

ABC JUICE

12 Oz.	16 Oz	24 Oz.
3/4 Beet	1 Beet	1 1/2 Beet
1 1/3 Apple	1 1/2 Apple	2 2/3 Apples
12 oz. mark with Juiced Carrots	16 oz. mark with Juiced Carrots	20 oz. mark with Juiced Carrots

Apples may help with **Memory**. Carrots from Rocky Soil give the tap roots those twist & turns.

Beets for Betaine which can help **protect against Liver Disease**, particularly fatty deposits caused by excessive alcohol consumption
Beets also can **nullify garlic breath**.

VERY VEGGIE

12 Oz.	16 Oz	24 Oz.
4 (3 1/2 inch pieces of Celery)	5-6 (3 1/2 inch pieces of Celery)	8 (3 1/2 inch pieces of Celery)
1/2 bunch Parsley	1/2 bunch Parsley	2/3 bunch Parsley
3/4 Beet	1 Beet	1 1/2 Beet
12 oz. mark with juiced Carrots	16 oz. mark with juiced Carrots	24 oz. mark with juiced Carrots

Celery can help with **water retention**. Parsley for zeaxanthins, lutein & lycopene Beets for Folate & Manganese

(Support against **Liver Disease, Cardiovascular Disease & Diabetes**
Carrots for Lignans, Beta Carotein and Amino Acids.

LIVER LEVELER

12 Oz.	16 Oz	24 Oz.
3/4 Beet	1 Beet	1 1/2 Beet
7 pieces Dandelion Greens	9 1/2 pieces Dandelion Greens	14 pieces Dandelion Greens
3 Granny Apples	2 1/2-3 Granny Apples	6 Granny Apples

Beets may help **reduce the concentration of homocysteine**. High levels of homocysteine may be harmful to blood vessels & contribute to **heart disease**. Dandelion is a great companion plant for gardening. It's tap root will bring up nutrients to shallower rooting plants, add minerals and nitrogen to soil. Granny Smith apples have the highest amount of phenols amongst apple breed, **low in calories & high in fiber**.

GREEN MONSTER

12 Oz.	16 Oz	24 Oz.
4-5 Stems Spinach	6 Stems Spinach	9 Stems Spinach
3 (3 1/2 inch pieces of Celery)	4-5 (3 1/2 inch pieces of Celery)	7 (3 1/2 inch pieces of Celery)
3 pieces Green or Lacinato Kale	4-5 pieces Green or Lacinato Kale	6 pieces Green or Lacinato Kale
1/3 Lemon	1/2 Lemon	2/3 Lemon
2 Apples	2-2 1/2 Apples	4 Apples

Spinach for **copper, protein, betaine, zinc and selenium**.
 Green or Lacinato kale for **beta carotene, lutein and zeaxanthins**.
 Celery for **blood pressure support and pain management**.
 Lemons for **stomach, mouth, colon and skin cancer prevention**.
 Apples for **pectin**.

SWEET & SPICY

12 Oz.	16 Oz	24 Oz.
4-5 Stems Spinach	6 Stems Spinach	9 Stems Spinach
3-4 Pieces Green or Lacinato Kale	5-6 Pieces Green or Lacinato Kale	7-8 Pieces Green or Lacinato Kale
3 1/2 (3 1/2 inch Pieces of Celery)	4-5 (3 1/2 inch Pieces of Celery)	7 (3 1/2 inch Pieces of Celery)
1/3 Lemon	1/2 Lemon	2/3 Lemon
1/3 handful Parsley	1/2 handful Parsley	2/3 handful Parsley
1 3/4 Apples	2-2 1/2 Apples	3 1/2 Apples

Ginger cultivation began in South Asia and spread its way a cross east Africa and the Carribean. Cayenne Pepper **dilates blood vessels and speeds metabolism**, increases blood flow to all major organs which facilitates oxygen and nutrient delivery.

MERRY BERRY

16 Oz	24 Oz.
2 (2 1/2 inch Pieces Banana)	7 (2 1/2 inch Pieces Banana)
1 cup mixed berries	1 cup mixed berries
10 oz. soy/rice/almond milk	15 oz. soy/rice/almond milk
1 serving of protein	1 serving of protein

Bananas for are a great source of **Fiber**. Strawberries are full of **ANTioxidants & Vitamin C**, Raspberry for energy with **Vitamin B1, B3 and Folate** Protein for **Muscle Recovery** with Soy, Rice or Almond Drink for a Base.

REALLY RAW

16 Oz

- 5 (2 1/2 inch) pieces Banana
- 1 serving Powdered Peanut Butter
- 10 oz. almond milk
- 1 scoop GOL raw meal chocolate

Bananas for **fiber, manganese & potassium.**
Powdered Peanut Butter for **Healthy Calories.**
Garden for Life Raw Meal for **Nutritional Supplementation.**
Almond Milk for a base,

MERRY BERRY

16 Oz

- 5 (2 1/2 inch pieces banana)
- 1 serving cacao
- 1 serving maca root
- 1 serving flax oil
- 10 oz. soy/rice/almond milk

Banana are a great source of **Fiber, Vitamins B6 and C, Manganese & Potassium.** Cacao for improving **cataracts, magnesium, works with cholesterol.** Maca root for **stress, energy, focus and Libido**
Flax oil for **antioxidants, immune system and cancer prevention.** Soy, Rice, and Almond milk are great dairy subs

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