

# 7 Day Green Juice A Day Challenge

For the next 7 days, you'll add in at least one (18-20oz) green juice a day.

**It's important to know that this is NOT a fast.** Let me repeat. We are NOT fasting for this challenge. You will drink a minimum of one 16-20oz glass of fresh juice. Ideally I would recommend having your juice first thing in the morning before consuming any foods. Remember you don't have to change your current diet, however, I would recommend you follow a whole foods diet. One that consist of real foods, limit or remove processed foods, fried foods and alcohol. A full elimination of animal protein is not necessary, but consider reducing your intake at least for the next 30 days (opt for poultry and fish).

**You are only required to consume at least one serving of the juice,** but if you feel inclined to have more, by all means do so. I plan to have 2-3 servings a day, but if you're new to juicing stick to one serving at least for the first week.

**The recipes are meant as a guide, if you don't have a specific ingredient or are allergic feel free to substitute.** Also note that if you want a sweeter juice you can sweeten with a little more fruit (do give the recipes a try first before adding more fruit) and alternatively if you want a less sweet juice use less fruit or none at all.

My last request is if you are a Facebook member please Like our Facebook page --> <http://www.facebook.com/greenjuiceaday> so that we all can connect and support each other on this challenge. Please be respectful of others. We want to create a great a supportive & safe community for each of you. Don't be afraid to share with us, we love pictures, videos, updates and any questions you may have along the way.

# Shopping List

1 Pineapple

2-3 Bunches of Kale (approx 20 Leaves)

4 Cucumbers

1 Jalapeno

3 Bunches of Spinach

1 Head of Celery

1 Lemon

7 Fuji Apples

3 Granny Smith Apples

1 Orange

1 Package of Mint

1 Bunch of Swiss Chard

1 Head of Romaine Lettuce or Small Package

1 Bunch Cilantro

1 Lime

## 7-Day Juice Recipes

### 1. Pineapple Jalapeno

2 Cups Pineapple

5 kale Leaves

1 Cucumber

½ - 1 Jalapeno (use ½ a jalapeno if you don't want it to spicy)

### 2. Simply Green

5 Handfuls of Spinach

3 Kale Leaves

3 Celery Stalks

½ Cucumber

½ Lemon

2 Fuji Apples

### 3. Green Detox

½ Head of Romaine

1 Handful of Spinach

2 Kale Leaves

10 Sprigs of Cilantro

2 Apples (Fuji or Granny Smith)

½ Lime

#### **4. Pineapple Kale Cucumber**

1 Cucumber

1 Granny Smith Apple (Green)

½ Cup of Pineapple

4 Kale Leaves

3 Swiss Chard Leaves

#### **5. Green Citrus**

1 Orange

½ Cucumber

3 Celery Stalks

½ Lemon

1 Fuji Apple

#### **6. Pineapple Mint**

2 Handfuls of Spinach

4 Kale Leaves

1 Cup Pineapple

1 Small Handful of Mint Leaves

2 Granny Smith Apples (Green)

### **7. The Green Juice**

2 Celery Stalks

½ Cucumber

3 Swiss Chard Leaves

2 Kale Leaves

1-2 Apples

## **Nutritional Facts:**

### **Kale:**

Kale is a member of the cruciferous/cabbage family. It is a green leafy vegetable and a great source of carotenes, vitamins B6, B1, B2, E, and manganese, dietary fiber, and minerals like copper, calcium, and iron. High in anticancer properties and a good preventor of osteoporosis due to its calcium to phosphorus ratio.

### **Pineapple:**

Pineapple is a good source of vitamin C, manganese, vitamins B1 and B6, copper, magnesium, and dietary fiber. Its health benefits include: digestion aid, inflammation reduction, mucus elimination, and energy booster. Pineapple is a great food to consume to help with pneumonia, bronchitis, sinusitis, sore throat, gout, arthritis, and recovery from injuries and surgery.

### **Spinach:**

Spinach is in the same family as beets and chard and is a green leafy vegetable. It is low in calories and very nutrient-dense, with a high content of Vitamin K, carotenes, Vitamin C, folic acid, manganese, magnesium, iron, vitamins B2, B6, E, and B1. Spinach is not only one of the best sources of iron, more so than other greens, but it is also one of the most alkalizing foods that helps regulate body pH. Spinach is also great for eye health and as an anticancer protector. It has been used in many studies to successfully suggest that consumption of spinach reduces incidence of cancer.

### **Mint:**

Mint is effective as a digestive aid, can help reduce spasms in the GI tract, prevents against cancer, and also helps relieve hay fever

### **Apples:**

Apples contain high levels of vitamin C, fiber, potassium, and flavanoids. Apples have been shown to reduce the risk of heart disease, cancer, asthma, and diabetes, due in part to its flavanoids, fiber, and pectin, all of which increase bowel regularity and can help with both constipation and diarrhea.