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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 of 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

KICKSTART your day with one of these refreshing juice blends! Loaded with vitamins and minerals, each juicy beverage is bursting with flavor, giving you the needed energy to power through your day.



WATERMELON & ORANGE VITAMIN CHARGER

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

½ small orange, peeled, sectioned

1/2 cup baby spinach, loosely packed

1 cup watermelon, cut in chunks

2 tsp fresh lemon juice

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.





ORANGE & KIWI ENGINE KICKSTART

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

1 blood orange,
peeled, quartered
2 kiwi fruit, peeled
½ cup strawberries
1 tbsp wheat germ
2 Tbs water

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

Rejuvenate and energize with fiber and protein that support and maintain steady energy.

GRAPE ANTIOXIDAN QUICK PICK-UP

SERVINGS: 2½ (about 16 oz.)

INGREDIENTS:

I cup seedless
red grapes
I cup seedless
green grapes
½ cucumber,
peeled, cut into chunks
¼ baby spinach
loosely packed, torn
2 tsp lime juice

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

Jumpstart your health with this unique set of antioxidants believed to support a healthy heart and cardiovascular system.





TRIPLE GREEN JUICE

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

¼ cup kale, loosely packed,

1/4 cup broccoli, cut in chunks

½ cucumber, peeled, cut in chunks

V₂ cup pineapple, cut in chunks

¼ inch piece fresh ginger

2 tsp/lemon juice

1/4 - 1/2 cup water, as needed

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

VEGETÁBLE PROTEIN POWER

SERVINGS: 1 (about 6 oz.)

INGREDIENTS:

½ small carrot, cut in ½-inch pieces

1/2 ripe tomato, cored and quartered

1/2 cucumber, peeled, cut in chunks

½ cup seedless purple grapes

2 Tbs vanilla whey protein powder

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

A boost of vitamins, minerals, and antioxidants is elevated with protein for long-lasting energy!



replenish

Enjoy a **COOL AND REFRESHING** juice blend in the afternoon or evening to load up on nutrients and keep your body moving.

MACHINE-BURNING BLEND

SERVINGS: 1 (about 6-8 oz.)

INGREDIENTS:

1 cup honeydew melon, cut in chunks

1/2 cup cantaloupe, cut in chunks

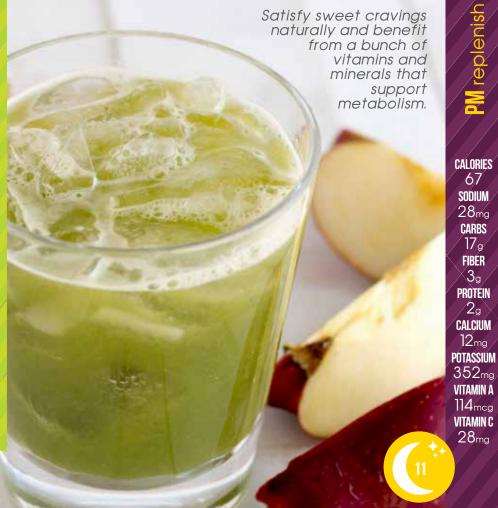
loosely packed

1/2 small tart apple, cored, cut in chunks

1/4 inch piece fresh ginger, peeled

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and



67 SODIUM 28mg CARBS PROTEIN 2₉ CALCIUM 12_{mg} POTASSIUM 352mg VITAMIN A



LIQUID GOLD **DETOX JUICE**

SERVINGS: 1 (about 6-8 oz.)

INGREDIENTS:

½ cucumber, peeled, cut in chunks 1 small golden beet, steamed, peeled, cut in chunks

1/2 yellow tomato, cut in half

cut in chunks

ne¢tar ,

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.



76

CARBS

FIBER

15_{mg}



GRAPEFRUIT PAPAYA JUICE

SERVINGS: 2 (about 12 oz.)

INGREDIENTS:

½ pink grapefruit, peeled, seeded, quartered 1 cup papaya, cubed

1/2 cup watermelon, cut in chunks

1 tsp fresh lime juice

DIRECTIONS:

Place all ingredients into the cup and secure cup onto the base. Twist to blend until smooth. Strain, if desired, and serve right away.

Help promote glowing, supple skin and healthy hair with this potassium and vitamin C rich, waterpacked juice blend.

> SODIUM 5mg CARBS 25g FIBER 4_{g} PROTEIN 2g

CALCIUM 53mg

POTASSIUM 516mg

VITAMIN A

132_{mcg}

VITAMIN C 116_{mg}

CALORIES

replenish

TIPS & TRICKS

- Enjoy everything from pure whole juice to rich, creamy blends with your Express Whole Juicer!
- Add chia seeds for antioxidants, fiber, and to thicken your drink!
- Bump up the protein with protein powders and powdered nut butters
- Add a dose of healthy fats and creamy texture with various nut butters and avocados
- Juice whole fruits or add a variety of liquids, like coconut water, for electrolytes and hydration
- Cocoa powder is a low calorie way to satisfy a chocolate craving

- Add a variety of herbs, such as ginger root, for added nutritional benefit
- Bananas add a boost of potassium and give your juice a thicker consistency
- Unsweetened almond or cashew milk delivers a rich, nutty flavor that pairs well with raw fruits and veggies
- Honey, syrup, stevia and agave add a touch of sweetness to your whole juice blends a little goes a long way