

GREEN JUICE CHEAT SHEET



BASE VEGGIES BOK CHOY, CABBAGE, CELERY, CUCUMBER, ROMAINE LETTUCE

CHOOSE TWO OR THREE BASE VEGGIES: (1) WHEN CHOOSING VEGGIE COMBINATIONS, THINK OF THINGS THAT MIGHT TASTE GOOD EATEN TOGETHER (2) ADD PURE WATER TO DILUTE OR EXTEND JUICES (3) MAXIMIZE THE YIELD OF YOUR VEGGIES BY JUICING INGREDIENTS IN A CERTAIN ORDER



LEAFY GREENS BROCCOLI STEMS, COLLARDS, DANDELION, KALE, RED CHARD, SPINACH

CHOOSE ONE TO THREE HANDFULS OF DARK LEAFY GREENS: (1) REMOVE TOUGH STEMS FROM COLLARDS, KALE, AND CHARD (2) CONSIDER THE FLAVORS OF LEAFY GREENS WHEN CHOOSING COMBINATIONS: EARTHY PEPPERY, NEUTRAL (3) THOSE WITH THYROID CONDITIONS ARE RECOMMENDED TO LIMIT CRUCIFEROUS INTAKE



SWEETENERS BEETS, CARROTS, GRAPEFRUIT, GREEN APPLE, GREEN PEAR

CHOOSE ONE SWEETENER: (1) APPLES AND PEARS MAKE THE BEST SWEETENERS FOR GREEN JUICES (2) BEETS ALWAYS TRUMP IN COLOR



ALKALIZERS LEMONS, LIMES

CHOOSE ONE ALKALIZER: (1) TRY DRINKING YOUR JUICE AT ROOM TEMPERATURE, AS IT HELPS STIMULATE THE COLON (2) IF REMOVING RINDS, LEAVE THE WHITE PITH INTACT FOR A VALUABLE BIOFLAVANOID AND FIBER BOOST (3) TRY USING A LEMON-LIME COMBINATION



DETOXIFIERS BASIL, CILANTRO, MINT, PARSLEY, AND MORE

CHOOSE ONE OR TWO DETOXIFYING HERBS: (1) A LITTLE MINT GOES A VERY LONG WAY (2) FOR MAXIMUM NUTRIENT YIELD, TIGHTLY PACK LEAFY GREENS AND HERBS IN A ROLL AND GENTLY NUDGE INTO JUICER BETWEEN TWO HARDER, JUICIER INGREDIENTS



SUPERFOODS APPLE CIDER VINEGAR, CAYENNE, GARLIC, GINGER, SPROUTS, TURMERIC, WHEATGRASS*, SPIRULINA*, CHLORELLA*, MACA, CHIA SEEDS, AND MORE

THEN UPGRADE WITH ONE OR MORE SUPERFOODS (OPTIONAL): (1) TRY ALTERNATING JUICY BASE VEGGIES WITH THE TOUGHER ROOT VEGGIES, GINGER, AND GARLIC FOR MAXIMUM YIELD (2) JUICE GRASSES WITH LEAFY GREENS AND HERBS



*Ingredients which can be found in **Organifi**

REMEMBER TO WASH PRODUCE WELL AND REMOVE RINDS FROM NON-ORGANIC PRODUCE. WE LIKE TO ADD A LITTLE WATER, SOME CHIA SEEDS, AND A SPRINKLE OF PINK HIMALAYAN SEA SALT TO OUR EMPTY CONTAINER BEFORE JUICING. **Double your detox results! Add a scoop of Organifi To Your Juice.**

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