

JUICING VS. BLENDING

WHAT'S THE DIFFERENCE?

JUICE



- 1 WATER & NUTRIENTS EXTRACTED FROM FRUITS/VEGGIES
- 2 JUICERS SEPARATE JUICE FROM PULP (INSOLUBLE FIBER)
- 3 GREEN JUICES DELIVER PHYTONUTRIENTS DIRECTLY TO THE BODY IN LIQUID FORM

FORMULA FOR A GREEN JUICE

[MAKES ABOUT 16-24 OZ]

THE GREEN

KALE, SPINACH, OR OTHER DARK LEAFY GREENS
[3 CUPS]



THE VOLUME VEG

CUCUMBER, CELERY, FENNEL, ROMAINE LETTUCE
[2 FIELD CUCUMBERS OR 1 SEEDLESS CUCUMBER,
OR 4 CELERY STALKS OR 1 CELERY HEART]



THE CITRUS CLARITY

LIME OR LEMON
[1 - MOSTLY PEELED]



THE SWEET

APPLE OR PEAR
[2-3 WHOLE APPLES OR PEARS]



THE ZING

GINGER OR TURMERIC (OPTIONAL)
[THUMB SIZED PIECE]



SMOOTHIE



- 1 ENTIRE FRUITS/VEGGIES ARE BLENDED IN A SMOOTHIE - KEEPING NUTRIENTS INTACT
- 2 BECAUSE PULP IS LEFT IN, THE SMOOTHIE BECOMES THICKER
- 3 SMOOTHIES ALLOW FOR EXTRA NUTRIENTS, LIKE PROTEIN - (GREEK YOGURT, POWDERS, ETC.)

FORMULA FOR A GREEN SMOOTHIE

[MAKES ABOUT 24-28 OZ]

THE LIQUID STARTER

WATER, FRESH JUICE, OR COCONUT WATER
[1 CUP]



THE GREEN BOOST

BABY SPINACH, BABY KALE, KALE, OTHER LEAFY GREENS
[1 CUP]



THE FRUIT

BLUEBERRIES, BLACKBERRIES, STRAWBERRIES, RASPBERRIES,
APPLES, PEARS, GRAPES, PINEAPPLES, MANGOS, PEACHES
[2 CUPS FRESH OR FROZEN]



THE PROTEIN

GREEK YOGURT, YOGURT, CHIA SEEDS, RAW ALMONDS, FLAX SEEDS
[1/2 CUP]



THE SMOOTH

BANANA
[1 FROZEN RIPE BANANA OR 1 WHOLE PEELED]



THE CHILL

ICE
[2 CUPS]

