots, scrubbed, cut in chunks 2 apricots, pitted Ice cubes, optional

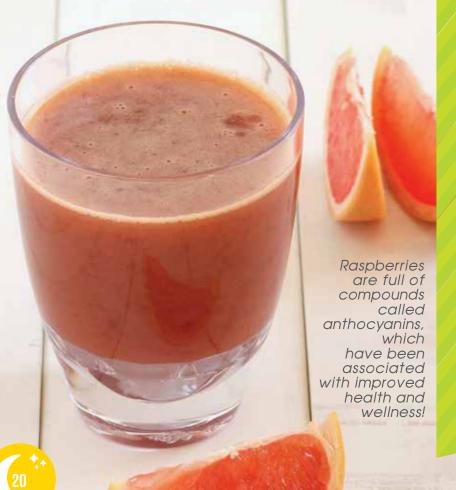
DIRECTIONS:

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!

CALORIES 138 SODIUM 44 mgCARBS 28_g FIBÉR O_g **PROTEIN** $/1_{\mathsf{g}}$ CALCIUM 42_{mg}POTASSIUM 606mg VITAMIN A 959_{mcg} VITAMIN C 46ma

CALORIES 145 SODIUM 13mgCARBS 37_g **FIBER PROTEIN** lg/ CALCIUM 12_{mg} **POTASSIUM** 169_{mg} VITAMIN A 158mcg **VITAMIN C** 164_{mg}



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.

204

SODIUM

26_{mg} CARBS

53_g

FIBER

 4_{g}

 $\sqrt{3}_{g}$

13_{mg}

9_{mcg}

70mg

TRIPLE ENZYME SPLASH

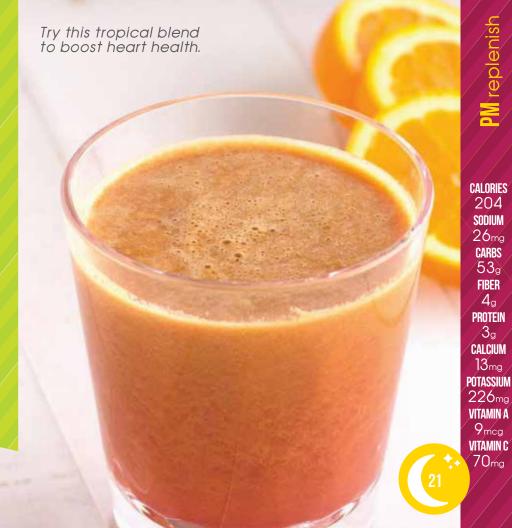
SERVINGS: /3 (about 18 oz.)

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.



CALORIES 179 SODIUM 26_{mg} CARBS 28_g FIBER $\frac{1}{2}$ **PROTEIN** 2g CALCIUM 71_{mg} **POTASSIUM** 971_{mg} VITAMIN A 98_{mcg}

VITAMÍN 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 lice 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 flayor 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

