

5-Day Juice Fast Shipping List

- Apples: 16
- Beets: 8
- Bell Peppers: 5
- Exotic Greens – 4c. (Original recipe is broccoli, but I am allergic)
- Carrots: 3 lbs
- Cranberries: 3 cups (I used 1 lb. Strawberries since I didn't have cranberries available)
- Cucumbers: 8
- Ginger: 4 inch
- Grapefruit: 2
- Honeydew Melon: 1
- Kale: 3 bunches
- Lemons: 3
- Limes: 7
- Oranges: 4
- Parsley: 2 bunches
- Red Onion: 1
- Spinach: 1 large container or bag
- Sweet Potatoes: 2
- Tomatoes: 8 vine ripe tomatoes
- Watermelons: 1

Menu:

Day 1:

- B - Sunset Juice
- L - Leftover Sunset Juice
- D - Mean Green Juice x2

Day 2:

- B - Leftover Mean Green Juice
- L - Homemade V8
- D - Pink Kale

Day 3:

- B - Leftover Pink Kale
- L - Carbeeple
- D - Green Energy

Day 4:

- B - Sweet N Tart Citrus
- L - Leftover Green Energy
- D - Sunset

Day 5:

- B - Leftover Sunset
- L - Mean Green
- D - Cucumber Melon

Recipes

Mean Green

- 6 stalks Kale
- 1 Cucumbers
- 2 Granny Smith Apples
- 4 Celery Stalks

- ½ Lemon
- 1 piece Ginger

Carbeeple

- 2 lb. Carrots
- 2 Apples
- 3 Small Beets

Sunset Juice

- 1 large Sweet Potato
- 3 Pink Lady Apples (could use any apple)
- 2 Large Beets
- 1 Bell Pepper (red)
- 1 Orange
- 4 Carrots

Homemade V8

- 4 Plum Tomatoes
- 1 Large Cucumber
- 1 Red or Orange Bell Pepper
- ¼ small red onion
- 1 cup parsley
- 1 lime

Pink Kale

- 7 stalks Kale
- 2 apples
- 1 Large Beet
- ½ small watermelon
- 1 lime

Green Energy

- 4 c. Broccoli Substitute – exotic Green
- 4 c. Baby Spinach
- 1 Bell Pepper
- 2 Granny Smith Apples
- Handful of Parsley

Sweet ‘n’ Tart Citrus

- 3 cups cranberries

- 2 Oranges
- 2 Grapefruit
- 2 limes
- Small piece ginger

Cucumber Melon

- 3 Cucumbers
- 2 Limes
- 2 cups honeydew melon
- 2 small bell peppers
- Small piece ginger