

Carrot Apple Ginger Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
26 oz	10	257	11	64g	2.8g	1.5g	14g	77mg	1.5mg	29585	37mg	38	1027mg	154mg

Ingredients

3 organic carrots
2 organic apples
1 small piece of ginger

Comments

Mean Green Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
31 oz	10	335	14	79	12	1.5	20g	404mg	6mg	3057	322mg	70	2031mg	170mg

Ingredients

1 cucumber
2 organic celery stalks
2 organic apples
6-8 organic kale leaves
1/2 lemon
1 T ginger

Comments

Gazpacho Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit A	Vit C	Potassium	Sodium
24 oz	10	218	21	49	11	1	14.7g	314mg	10.5mg	4116	12959 IU	463mg	1699mg	162mg

Ingredients

4 roma tomatoes
1 large cucumber
2 organic celery stalks
1 organic red bell pepper
1/4 small red onion
2 c parsley, stems and leaves roughly chopping in measuring cup
1 lime

Comments

I couldn't get through this one. I double onions on everything I eat, but drinking onions is all I could taste. I would suggest less or no onion.

Citrus Inspired Green Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
24oz	10	409	13	93	21	0.87	26.2	696mg	12mg	3092	610mg	159	3600mg	918mg

Ingredients

6-8 organic kale leaves
4 swiss chard leaves
1 cucumber
6 clemetines
Substitutes:
Greens = spinach
clemetines = half the oranges
Keep the stalks on the greens for more juice yield.

Comments

Sunset Blend Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
31 oz	10	392	14	96	4.26	1.69	17	120	1.76	25597	123	76	1053	138

Ingredients

1 large sweet potato
1 medium carrot
2 organic golden delicious apples
1 orange, peeled

Comments

Purple Power Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
30 oz	10	519	26	132.8	6	1.72	18	130mg	3mg	628	60mg	65	1468	14.2

Ingredients

6 c organic Concord grapes
1 organic golden delicious apple
1/2 c blackberries

Comments

Green Lemonade



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	299	29.5	60	24.36	2.8	27	820	20	28037	297	1366	4690	632

Ingredients

1 organic green apple
2 c organic spinach (~3 handfuls)
2 c organic kale leaves
1/2 cucumber
2 organic celery stalks
1/2 lemon

Comments

V28



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	305	26	65	15	1.5	22.36	481	19	19793	389	345	2212	730

Ingredients

3 large red beets
2 medium carrots
2 organic celery stalks
4 roma tomatoes
4 c parsley, stems and leaves roughly chopping in measuring cup
1 jalapeno, ribs and seeds removed
12 red radishes

Comments

Spinach Fennel Cucumber



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	199	20	39	16	2	19	526	12	14183	146	2388	3529	461

Ingredients

1 fennel bulb
1 cucumber
2 celery stalks
3 c organic spinach

Comments

Bountiful Brassica Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	376	22	83	22	2.3	23	639	9	2942	642	35421	3048	241

Ingredients

2 broccoli stalks
1/2 head cabbage
6-8 organic kale leaves
1 organic granny smith apple
1/4 lemon, peeled
1" ginger root (1 T)
Juice kale first or between apple and broccoli to help pull more juice out

Comments

Apple-Carrot-Beet



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	385	16.5	92	9	1.8	23	196	6.25	39458	95	16976	2340	766

Ingredients

2 organic apples
4 carrots
2 beets
3 leaves swiss chard
1" ginger root (1 T)

Comments

Great Greens Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	329		55	16	1.5	0							1050

Ingredients

2 organic green apples
2-3 c organic spinach
6-8 leaves swiss chard
1 cucumber
4 organic celery stalks

1/2 fennel bulb
1 bunch basil

Comments

Tabbouleh Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	165	21	34	11	0.2	12	389	15.8	190	362	21284	786	150

Ingredients

1 big bunch of parsley (~4 c)
1 tomato
1/4 red onion
1/2 lemon, peeled

1/2 cucumber
dash sea salt
dash black pepper

Comments

Bruschetta Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	52	6	12	4	0	2.6	91	2	-	38	3952	696	14

Ingredients

2 medium tomatoes
1/2 cloves garlic, peeled
20 fresh basil leaves

Comments

Green Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	298	22	66	14	2.3	21	486	11	14506	193	10951	2922	364

Ingredients

2 c organic kale
2 c organic spinach
1/2 cucumber
2 organic stalks celery

2 organic green apples
1" ginger root (1 T)

Comments

Green Grape and Pear Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	258	18	64	6	1.47	10.9	137	2.67	878	62	255	1318	17

Ingredients

1 c organic green grapes
1 pear
1 lime
2 cucumbers

Comments

Green Juice with Lemon Ginger



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	321	19	78	10	1.8	21	267	6.1	19919	168	15841	2091	553

Ingredients

2 organic apples
1 wedge red cabbage
2 large carrots
1 T ginger
6 leaves of swiss chard
1/4 lemon

Comments

Lemon Lime



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	525	26	134	8	2.7	39	179	2.6	19843	143	4127	1927	130

Ingredients

1 lemon, peeled
1 lime, peeled
1 asian pears
2 c purple cabbage
2 organic green apples
2 carrots

Comments

Mango Salsa Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	182	9	46	3.1	1.1	8	74	2	5940	147	2309	725	12

Ingredients

1 mango, pitted
1/2 cucumber
1/4 yellow pepper
1/2 jalapeno
2 green onions or scallions
1/4 c cilantro
1/2 lime

Comments

Melon Kale Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
40 oz!!!	10	412	146	103	35	4.7	22	99	365	7895	42098	3567	2335	165

Ingredients

2 organic apples
1/2 cantaloupe
1/2 honeydew
6-8 organic kale leaves

Comments

Green Grape and Pear Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	258	18	64	5.75	1.5	10.9	137	2.67	878	62.2	254.5	1318	18

Ingredients

1 c organic green grapes
1 pear
1 lime
2 cucumbers

Comments

Mexican Style Jugo



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	175	15	38	6	2	10	128	3.11	786	60	3485	1305	36

Ingredients

2 large cucumbers
4 c cilantro
1 lime
1 poblano pepper, seeded
1 organic golden delicious apple

Comments

Minty Citrus Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	213	5	51	4	0.7	10.9	169	1.04	10018	200	2410	1118	115

Ingredients

2 oranges
1/2 grapefruit
1 organic carrot
2 organic celery stalks
1/3 bunch mint

Comments

ABCs



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	592	29	146	13	3	42	271	8	19842	160	18810	3117	886

Ingredients

2 asian pears
2 organic apples
2 beets
2 carrots
1 c cabbage
3 c chard

Comments

Apple Cabbage Greens Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	314	18	76	9	1.5	20.5	242	5.5	19919	154	12905	1919	451

Ingredients

2 organic apples
1 wedge red cabbage
2 large carrots
1 T ginger
3 leave swiss chard
1/4 lemon

Comments

Apple Canta



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	622	20	152	17	2	26	448	10	8240	500	41844	3997	745

Ingredients

2 organic apples
 1/2 cantaloupe
 1/2 honeydew
 6-8 organic kale leaves
 6-8 organic swiss chard

Comments

BBQ Blow Out Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	316	17	76	6.25	2	19.3	178	3.27	19934	107	4120	1610	273

Ingredients

1-2 wedges of purple/red cabbage
 1 beet
 2 carrots
 1-2 organic fuji apples
 squeeze of lemon

Comments

Blackberry Kiwi



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	252	21	63	4.1	2.7	14	93	2.4	62.5	141	318	792	74

Ingredients

1/4 large pineapple, core removed
 1 c blackberries
 1 kiwi
 1/4 comice pear
 1/4 c coconut water
 30 mint leaves

Comments

Carrot Apple Ginger Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	257	11	63	2.78	1.44	14	77	1.6	29585	37	6089	1027	154

Ingredients

3 organic carrots
 2 organic apples
 1" ginger

Comments

Carrot-Kale Combo



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	453	16	109	9.78	2	26	333	5.2	41376	254	33951	2169	278

Ingredients

1 organic green apple
 3 handfuls spinach
 6-8 organic kale leaves
 4 large carrots
 1 thumb size piece ginger

Comments

Cinnamon Apple & Butter Squash Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	333	8.8	87	6	1	15	279	4.25	2131	125.6	29539	2131	8.66

Ingredients

4 c butternut squash, peeled
1 large organic honeycrisp apple
dash cinnamon

Comments

Cranberry Citrus Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	216	7.9	53.4	7.78	0.4	14	248	6	79	183	29595	1708	7

Ingredients

1 c cranberries
1 orange, peeled
1 organic apple
1 c butternut squash, cubed
4-6 leaves collard greens

Comments

Dracula's Dream Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	256	8	56	10.18	0.9	16.8	311	5.82	21656	294	29938	1950	428

Ingredients

2 beets
2 organic carrots
1 c organic strawberries
6-8 organic kale leaves

Comments

Great Green Fruity Mix



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	332	19	84	1.8	2.23	16.8	59	1.5	114	98	26	781	7

Ingredients

2 c green combo, roughly chopped
1 organic golden delicious apple
1/2 comice pear
10 organic strawberries, cut tops off
1 c coconut water

Comments

Minty Fresh Berry



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	332	24.6	80	5.32	2.6	15.68	110	2.32	92	285	176	1028	9

Ingredients

2 c blueberries
2 kiwi
16 organic strawberries
2 c mint leaves, packed into
measuring cup

Comments

Cinnamon Apple & Butter Squash Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	175		58	5	1	0							20

Ingredients

4 c butternut squash, peeled
1 large organic honeycrisp apple
dash cinnamon

Comments

Orange Sun Blast



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	192		45	5	1	2							105

Ingredients

1 beet
1 organic carrot
2 oranges
1/2 c pumpkin, peeled
2 chili's (optional)

Comments

Peachy Green Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	384		88	16		6							

Ingredients

2 medium summer squash
6-8 organic kale leaves
4 dandelion greens leaves
4 small organic peaches
1 organic apple
1/2 lemon

Comments

Reboot Rainbow Salad Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	160		27	6	1.5	2							260

Ingredients

2 medium zucchini
2 medium tomatoes
2 medium carrots
1/4 red onions
2 c swiss chard
1 t olive oil (optional)
pinch sea salt (optional)
pinch black pepper (optional)
squeeze of lemon (optional)

Comments

Red AU



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10													

Ingredients

3/4 c coconut water
3/4 c organic red grapes
1 banana
1 c organic spinach
1 small cucumber
1/2 c ice (optional)

Comments

Red, White, Blue (and Green!) Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	220		48	6	1.5	1							310

Ingredients

2.5 c watermelon
1 c blueberries (organic)
6-8 leaves swiss chard

Comments

Refreshing Fennel-Pear



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	306		54	7	1.5	3							250

Ingredients

2 comice pears
2 medium fennel bulbs

Comments

Sweet N Tart Citrus



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	500		33	7	0.5	5							10

Ingredients

3 c cranberries
2 2x2 pieces of ginger
3 oranges, peeled
2 small ruby red grapefruit
2 limes

Comments

Sweet Summer Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	257		55	11		3							

Ingredients

2 broccoli stalks
2 organic white peaches, pitted
1 organic fuji apple

Comments

The Watering Pineapple



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	140		50	2.5	0.5	1							250

Ingredients

1 c watermelon
1 c pineapple, rind off
1 small beet
2 organic carrots
2 organic celery stalks
~1/2" ginger

Comments

Watermelon Lime Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	160		37	3	1	1							6

Ingredients

3 c diced watermelon
1 lime, peeled

Comments

Watermelon-Pineapple Ginger



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	155		40	3	0.5	0.5							5

Ingredients

1/3 pineapple, cored and skin removed
2 large watermelon slices
1" ginger root

Comments

Apple Mac'n Nosh



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit A	Vit K	Potassium	Sodium
1	10	173	10	42	3	1	10	100	2	20533	4195	276	1039	

Ingredients

1 organic apple
2 organic carrots
1 organic celery stalk
1/2 cucumber, peeled
1/2 c packed spinach
gingseng (optional)

Comments

Gingseng in the Rain



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Iron	Vit C	Folic Acid	Potassium	Magnesium
1	10	198	15	49	3	2	13	54	1	1	106	63	840	47

Ingredients

1 c raspberries
1 c cantaloupe
1 apple
gingseng (optional)

Comments

The Grapefruit Show on Earth!



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Magnesium	Vit C	Folic Acid	Potassium	Sodium
1	10	164	8	40	3	0.90	4	39	1	43	106	40	524	

Ingredients

1 grapefruit
1 c pineapple
1 to 2 oz wheatgrass

Comments

Outrageously Orange Cold Blaster



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	129	6	32	3	0.63	7	80	0.57	73	163	68	571	

Ingredients

1 orange
1/2 grapefruit
8 organic strawberries
1 T vitamin c (optional)
Echinacea (optional)

Comments

Perfect Pear



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	164	10	42	2	1	8	27	0.66	482	54	43	454	

Ingredients

1 asian pear
1 tangerine
1 c pineapple
ginseng (optional)

Comments

We All Live in a Yellow Tangerine



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Magnesium	Potassium	Sodium
1	10	250	17	59	4	2	7	64	1	581	132	44	762	

Ingredients

1 tangerine, peeled
1 c organic grapes
1 kiwi
1/2 c pineapple
1-2 oz wheatgrass (optional)

Comments

Adam's Apple



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Vit K	Magnesium	Folic Acid	Potassium	Sodium
1	10	174	10	42	4	1	11	109	2	301	61	157	1112	

Ingredients

1/2 c packed spinach
1 organic apples
4 asparagus spears, halfed
1 organic carrots
2 organic celery stalks

Comments

Aladda Colada



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Magnesium	Folic Acid	Potassium	Sodium
1	10	423	146	75	4	16	11	28	2	123	97	68	1190	

Ingredients

3 c banana
3 c coconut, cubed
4.5 c pineapple

Comments

An Apple a Day



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	108	6	30	1	0.69	6	48	0.81	63	30	21	342	

Ingredients

1 organic apple
1 organic celery stalk
1 small lime, peeled

Comments

Berry the Hatchett



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	220	16	55	3	2	14	51	1	142	61	40	550	

Ingredients

1 c cranberries
1 c organic grapes
1 c raspberries

Comments

The Big Apple



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	233	11	60	2	1	11	79	0.80	113	101	51	595	

Ingredients

2 organic apples
1 orange
1/2 lemon, peeled

Comments

Carrot and the Schtick



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit K	Potassium	Sodium
1	10	236	10	58	4	1	13	120	1	29609	98	321	1093	

Ingredients

3 organic carrots
1 organic apple
1 orange, peeled

Comments

Cold Carrot Fusion



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit K	Magnesium	Potassium	Sodium
1	10	188	10	47	2	1	10	70	1	19755	216	440	826	

Ingredients

2 organic carrots
1 organic celery stalks
1 organic apple
1/2 c pineapple

Comments

Cool Hand Cuke



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit K	Folic Acid	Potassium	Sodium
1	10	150	8	34	5	0.84	12	162	3	31082	314	128	1474	

Ingredients

3 organic carrot
2 organic celery stalks
1/2 cucumber
4 sprigs parsley
1/2 small beet

Comments

Cucumber Cooler



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	236	17	59	3	2	8	58	1	296	74	42	791	

Ingredients

1/2 cucumber
1 organic apple
1 c organic grapes
6 organic strawberries

Comments

Drink Your Spinach



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit K	Folic Acid	Potassium	Sodium
1	10	83	4	19	3	0.48	6	80	2	20480	288	122	795	

Ingredients

1/2 c packed organic spinach
3 asparagus spears, halved
2 organic carrots
1 organic celery stalks

Comments

Follow Your Passion



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Magnesium	Potassium	Sodium
1	10	201	15	50	2	2	7	34	1	121	67	36	589	

Ingredients

2 passion fruit
1 c organic grapes
1/2 c pineapple
4 strawberries

Comments

The Grape Divide



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	257	14	65	3	2	8	80	0.80	146	95	50	692	

Ingredients

1 organic apple
1 c organic grapes
1 orange

Comments

The Grape Gatsby



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit K	Potassium	Sodium
1	10	247	14	61	3	2	9	88	1	19792	69	213	959	

Ingredients

2 organic carrots
1/2 organic apple
1 c organic grapes
1/2 orange

Comments

Green with Envy



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Magnesium	Folic Acid	Potassium	Sodium
1	10	158	11	38	5	1	11	163	2	1029	70	146	1198	

Ingredients

4 organic celery stalks
1/2 cucumber
1/2 c packed organic spinach
1 organic apple
1/8 (3 oz) cabbage

Comments

The Holy Kale



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit K	Magnesium	Potassium	Sodium
1	10	144	8	33	5	0.92	11	248	4	31819	777	119	1424	

Ingredients

3 organic carrots
2 organic celery stalks
1/4 beet top
2 organic kale leaves

Comments

Jumping Ginger, Carrot and Apple



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit K	Magnesium	Potassium	Sodium
1	10	207	10	51	3	1	12	88	2	39401	425	51	1099	

Ingredients

4 organic carrots
1 organic apple
1 slice ginger

Comments

Kiwi Witness



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Magnesium	Potassium	Sodium
1	10	179	14	40	2	2	11	79	1	127	213	42	721	

Ingredients

2 kiwis
1 c cranberries
8 organic strawberries

Comments

Liquid Lifesaver



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Magnesium	Vit C	Folic Acid	Potassium	Sodium
1	10	189	13	47	2	7	1	41	0.99	29	75	16	492	

Ingredients

1 c organic grapes
1 c cranberries
1 kiwi

1 organic apple
1/2 lemon
1 c pineapple

Comments

Mango of La Mancha



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-car	Vit C	Folic Acid	Potassium	Sodium
1	10	258	8	66	4	0.87	10	126	0.53	4934	197	108	797	

Ingredients

2 oranges, peeled
1 mango, peeled, pitted

Comments

The Pear Essentials



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-car	Vit C	Magnesium	Potassium	Sodium
1	10	263	2	67	2	2	12	41	1	326	50	43	643	

Ingredients

1 pear
1 peach, pitted
1 c cranberries
1 c pineapple

Comments

Planet of the Grapes



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-car	Vit C	Magnesium	Potassium	Sodium
1	10	281	20	70	3	2	11	52	2	162	98	64	1016	

Ingredients

1 c organic grapes
8 organic strawberries
1 banana, peeled (in blender to pureed)

Comments

Red as a Beet



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-car	Vit K	Folic Acid	Potassium	Sodium
1	10	220	11	52	6	1	16	195	4	41248	482	170	1681	

Ingredients

4 organic carrots
1/2 c packed organic spinach
1/2 organic apple

1/8 (3 oz) of cabbage
1/2 small beet with top

Comments

Stalk Talk



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit K	Folic Acid	Potassium	Sodium
1	10	177	8	43	4	0.91	12	114	2	39449	421	65	1239	

Ingredients

8 organic carrots
4 organic celery stalks
1 organic apple

Comments

Vanity Pear



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Magnesium	Vit C	Folic Acid	Potassium	Sodium
1	10	254	13	65	2	1	9	49	0.96	36	105	54	650	

Ingredients

1 pear
1 mango, pitted, peeled
6 organic strawberries

Comments

Vincent Man-goh



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Magnesium	Vit C	Folic Acid	Potassium	Sodium
1	10	267	13	69	3	1	11	43	1	39	72	46	656	

Ingredients

2 passion fruit
1 mango, peeled and pitted
1 pear

Comments

You've Got Kale!



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit K	Folic Acid	Potassium	Sodium
1	10	154	8	35	5	0.92	10	200	3	40427	102	881	1208	

Ingredients

4 organic carrots
2 organic kale leave
1 slice ginger
1 clove garlic

Comments

Pina Colada



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Magnesium	Vit C	Folic Acid	Potassium	Sodium
1	10	349	97	33	2	11	4	17	1	42	37	33	320	

Ingredients

1.5 c pineapple
1/2 crushed ice
1/4 c golden rum
3 T cream of coconut

Add 1 c pineapple to juicer and juice.
Transfer to blender; add remaining 1/2 c
of pineapple, ice, rum and coconut.

Comments

Apple and Kiwi



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Magnesium
1	10	312	23	78	3.52	2	14	110	1.58	146	232	8	1038	14

Ingredients

2 organic apples
3 kiwis

Comments

Apple and OJ



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Magnesium
1	10	286	10	72	2.52	1.32	14	124	0.76	158	156	88	792	40

Ingredients

2 organic apples
2 oranges

Comments

Apple and Peach Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	204	8.79	53	1.21	1.09	10	25	0.61	316	22	11	511	67

Ingredients

2 organic apples
1 peach

Comments

Apple and Berry Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Magnesium
1	10	174	9.2	44.52	0.73	1.12	8.84	26	0.65	62	37	14	378	17

Ingredients

2 organic apples
1 c of any berry

Comments

Apple and Tangerine Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit C
1	10	212	13	57	1.52	1.5	11	60	0.5	56	46	8	498	46

Ingredients

2 organic apples
1 tangerine, peeled

Comments

Carrot and Apple Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	236	9	56	3.96	1.2	14	105	2.05	49243	43	54	1324	10132

Ingredients

6 organic carrots
1 organic apple

Comments

Carrot and Celery Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	167	6	37	4.3	0.82	11.36	127	2.12	49277	41	72	1395	10135

Ingredients

6 organic carrots
2 organic celery stalks

Comments

Carrot and Cucumber Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	175	9	39	4.7	0.85	11	116	2.15	49396	43	70	1380	10157

Ingredients

6 organic carrots
1/2 cucumbers

Comments

Celery and Apple Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	93	5	23	0.86	0.62	5.36	42	0.57	90	14	26	90	

Ingredients

2 organic celery stalks
1 organic apple

Comments

Melon Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10													

Ingredients

3 c watermelon or cantaloupe or
honeydew

Comments

Grapefruit and Apple Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	240	10	62	2.52	1.24	11	48	0.64	70	95	32	667	

Ingredients

1 grapefruit, peeled
2 organic apples

Comments

Grapefruit and Apricot Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	146	6	36	3.96	0.8	6.4	48	0.9	2214	95	36	769	370

Ingredients

1 grapefruit
4 apricots, pitted

Comments

Grapefruit and Mango Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	213	7	55	3	0.8	7	49	0.41	4845	136	53	672	807

Ingredients

1 grapefruit, peeled
1 mango, pitted
1/2 t superfine sugar (optional)

Comments

Grapefruit and OJ



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	202	4	50	4	0.56	9	132	0.40	116	219	104	823	58

Ingredients

1 grapefruit
2 oranges

Comments

Grapefruit and Pineapple Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	160	4	42	3	0.24	5	36	0.41	35	111	39	572	

Ingredients

1 grapefruit
1 c pineapple

Comments

Grape and Apple Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Vit A	Potassium	Sodium
1	10	286	14	74	2	1	10	46	1.1	256	23.4	198	670	7.6

Ingredients

2 c organic grapes
2 organic apples

Comments

Grape and Cranberry Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	218	14.18	60	1.83	1.64	6..4	32.4	0.68	124	37.92	11.22	500	

Ingredients

2 c organic grapes
1 c cranberries

Comments

Grape and Raspberry Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10													

Ingredients

1.5 organic grapes
1.5 c raspberries

Comments

Mango and Apple Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	297	13	77	1.52	1.56	12	41	0.77	4887	73	4	159	819

Ingredients

1 mango, pitted
2 organic apples

Comments

Mango and Pineapple Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	217	7	57	2	0.56	6	29	0.54	4852	89	44	546	808

Ingredients

1 mango, pitted
1 c pineapple

Comments

Mango and Strawberry Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	183	9.8	45	1.84	1.04	7.36	45	0.87	4855	141	53	563	810

Ingredients

1 mango, pitted
12 organic strawberries

Comments

Mango and Tangerine Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	185	10	50	2	1.06	7	61	0.27	4831	87	29	503	805

Ingredients

1 mango, pitted
1 tangerine

Comments

Peach and Strawberry Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	116	4.78	28.72	1.94	0.5	6.24	26	0.62	536	68	22	546	109

Ingredients

2 peaches, pitted
8 organic strawberries

Comments

Pineapple and Apple Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10	204	7	54	1.76	0.5	7	22	0.655	60	56	26.5	494	

Ingredients

1.5 c pineapple
1 organic apple

Comments

Spinach and Apple Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	91.5	5.52	22.72	1.64	0.6	5.24	56.46	1.5	1927	21.46	95	416	327

Ingredients

2 organic apples
1.5 organic packed spinach

Comments

Spinach and Carrot Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	196	8	44	6	1	13	160	3.4	60957	55	151	1655	12470

Ingredients

6 organic carrots
1.5 c organic packed spinach

Comments

Spinach and Celery Juice



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Vit A
1	10	41	4	7	3	0.4	5	126	2	2054	29	147	832	345

Ingredients

4 organic celery stalks
1.5 c organic packed spinach

Comments

Template



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10													

Ingredients

1 c organic
2 c organic
2 c organic
2 c organic

Comments

Template



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10													

Ingredients

1 c organic
2 c organic
2 c organic
2 c organic

Comments

Template



Serves	Prep	Calories (k)	k from fat	Carbs	Protein	fat	Fiber	Calcium	Iron	Beta-caro	Vit C	Folic Acid	Potassium	Sodium
1	10													

Ingredients

1 c organic
2 c organic
2 c organic
2 c organic

Comments