

# 5 DAY JUICE CLEANSE



## Sweet Carrot Juice Recipe

1 Carrot

1 Apple

1 Lemon



## Spicy Beet Juice Recipe

3 Celery Stalks

2 Beets

1 inch of ginger



## Kale Power Juice

2-3 leaves of kale

1 cup of parsley

1 medium-sized Fuji apple

1 large cucumber

1 lemon



## Celery Detox Juice

1 small bunch celery (or 1 heart)

1/2 English cucumber

1 large green apple

1/2 lemon

1 -inch knob of ginger



## Lemon-aid Juice

2 large cucumbers, peeled + diced

1/2 cup fresh mint leaves

2-3 cups water

juice of a lemon

2-3 medium ginger, peeled and  
roughly chopped

