Reboot with Joe™

101 Juice Recipes



from Joe Cross

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Message from Joe

Welcome to juicing!

I'm excited to share my picks for 101 amazing juice recipes, as well as tips and how-to-juice information to have you juicing like a pro.

I've had my fun taste testing and selecting the juices for this book. I've included some old favorites (including my Mean Green) and have added some new combinations of fruits and vegetables, herbs and spices that evoke the flavors that I've always loved in great cuisine — and from what my mates have told me after sampling our recipes, I think we've come up with some real winners.

Juicing is not an exact science. Use these measurements as guides and adjust to your taste. Love spinach? Add another handful to your juice. Hate beets? Substitute with red cabbage. Have fun trying out new fruits, vegetables, herbs and spices.

If you're on a Reboot be aware that not all of these recipes follow the 80% vegetables, 20% fruit rule. Look for the juices designated as Reboot juices. No idea what a Reboot is? It's a period of eating and drinking just fruits and vegetables for weight loss and improved health. You can find out more about Rebooting at www.rebootwithjoe.com/rebooting

Making a juice regimen part of your daily life can improve your health dramatically, and it can be fun, creative and delicious. I hope these recipes inspire you to keep on juicing!

Joe Cross

About Reboot with Joe

RebootwithJoe.com was founded by Joe Cross after the success of his film Fat, Sick & Nearly Dead (www.fatsickandnearlydead.com) to educate and inspire people to achieve weight loss and health through juicing and plant-based eating.

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How To Use This Book

Have fun!

These juice recipes are meant to serve as inspiration for you to get creative with your juicer so feel free to adjust these recipes to fit your taste. If an ingredient is too strong for you, like ginger, use less. If you really love an ingredient, like blueberries, add a bit more. If you don't like an ingredient all together and it's used for flavor, like an onion or a radish, just leave it out of your juice. If it's a main ingredient, like a beet, try substituting it with a similar vegetable. There's a substitution chart included at the end of this book to help you out. In general you can substitute a fruit for a fruit of the same color, or a vegetable for a vegetable of the same color and retain the overall nutritional make up.

Icon Key

You will see the following icons to the right of the recipe titles. This is what they mean:

The juice is easy and quick to make. It's made up of a few ingredients that take little time to prep.

The juice is hydrating and loaded with electrolytes making it great for before or after a workout.

The juice is 100% fruit. Better than store bought and still good for you, but higher in sugar and calories.

The juice is Reboot friendly. What's a Reboot? It's a period of consuming only fruits and vegetable for weight loss and improved health. It's what I did in 'Fat, Sick & Nearly Dead', leading to my 100 pound weight loss and medication free life. You can get Reboot plans on my website at www.rebootwithjoe.com/plans If the plan calls for a specific juice color, you can use any juice of the same color in the book with the R. For example the plan may have three green juices to select from but you can use any green juice in this book with the R.

Have any of these conditions? The fruits and vegetables in this juice have nutrients that may support your body in fighting the condition and easing symptoms.

Joe's Juicing Tips

Ready to start juicing? It's easy but yes, it does take time! These tips and tricks will help make it a fun and smooth process for you. Not sure what to do with that lemon? Peel it or not? Check out our Produce Juicing Guide in this book.

Get Ready to Juice

1) Select your juicer.
Refer to our Juicer Buying Guide on RebootwithJoe.com to purchase the juicer that is right for you.

2) Prepare your grocery list.
Before making a trip to the store or market, make your grocery list so you know exactly how many fruits and vegetables to purchase.

3) Save time.
If you plan on making a morning juice, prepare your fruits and veggies the night before by selecting the ingredients for your juice, washing the produce, placing them in a storage container in the fridge and assembling the juicer in your kitchen so it's ready to go.

4) Now, start juicing.
Follow steps on the next page to make your juice and start flooding your body with nutrients.

How to Make a Juice

1) Wash produce thoroughly.
Unwashed produce can be contaminated with bacteria so this is an important step in the juicing process.

2) Line your juicer's pulp basket.
If you have a juicer that has a pulp basket, line it with a plastic bag for easy clean-up.

3) Cut or tear produce.
Just before juicing, cut any produce that might be too large to fit through the juicer's produce shoot. (Once you start cutting vegetables they begin to lose nutrients, so it's best to cut just before juicing. But if you really need to save on time, you may want to add this step to your preparation.)

4) Feed produce through the juicer's produce shoot.
If your juicer has more than one speed, don't forget to downshift from high to low for softer fruits. Most juicers come with a chart in the instruction manual to help guide you on speeds. Usually hard produce like apples and beets are on high and soft ones like spinach or cabbage are set to low.

5) Rejuice your pulp.
Once produce has been passed through the juicer, check to see if your pulp is still damp. If it is, pass it back through your juicer and you'll be able to get more juice from the leftovers. (Visit www.rebootwithjoe.com/pulp to learn what to do with leftover pulp.)

6) Drink up and juice on.
At this point, you should have a fresh juice ready to drink. Drink it as soon as possible because once it's juiced, it starts to lose nutritional value overtime. If stored properly, it can last 2 to 3 days, but remember that there are no preservatives in fresh juice (which is why we love it!) so it can go bad quickly. If you prefer it cold, pour over ice.

7) Now it's time to clean your juicer.
Carefully scrub your machine with warm water and soap and place on a drying mat. Check the owner's manual to see if your juicer is dishwasher friendly for an even easier clean.

Tips for Storing a Juice

1) Make a double batch.
Make more than one juice, have half right away, and then store the rest for your juice later that day or the following day. This will help ensure you get the most potent juice possible for at least one serving.

2) Store in the fridge.
Juice will keep for 48 to 72 hours in the fridge (72 hours is maximum time suggested). If you are traveling bring your juice in a cooler.

3) Freeze.
Freezing is also an option if you will not be drinking the juice within 48 hours. If you do freeze your juice, do it immediately after juicing. Thaw in the refrigerator. Drink within 10 days of freezing.

4) Keep in airtight container.
Store your juice in an airtight container, preferably glass but BPA-free plastic works too.

5) Fill container full.
Fill juice to the top of your preferred container to prevent oxygen from getting in which can deplete the nutrients.



Green

Bunny’s Brier Patch

A garden juice low in calories and high in carotene, lutein and zea-xanthin.



Ingredients (Makes 2 servings)

— ½ yellow squash
— 2 leaves kale (Tuscan cabbage)
— 1 apple
— 1 stalk broccoli
— 2 handfuls spinach
— 3 carrots

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	77 / 322kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	0mg
Carbohydrate	18g
Fiber	0g
Sugars	12g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Stroke, diabetes, cancer, gout, allergies, vision, skin, immunity, GI, liver.

Cancun

Get lost on the beaches of your spring break vacation by drinking in the numerous greens in this refreshing drink.



Ingredients (Makes 2 servings)

— 6 leaves kale (Tuscan cabbage)
— 1 cucumber
— 1 lime
— 1 small handful mint
— 1 jalapeño
— 3 ribs celery (optional)

1) Peel lime.
2) Remove seeds from jalapeño.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	164 / 686kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	6mg
Carbohydrate	44g
Fiber	0g
Sugars	31g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Gout, inflammation/pain, auto immune conditions, weight loss/obesity, immunity, gallbladder.

Carrot Spinach Apple

A sweet green juice high in vitamin K and A to promote strength and vitality.



Ingredients (Makes 2 servings)

— 2 carrots
— 2 handfuls spinach
— 1 small handful parsley
— 2 apples

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	92 / 385kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	60mg
Carbohydrate	13g
Fiber	1g
Sugars	9g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Stroke, high cholesterol, osteoporosis, allergies, migraines,auto immune conditions, thyroid, weight loss/obesity, vision, skin, menstrual/PMS/menopause/PCOS.

Clean Green Elixir

Super green and super clean, this green juice, loaded with 10 leaves of kale and a strong taste of lemon, is a crowd pleaser.



Ingredients (Makes 2 servings)

— 1½ green apples
— 1 pear
— 10 leaves kale (Tuscan cabbage)
— ½ lemon

1) Peel lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	117 / 490kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	60mg
Carbohydrate	27g
Fiber	2g
Sugars	12g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





High cholesterol, cancer, osteoporosis, inflammation/pain, vision, skin, immunity, liver, gallbladder.

Crisp & Clean Green

Light and refreshing, this green juice is a great way to make your liver happy.



Ingredients (Makes 2 servings)

— ¼ head green cabbage
— 2 pears
— 6 leaves romaine
— 1" / 2.5cm ginger

1) Peel ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	106 / 444kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	26mg
Carbohydrate	27g
Fiber	1g
Sugars	16g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, cancer, osteoporosis, gout, inflammation/pain, weight loss/obesity, immunity, GI, liver, menstrual/PMS/menopause/PCOS.

Everyday Green

If you like rich greens and a bit of bitterness you'll love this juice by New York City chef Dan Kluger.



Ingredients (Makes 2 servings)

— 6 leaves kale (Tuscan cabbage)
— 5 leaves collard greens
— 1 cucumber
— 1 handful parsley
— 1 apple
— 1" / 2.5cm ginger

1) Peel ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	88 / 368kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	108mg
Carbohydrate	20g
Fiber	2g
Sugars	10g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Diabetes, cancer, osteoporosis, migraines, vision, skin, immunity, weight loss, GI, liver.

Go-To Green

A good go-to for your daily juice intake loaded with phytochemicals.



Ingredients (Makes 2 servings)

— 2 handfuls spinach
— 2 carrots
— 2 apples
— 2 ribs celery
— 1 cucumber

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	112 / 469kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	82mg
Carbohydrate	27g
Fiber	0g
Sugars	19g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, high cholesterol, cancer, osteoporosis, arthritis, allergies, migraines, thyroid, vision, skin.

Green Apple

Combine these three ingredients and you'll have a healthy spin on store-bought apple juice in minutes.



Ingredients (Makes 2 servings)

— 2 apples
— 2 kiwi
— 2 large handfuls spinach

1) Peel kiwi.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	89 / 372kJ
Fat	1g
Trans Fat	1g
Cholesterol	1m
Sodium	27mg
Carbohydrate	21g
Fiber	1g
Sugars	14g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

High cholesterol, diabetes, cancer, arthritis, gout, thyroid, vision, GI, menstrual/PMS/menopause/PCOS.

Green Citrus

The ingredients are simple; it's just the basics — apple, orange, and large handfuls of spinach (or any leafy greens that you prefer).



Ingredients (Makes 2 servings)

— 1 green apple
— 1 orange
— 3 handfuls spinach

1) Peel orange.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	84 / 352kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	31mg
Carbohydrate	20g
Fiber	2g
Sugars	10g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, high cholesterol, cancer, osteoporosis, migraines, vision, skin, immunity.

Green Fennel Delight

If you like the taste of licorice, you can find it in a healthy version of this great tasting juice that offers a smooth finish.



Ingredients (Makes 2 servings)

— 1 fennel
— 1 rib celery
— 8 leaves kale (Tuscan cabbage)
— 1 green apple
— 2 oranges

1) Peel oranges.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	116 / 485kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	69mg
Carbohydrate	27g
Fiber	3g
Sugars	13g
Protein	4g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, cancer, arthritis, auto immune conditions, weight loss/obesity, skin, GI, liver, menstrual/PMS/menopause/PCOS gallbladder.

Green Goddess

It only takes seconds to load up on nutrients with this simple juice.



Ingredients (Makes 2 servings)

— 1 fennel
— 2 ribs celery
— 3 handfuls spinach

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	88 / 368kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	128mg
Carbohydrate	8g
Fiber	0g
Sugars	1g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, osteoporosis, gout, migraines, inflammation/pain, athyroid, vision, immunity, liver, thyroid, menstrual/PMS/menopause/PCOS.

Green Grape & Pear

A healthy spin on grape juice to fight against the risk of stroke and high blood pressure.



Ingredients (Makes 2 servings)

— 1 cup / 150g green grapes
— 1 pear
— 1 lime
— 2 cucumbers

1) Peel lime.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	111 / 465kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	7mg
Carbohydrate	29g
Fiber	1g
Sugars	18g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, high cholesterol, cancer migraines, thyroid, skin, gallbladder.

Great Greens

Consume this powerhouse of phytonutrients every day and your body will thank you.



Ingredients (Makes 2 servings)

— 1 green apple
— 2 handfuls spinach
— 6 leaves chard (silverbeet)
— 1 cucumber
— 2 ribs celery
— ½ fennel
— 1 bunch basil

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	75 / 314kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	105mg
Carbohydrate	17g
Fiber	0g
Sugars	8g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, cancer, osteoporosis, migraines, inflammation/pain, auto immune conditions, weight loss/obesity, vision, skin, immunity, menstrual/PMS/menopause/PCOS

Green Honey

It may look like a typical green juice, but its sweet honey flavor offers a unique taste and antioxidants.



Ingredients (Makes 2 servings)

— ⅓ medium honeydew
— 1 apple
— 8 leaves kale (Tuscan cabbage)
— ½ cucumber

1) Remove rind from honeydew.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	101 / 423kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	74mg
Carbohydrate	22g
Fiber	2g
Sugars	11g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, high cholesterol, cancer, osteoporosis, vision, skin, immunity, liver.

Green Lemonade

Take a refreshing lemonade that is perfect for those summer months up a notch by adding greens!



Ingredients (Makes 2 servings)

— 1 green apple
— 2 handfuls spinach
— 8 leaves kale (Tuscan cabbage)
— ½ cucumber
— 2 ribs celery
— 1 lemon

1) Peel lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	74 / 310kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	61mg
Carbohydrate	17g
Fiber	1g
Sugars	7g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, high cholesterol, diabetes, cancer, osteoporosis, auto immune conditions, weight loss/obesity, GI, liver, gallbladder.

Green Tart

Not only will its pleasant sour taste wake up your taste buds but it will give you a nice boost of energy to get through your morning and the rest of your day.



Ingredients (Makes 2 servings)

— 8 leaves kale (Tuscan cabbage)
— 2 green apples
— ½ lemon

1) Peel lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	103 / 431kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	45mg
Carbohydrate	24g
Fiber	2g
Sugars	14g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, diabetes cancer, osteoporosis, inflammation/pain, weight loss/obesity, skin, immunity, liver, gallbladder.

Jicama Salad

A new spin on a juice which can help boost your immune system.



Ingredients (Makes 2 servings)

— 1 jicama
— 4 leaves romaine
— 2 handfuls spinach
— 1 small handful tarragon
— ½ lemon

1) Peel jicama and lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	57 / 238kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	14mg
Carbohydrate	16g
Fiber	0g
Sugars	3g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, diabetes, osteoporosis, thyroid, weight loss/obesity, vision, menstrual/PMS/menopause/PCOS.

Joe’s Mean Green

No wonder this is Joe’s favorite juice, it contains some of the most nutritious fruits and vegetables on the planet.



Ingredients (Makes 2 servings)

— 1 cucumber
— 4 ribs celery
— 2 green apples
— 8 leaves kale (Tuscan cabbage)
— ½ lemon
— 1" / 2.5cm ginger

1) Peel lemon and ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	106 / 444kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	69mg
Carbohydrate	26g
Fiber	1g
Sugars	14g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, high cholesterol, cancer, osteoporosis, migraines, auto immune condition, weight loss/obesity, vision, immunity, liver.

Kickin’ Cucumber Melon

Kick up your daily juice with this combination of cucumber, melon, lime, ginger and even jalapeño!



Ingredients (Makes 2 servings)

— 1 cucumber
— 1 lime
— ⅓ medium honeydew
— 1 jalapeño
— 1" / 2.5cm ginger

1) Peel lime and ginger.
2) Remove rind from honeydew.
3) Remove seeds from jalapeño.
4) Wash all ingredients.
5) Add all ingredients through juicer and enjoy!

Calories	46 / 192kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	14mg
Carbohydrate	12g
Fiber	0g
Sugars	7g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Arthritis, gout, migraines, inflammation/pain, auto immune conditions, thyroid, skin, immunity, gallbladder.

Lemon Lime & Bitters

Sweet and sour and loaded with nutritional power.



Ingredients (Makes 2 servings)

— 1 lemon
— 1 lime
— 1 handful watercress
— 2 green apples

1) Peel lemon and lime.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	96 / 402kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	8mg
Carbohydrate	26g
Fiber	1g
Sugars	17g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Diabetes, cancer, arthritis, migraines, inflammation/pain, weight loss/obesity, skin, GI, gallbladder.

Little Green

Sometimes a little kiwi green is just what the doctor ordered.



Ingredients (Makes 2 servings)

— 2 green apples
— 2 kiwi
— 2 ribs of celery

1) Peel kiwi.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	100 / 419kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	25mg
Carbohydrate	26g
Fiber	0g
Sugars	18g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, high cholesterol, osteoporosis, gout, auto immune conditions, thyroid, immunity.

Honey I Juiced the Greens

Deliciously tart with a satisfying sweetness and a slightly sour taste.



Ingredients (Makes 2 servings)

— ⅓ medium honeydew
— ⅔ medium pineapple
— 2 green apples
— 8 leaves kale (Tuscan cabbage)

1) Remove rind from honeydew and pineapple.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	113 / 473kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	35mg
Carbohydrate	26g
Fiber	1g
Sugars	17g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, high cholesterol, cancer, osteoporosis, arthritis, gout, migraines, inflammation/pain, auto immune conditions, skin

Melon Chard

Sweeten up the strong taste of chard with refreshing fruity flavors from apple, cantaloupe and honeydew.



Ingredients (Makes 2 servings)

— 2 apples
— ½ cantaloupe (rockmelon)
— ½ honeydew
— 7 leaves kale (Tuscan cabbage)
— 7 leaves chard (silverbeet)

1) Remove rind from cantaloupe and honeydew.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	178 / 745kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	122mg
Carbohydrate	44g
Fiber	1g
Sugars	32g
Protein	4g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, osteoporosis, arthritis, migraines, skin, liver, menstrual/PMS/menopause/PCOS.

Mexican Style Jugo

If you can’t get enough of the common Mexican dishes loaded with cilantro then you’ll love this juice!



Ingredients (Makes 2 servings)

— 2 cucumbers
— 4 handfuls cilantro (coriander)
— 1 lime
— 1 poblano pepper
— 1 apple

1) Peel lime.
2) Remove seeds from poblano pepper.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	69 / 289kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	7mg
Carbohydrate	18g
Fiber	0g
Sugars	10g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Diabetes, cancer, migraines, inflammation/pain, auto immune conditions, thyroid, weight loss/obesity, skin, immunity, gallbladder.

Morning Dew

This diverse juice is an excellent source of vitamin A and other powerful antioxidants.



Ingredients (Makes 2 servings)

— 2 green apples
— ½ honeydew
— 8 leaves chard (silverbeet)
— 1 lime
— 1 small handful basil
— 1 small handful mint

1) Peel lime.
2) Remove rind from honeydew.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	112 / 469kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	93mg
Carbohydrate	25g
Fiber	1g
Sugars	17g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, high cholesterol, cancer, osteoporosis, arthritis, auto immune conditions, vision, skin, immunity, liver, gallbladder.

Morning Green Glory

Skip the coffee and start your day with this nutrient-packed sweet green juice.



Ingredients (Makes 2 servings)

— 5 leaves kale (Tuscan cabbage)
— 1 handful spinach
— 3 leaves romaine
— 1 cucumber
— 3 ribs celery
— 1 green apple
— 1 lemon

1) Peel lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	75 / 314kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	57mg
Carbohydrate	18g
Fiber	1g
Sugars	9g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, diabetes, cancer, osteoporosis, migraines, weight loss/obesity, vision, skin, immunity, menstrual/PMS/menopause/PCOS gallbladder.

Peachy Keen Green

If you're seeking a wider variety of greens to juice, look no further. The dandelion greens in this juice might be just what you are looking for.



Ingredients (Makes 2 servings)

— 2 summer squash
— 8 leaves kale (Tuscan cabbage)
— 4 leaves dandelion greens
— 4 peaches
— 1 apple
— ½ lemon

1) Peel lemon.
2) Remove pits from peaches.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	166 / 695kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	38mg
Carbohydrate	39g
Fiber	1g
Sugars	26g
Protein	6g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, high cholesterol, cancer, osteoporosis, migraines, vision, skin, immunity, memory, liver.

Red White Blue (& Green)

Rich in antioxidants and flavor this drink is a delicious treat and a refreshing and cooling taste for warm summer months.



Ingredients (Makes 2 servings)

— 2 ½ cups / 380g watermelon
— 1 cup / 140g blueberries
— 8 leaves chard (silverbeet)

1) Remove rind from watermelon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	74 / 310kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	56mg
Carbohydrate	18g
Fiber	0g
Sugars	14g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, cancer, arthritis, gout, migraines, memory, liver.

Simple Green

Healthy and powerful greens great for healing and protecting against diseases.



Ingredients (Makes 2 servings)

— 8 leaves kale (Tuscan cabbage)
— 2 handfuls spinach
— ½ cucumber
— 4 ribs celery
— 2 green apples
— 1" / 2.5cm ginger

1) Peel ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	100 / 419kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	84mg
Carbohydrate	24g
Fiber	1g
Sugars	13g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, high cholesterol, cancer, osteoporosis, migraines, weight loss/obesity, skin, GI, liver, menstrual/PMS/menopause/PCOS.

Sparkling Clean Green Elixir

Minty fresh with a hint of lemon, you'll find a refreshing delight for your taste buds in this juice.



Ingredients (Makes 2 servings)

— 2 ribs celery
— 2 leaves chard (silverbeet)
— ½ lemon
— 1 small handful mint
— 1 apple
— ½ cucumber

1) Peel the lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	54 / 226kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	52mg
Carbohydrate	13g
Fiber	0g
Sugars	9g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Diabetes, cancer, osteoporosis, inflammation/pain, auto immune conditions, weight loss/obesity, vision

Spiced Apple Pear

Simply sweet with a little spice, this juice is easy to make, super healthy and a crowd pleaser.



Ingredients (Makes 2 servings)

— 2 apples
— 2 pears
— 8 leaves kale (Tuscan cabbage)
— 1 ½" / 4cm ginger

1) Peel ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	141 / 590kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	3mg
Carbohydrate	37g
Fiber	2g
Sugars	36g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, high cholesterol, cancer, auto immune conditions.

Summer Green

A fresh twist on a classic green juice, the zucchini lends a light flavor while the pears add just a touch of sweetness.



Ingredients (Makes 2 servings)

— 2 pears
— 4 leaves kale (Tuscan cabbage)
— 1 handful spinach
— ½ cucumber
— 1 zucchini
— ¼ lemon
— 1" / 2.5cm ginger

1) Peel the lemon and ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	99 / 414kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	30mg
Carbohydrate	23g
Fiber	2g
Sugars	13g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, diabetes, osteoporosis, arthritis, gout, migraines, auto immune conditions, weight loss/obesity, vision, immunity, menstrual/PMS/menopause/PCOS

Sweet Green

Combine the power veggie kale with refreshing pineapple and apple to make your greens delicious and sweet.



Ingredients (Makes 2 servings)

— ¼ medium pineapple
— 1 green apple
— 8 leaves kale

1) Remove rind from pineapple.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	99 / 414kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	45mg
Carbohydrate	22g
Fiber	1g
Sugars	12g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Stroke, cancer, osteoporosis, inflammation/pain, auto immune conditions, vision, skin, immunity, liver.

The Perfect Pear

Lemon and parsley make a perfect ‘pear’ in this juice by offering a tart taste high in vitamin C.



Ingredients (Makes 2 servings)

— 8 leaves kale (Tuscan cabbage)
— 1 pear
— 1 cucumber
— 1 handful parsley
— ½ lemon

1) Peel lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	103 / 431kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	47mg
Carbohydrate	23g
Fiber	2g
Sugars	8g
Protein	5g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, cancer, osteoporosis, weight loss/obesity, vision, skin, immunity, liver, gallbladder.

The Three Cs

A super green juice packed with vitamin K.



Ingredients (Makes 2 servings)

— 2 apples
— 2 ribs celery
— 1 cucumber
— 6 leaves chard (silverbeet)
— ½ lemon

1) Peel lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	99 / 414kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	133mg
Carbohydrate	22g
Fiber	1g
Sugars	16g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Cancer, osteoporosis, arthritis, allergies, auto, immune conditions, weight loss/obesity, vision, skin, liver, gallbladder.

Triple Threat

You'll enjoy a sweet, sour and refreshing taste all in one sip.



Ingredients (Makes 2 servings)

— 3 oranges
— 1 lemon
— 1 lime
— 2 sprigs rosemary
— 6 leaves romaine

1) Peel the oranges, lemon and lime.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	78 / 326kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	1mg
Carbohydrate	21g
Fiber	3g
Sugars	14g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, cancer, gout ,thyroid, skin, gallbladder.

Tutti Frutti

Sweet, savory and delicious, just like the pineapples that go into this juice.



Ingredients (Makes 2 servings)

— ¼ medium pineapple
— 4 leaves chard (silverbeet)
— 1 kiwi
— 1 cup / 150g red grapes
— 1 green apple

1) Peel the kiwi and remove the rind from the pineapple.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	89 / 372kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	59mg
Carbohydrate	23g
Fiber	0g
Sugars	17g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, high cholesterol, osteoporosis, arthritis, allergies, inflammation/pain, auto immune conditions, skin, memory.

Tuscan Summer

Perfect for pretending your vacationing in Italy.



Ingredients (Makes 2 servings)

— 1 grapefruit
— ½ fennel
— 1 orange
— 1 handful basil

1) Peel grapefruit and orange.
2) Wash all ingredients.
3) Add all ingredients through juicer.

Calories	149 / 624kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	5mg
Carbohydrate	36g
Fiber	0g
Sugars	20g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, high cholesterol, cancer, inflammation/pain, auto immune conditions, immunity.

Winter Green Detox

From Chef Dan Kluger, this seasonal favorite and antioxidant powerhouse, is loaded with seven different fruits and vegetables that all add a surplus of phytonutrients.



Ingredients (Makes 2 servings)

— 1 grapefruit
— 1 small handful mint
— 3 ribs celery
— ½ fennel
— 1 lemon
— 1 apple
— 5 leaves kale (Tuscan cabbage)

1) Peel grapefruit and lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	105 / 439kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	135mg
Carbohydrate	23g
Fiber	2g
Sugars	7g
Protein	4g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





High cholesterol, osteoporosis, allergies, auto immune conditions, vision, skin, immunity, liver, menstrual/PMS/menopause/PCOS, gallbladder



Yellow

Australia Gold

Celebrate Australia Day or any day with this unique juice full of plant rich micronutrients.



Ingredients (Makes 2 servings)

— ½ medium pineapple
— 1 yellow pepper (capsicum)
— 1 lemon
— 1" / 2.5cm ginger

1) Peel lemon and ginger.
2) Remove rind from pineapple and seeds from yellow pepper.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	106 / 444kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	5mg
Carbohydrate	25g
Fiber	1g
Sugars	15g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, cancer, arthritis, inflammation/pain, thyroid, weight loss/obesity, skin, immunity, gallbladder.

Celery Root & Pear

This simple, light, and refreshing juice is rich in electrolytes, sodium, potassium, and magnesium.



Ingredients (Makes 2 servings)

— 3 celery root (celeriac)
— 2 pears

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	164 / 686kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	220mg
Carbohydrate	39g
Fiber	1g
Sugars	16g
Protein	4g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, high cholesterol, cancer, thyroid, weight loss/obesity, GI.

Ginger Pear-snip

Add a little spice to your life while helping to reduce your risk of cancer and inflammation.



Ingredients (Makes 2 servings)

— 3 parsnips
— 1 pear
— 1½" / 4cm ginger

1) Peel ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	190 / 795kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	19mg
Carbohydrate	49g
Fiber	5g
Sugars	20g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, high cholesterol, cancer, allergies, inflammation/pain, thyroid, weight loss/obesity, immunity.

Hot & Cold

Hot, cold and healthy adding high levels of vitamins B6, E and K.



Ingredients (Makes 2 servings)

— 1 jicama
— 2 oranges
— 1 jalapeño
— 1 small handful mint
— 2 sprigs cilantro (coriander)

1) Peel jicama and oranges.
2. Remove seeds from jalapeño.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	49 / 205kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	6mg
Carbohydrate	12g
Fiber	1g
Sugars	6g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Diabetes, cancer, gout, inflammation/pain, auto immune conditions, immunity, liver.

Mango Salsa

Sweet and savory with a bit of spice, this juice is great for maintaining healthy skin.



Ingredients (Makes 2 servings)

— 1 mango
— ½ cucumber
— ½ yellow pepper (capsicum)
— 1 jalapeño
— 1 small handful cilantro (coriander)
— 1 lime

1) Peel lime.
2) Remove skin from mango.
3) Remove seeds from pepper and jalapeño.
4) Wash all ingredients.
5) Add all ingredients through juicer and enjoy!

Calories	96 / 402kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	4mg
Carbohydrate	24g
Fiber	2g
Sugars	17g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Arthritis, gout, allergies, migraines, inflammation/pain, auto immune conditions, thyroid, immunity, menstrual/PMS/menopause/PCOS, gallbladder.

Mexi Cali

A spicy anti-inflammatory juice that offers a refreshing bite.



Ingredients (Makes 2 servings)

— ⅔ medium pineapple
— 1 green apple
— 1 lime
— ½ jalapeño
— 1 small handful cilantro (coriander)

1) Peel lime.
2) Remove rind from pineapple.
3) Remove seeds from jalapeño.
4) Wash all ingredients.
5) Add all ingredients through juicer and enjoy!

Calories	65 / 272kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	88mg
Carbohydrate	13g
Fiber	1g
Sugars	3g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, cancer, gout, allergies, migraines, auto immune conditions, skin, liver, menstrual/PMS/menopause/PCOS gallbladder.

Southwest

Fruity and refreshing with a prickly cactus flare that brings you to the southwest.



Ingredients (Makes 2 servings)

— 1 chayote
— 1 tomato
— 1 green apple

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	58 / 243kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	5mg
Carbohydrate	14g
Fiber	0g
Sugars	14g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, cancer, auto immune conditions.

Taj Mahal

Inspired by the flavors of India, this juice is full of vitamin C and potassium.



Ingredients (Makes 2 servings)

— 2 apples
— 2 pears
— ½ lemon
— 2" / 5cm ginger
— dash garam masala

1) Peel lemon and ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer.
4) Top with garam masala and enjoy!

Calories	98 / 410kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	63mg
Carbohydrate	24g
Fiber	1g
Sugars	12g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Cancer, arthritis, auto immune conditions, GI, liver, menstrual/PMS/menopause/PCOS, gallbladder.

Tia Rita

The combination of refreshing fruits with basil and ginger is delicious, complex and invigorating to your taste buds.



Ingredients (Makes 2 servings)

— 2 grapefruits
— 2 pears
— ⅓ medium pineapple
— 1 small handful basil
— ½ lime
— 1" / 2.5cm ginger

1) Peel the grapefruits, lime and ginger.
2) Remove the rind from pineapple.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	94 / 393kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	3mg
Carbohydrate	22g
Fiber	1g
Sugars	22g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, high cholesterol, cancer, arthritis, gout, allergies, skin, immunity, menstrual/PMS/menopause/PCOS.

Winter White

This juice is perfect for the winter months for its fresh and seasonal taste that can brighten up winter doldrums.



Ingredients (Makes 2 servings)

— 1 fennel
— 2 pears
— 1" / 2.5cm ginger

1) Peel the ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	141 / 590kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	3mg
Carbohydrate	37g
Fiber	2g
Sugars	26g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, high cholesterol, cancer, arthritis, gout, inflammation/pain, auto immune conditions, thyroid, immunity, gallbladder



Orange

Apple Pie

This delicious juice comes full circle in flavor and nutrients to boost your health.



Ingredients (Makes 2 servings)

— 1 sweet potato
— 2 carrots
— 2 apples
— 1 orange
— dash pumpkin pie spice

1) Peel orange and sweet potato.
2) Wash all ingredients.
3) Add all ingredients through juicer.
4) Top with a dash of pumpkin pie spice and enjoy!

Calories	148 / 619kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	98mg
Carbohydrate	35g
Fiber	2g
Sugars	23g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Stroke, cancer, arthritis, gout, allergies, auto immune conditions, thyroid, vision, skin, immunity.

Carrot Apple Ginger

Transition to crisper, cooler weather, and beautiful produce, with this simple and super tasty classic.



Ingredients (Makes 2 servings)

— 3 carrots
— 2 apples
— 1" / 2.5cm ginger

1) Peel ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	87 / 364kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	64mg
Carbohydrate	22g
Fiber	0g
Sugars	16g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, high cholesterol, cancer, osteoporosis, allergies, inflammation/pain, thyroid, vision, skin, immunity, liver.

Carrot Tangerine Ginger

An orange colored juice with more health benefits than orange juice.



Ingredients (Makes 2 servings)

— 4 carrots
— 4 tangerines
— ½" / 1.3cm ginger

1) Peel tangerines and ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	102 / 427kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	124mg
Carbohydrate	25g
Fiber	2g
Sugars	20g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Stroke, cancer, gout, allergies, inflammation/pain, thyroid, immunity, GI.

Captain Melon

Healthy summer time juice with anti-inflammatory and cancer fighting properties.



Ingredients (Makes 2 servings)

— ½ medium watermelon
— ⅓ medium pineapple
— 1" / 2.5cm ginger

1) Peel ginger.
2) Remove rind from watermelon and pineapple.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	34 / 142kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	2mg
Carbohydrate	8g
Fiber	0g
Sugars	6g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, cancer, auto immune conditions, thyroid, GI.

Citrus Times Three

Packed with vitamin C to support your immune system and keep it strong.



Ingredients (Makes 2 servings)

— 3 oranges
— 2 grapefruits
— ½ lemon
— 2 sprigs rosemary

1) Peel oranges, grapefruits and lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	138 / 578kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	0mg
Carbohydrate	35g
Fiber	3g
Sugars	25g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

High cholesterol, cancer, gout, allergies, inflammation/pain, auto immune conditions, thyroid, weight loss/obesity, skin, immunity.

Glowing Green Pepper

Protect your immune system while brightening your skin with this glowing juice.



Ingredients (Makes 2 servings)

— 1 green pepper (capsicum)
— 1 cucumber
— 3 carrots
— 1 lemon

1) Peel lemon.
2) Remove seeds from pepper
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	65 / 272kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	67mg
Carbohydrate	16g
Fiber	1g
Sugars	9g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Stroke, diabetes, cancer, allergies, thyroid, weight loss/obesity, vision, skin, menstrual/PMS/menopause/PCOS.

Green Carrot Ginger

If you want to ward off the seasonal cold then load up on this juice super-packed with immune-boosting, heart-healthy ginger.



Ingredients (Makes 2 servings)

— 1 cucumber
— 4 carrots
— 3 leaves kale (Tuscan cabbage)
— ½ pear
— 1" / 2.5cm ginger

1) Peel ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	89 / 372kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	97mg
Carbohydrate	21g
Fiber	1g
Sugars	12g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Stroke, cancer, osteoporosis, allergies, migraines, auto immune conditions, weight loss/obesity, vision, skin, liver.

Mexican Fiesta

A Mexican fiesta in a glass! The unique combination of jicama, red bell pepper, orange and red onion offers high levels of vitamin C.



Ingredients (Makes 2 servings)

— ½ jicama
— ½ red bell pepper (capsicum)
— ½ cucumber
— ¼ red onion
— 1 orange
— 1 lime
— dash cayenne pepper

1) Peel jicama, orange, lime and onion.
2) Wash al ingredients.
3) Add all ingredients through juicer.
4) Top with a dash of cayenne pepper and enjoy!

Calories	67 / 280kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	4mg
Carbohydrate	23g
Fiber	1g
Sugars	8g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Diabetes, cancer, gout, inflammation/pain, thyroid, weight loss/obesity, immunity, liver, menstrual/PMS/menopause/PCOS, gallbladder.

Minty Citrus

Refresh your palate and load up on phytonutrients with this minty fresh juice.



Ingredients (Makes 1 servings)

— 2 oranges
— 1 grapefruit
— 2 carrots
— 4 ribs celery
— 1 handful mint

1) Peel oranges and grapefruit.
2) Wash ingredients well.
3) Add all ingredients through juicer and enjoy!

Calories	123 / 515kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	96mg
Carbohydrate	29g
Fiber	2g
Sugars	19g
Protein	4g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, high cholesterol, cancer, inflammation/pain, auto immune conditions, thyroid, vision, skin, immunity, GI.

Oh Sweet Broccoli

Loaded with vitamins C, K, A, folate, and manganese, this juice is a good way to up your broccoli intake.



Ingredients (Makes 2 servings)

— 1 ½ heads broccoli
— 2 oranges
— 1 cucumber
— 1 carrot

1) Peel oranges.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	71 / 297kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	36mg
Carbohydrate	17g
Fiber	2g
Sugars	12g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, high cholesterol, cancer, osteoporosis, migraines, auto immune conditions, skin, liver.

Orange Ginger

A seasonal, antioxidant power-packed juice that includes flavors of the fall.



Ingredients (Makes 2 servings)

— 1 sweet potato
— ¼ cup / 65g cranberries
— 1 orange
— ½ lemon
— ½ fennel
— ¼" / 0.5cm ginger
— dash cinnamon

1) Peel sweet potato.
2) Peel orange and lemon.
3) Add all ingredients through juicer.
4) Top with a dash of cinnamon and enjoy!

Calories	128 / 536kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	77mg
Carbohydrate	30g
Fiber	3g
Sugars	17g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, high cholesterol, cancer, inflammation/pain, skin, immunity, GI.

Peach Chai

Refreshingly fruity and spicy, nutrient-rich and packed with antioxidants like vitamin C and phytochemicals.



Ingredients (Makes 2 servings)

— 3 peaches
— 10 strawberries
— 1 ½" / 4cm ginger
— dash Chinese 5-spice

1) Peel ginger.
2) Remove pits from peaches.
3) Wash all ingredients.
4) Add all ingredients through juicer.
5) Top with dash of Chinese 5-Spice powder and enjoy!

Calories	51 / 213kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	1mg
Carbohydrate	12g
Fiber	0g
Sugars	14g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, cancer, arthritis, gout, allergies, thyroid, vision, skin, memory.

Roots & Fruits

A nice way to start a fall day. This juice is full of vitamin C, beta-carotene and bromelain.



Ingredients (Makes 2 servings)

— 2 carrots
— 2 parsnips
— ¼ pineapple
— 1 orange
— 1" / 2.5cm ginger

1) Peel ginger and orange.
2) Remove rind from pineapple.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	138 / 578kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	74mg
Carbohydrate	32g
Fiber	3g
Sugars	17g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, arthritis, allergies, migraines, inflammation/pain, thyroid, vision, skin immunity, gallbladder.

Spicy Peach Carrot

Sweet with a surprising overtone of carrot and apple, this juice is a great dessert juice or a fruity start to the day.



Ingredients (Makes 2 servings)

— 2 peaches
— 1 pear
— 2 carrots
— 1 cup / 150g green grapes
— 1" / 2.5cm ginger
— pinch cinnamon
— pinch nutmeg
— pinch cloves

1) Peel ginger.
2) Remove pits from peaches.
3) Wash all ingredients.
4) Add all ingredients through juicer.
5) Top with cinnamon, nutmeg and cloves and enjoy!

Calories	141 / 590kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	64mg
Carbohydrate	33g
Fiber	1g
Sugars	25g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, arthritis, inflammation/pain, auto immune conditions, weight loss/obesity, immunity, liver, menstrual/PMS/menopause/PCOS, gallbladder.

Sunburst

Bursting with vitamin C, it’s perfect to keep colds away while promoting healthy, glowing skin.



Ingredients (Makes 2 servings)

— 1 orange
— 1 red bell pepper (capsicum)
— 3 carrots
— ½ lemon

1) Peel the lemon and orange.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	63 / 264kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	93mg
Carbohydrate	15g
Fiber	1g
Sugars	11g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Stroke, cancer, arthritis, gout, auto immune conditions, vision, skin, menstrual/PMS/menopause/PCOS.

Sweet Potato Pie

When you are looking for something sweet, something with a bit of creaminess, or just an excuse to make a delicious, unique juice, this is the juice for you.



Ingredients (Makes 2 servings)

— 1 sweet potato
— 2 pears
— 1 apple
— dash cinnamon

1) Peel the sweet potato.
2) Wash all ingredients.
3) Add all ingredients through juicer.
4) Top with dash of cinnamon and enjoy!

Calories	136 / 569kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	38mg
Carbohydrate	34g
Fiber	1g
Sugars	18g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, high cholesterol, diabetes, cancer, arthritis, allergies, vision, immunity, menstrual/PMS/menopause/PCOS.

The Cabbage Patch

Venture out of your typical juice routine. This recipe features the often ignored green cabbage which has a surprisingly high yield of juice for a leafy vegetable, a mild taste, and is abundant in vitamin C.



Ingredients (Makes 2 servings)

— 6 leaves green cabbage
— 6 leaves chard (silverbeet)
— 3 carrots
— 1 apple
— 1" / 2.5cm ginger

1) Peel ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	87 / 364kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	196mg
Carbohydrate	19g
Fiber	0g
Sugars	13g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, cancer, arthritis, allergies, auto immune conditions, weight loss/obesity, vision, GI, liver, menstrual/PMS/menopause/PCOS.

Triple C

If you need to load up on vitamin C, don't just rely on oranges! The cabbage in this juice offers high levels of vitamin C and sulphur.



Ingredients (Makes 2 servings)

— ¼ head green cabbage
— 3 carrots
— 4 ribs celery
— 1 green apple
— 1 lemon

1) Peel lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!
(This juice is best served chilled.)

Calories	98 / 410kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	184mg
Carbohydrate	22g
Fiber	1g
Sugars	14g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, high cholesterol, cancer, arthritis, vision, immunity, GI, liver, menstrual/PMS/menopause/PCOS gallbladder.



Red

Auntie Oxie

Vibrantly colored with a pop of refreshing flavor, this juice kicks your store bought grape juice to the curb by offering a surplus of antioxidants and nutritional benefits.



Ingredients (Makes 2 servings)

— 2 cups/300g red grapes
— 2 cups/280g blueberries
— 2 cups/500g pomegranate seeds
— 4 ribs celery

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	135 / 565kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	25mg
Carbohydrate	35g
Fiber	1g
Sugars	27g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, cancer, arthritis, gout, inflammation/pain, thyroid, vision, skin, immunity, memory.

Beet-ini

Put a new spin on happy hour and enjoy this healthy version of a ‘martini’.



Ingredients (Makes 2 servings)

— 1 beet (beetroot)
— 1 apple
— 1 orange
— 1 sprig mint

1) Peel beet and orange.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	60 / 251kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	34mg
Carbohydrate	45g
Fiber	2g
Sugars	12g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



High cholesterol, cancer, arthritis, migraines, thyroid, vision, skin, immunity, GI, liver.

Beet Potato Pie

Fill up on your root vegetables for the highest levels of beta-carotene and vitamin A.



Ingredients (Makes 2 servings)

— 1 sweet potato
— 1 beet (beetroot)
— 2 apples
— 1 ½" / 4cm ginger

1) Peel sweet potato, beet and ginger.
2) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	80 / 335kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	69mg
Carbohydrate	20g
Fiber	1g
Sugars	11g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Stroke, high cholesterol, allergies, migraines, thyroid, weight loss/obesity, vision, skin, immunity, GI, liver.

Bloody Mary

A healthy alternative to your weekend brunch cocktail.



Ingredients (Makes 2 servings)

— 4 tomatoes
— 2 red bell peppers (capsicum)
— 1 carrot
— 1 zucchini
— 2 ribs celery
— 1 small handful parsley
— 1 small handful oregano
— 1 small handful basil
— pinch sea salt
— 1 tsp / 5ml olive oil

1) Wash all ingredients.
2) Add all ingredients through juicer.
3) Top with pinch of sea salt and olive oil and enjoy!

Calories	84 / 352kJ
Fat	2g
Trans Fat	0g
Cholesterol	0g
Sodium	265mg
Carbohydrate	14g
Fiber	0g
Sugars	9g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, diabetes, cancer, osteoporosis, migraines, thyroid, weight loss/obesity, immunity, menstrual/PMS/menopause/PCOS.

Brooklyn Heights

With high levels of vitamin C, and a New York style taste, this juice takes you to new heights.



Ingredients (Makes 2 servings)

— 2 oranges
— ⅓ medium pineapple
— 1 cup / 250g cranberries

1) Peel oranges.
2) Remove rind from pineapple.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	80 / 335kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	2mg
Carbohydrate	21g
Fiber	2g
Sugars	16g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, cancer, gout, allergies, inflammation/pain, auto immune conditions, thyroid, immunity, gallbladder.

Caprese Salad

A juice twist on a popular salad, with healthy ingredients that are in season all year round.



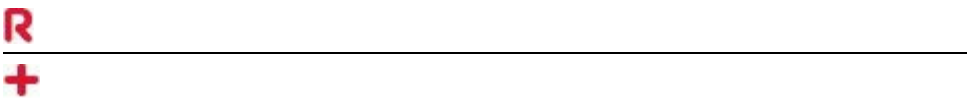
Ingredients (Makes 2 servings)

— 3 plum tomatoes
— 1 fennel
— 1 small handful basil
— ½ lemon
— pinch sea salt
— ½ tsp / 3ml olive oil

1) Peel lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer.
4) Top with pinch of sea salt and olive oil and enjoy!

Calories	72 / 301kJ
Fat	2g
Trans Fat	0g
Cholesterol	0g
Sodium	71mg
Carbohydrate	12g
Fiber	0g
Sugars	4g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, diabetes, cancer, allergies, inflammation/pain, auto immune conditions, thyroid, weight loss/obesity, menstrual/PMS/menopause/PCOS.

Cool Mint

A perfect summer juice to take to the beach and boost your vitamin A intake.



Ingredients (Makes 2 servings)

— ½ medium watermelon
— ½ medium honeydew
— 1 cup mint
— ½ lemon

1) Peel lemon.
2) Remove rind from watermelon and honeydew.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	60 / 251kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	24mg
Carbohydrate	0g
Fiber	0g
Sugars	11g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Stroke, allergies, auto immune conditions, thyroid, vision, gallbladder.

Cran-Apple-Crisp

A sweet and delicious juice packed with antioxidants.



Ingredients (Makes 1 servings)

— 3 apples
— 2 cups / 500g cranberries
— ¼ lemon
— 2" / 5cm ginger
— dash of nutmeg and ground cloves

1) Peel lemon and ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer.
4) Top with nutmeg and ground cloves and enjoy!

Calories	134 / 561kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	5mg
Carbohydrate	33g
Fiber	1g
Sugars	21g
Protein	1g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Cancer, gout, inflammation/pain, auto immune conditions, weight loss/obesity, immunity, GI.

Cranberry Citrus Cocktail

This delicious juice is like all of your favorite Thanksgiving side dishes served up in a glass.



Ingredients (Makes 2 servings)

— 1 cup / 250g cranberries
— 1 orange
— 1 apple
— 1 sweet potato
— 5 leaves collard greens

1) Peel orange and sweet potato.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	110 / 460kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	30mg
Carbohydrate	27g
Fiber	2g
Sugars	13g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, high cholesterol, cancer, osteoporosis, allergies, migraines, vision, skin, immunity, liver.

Green Pom-Pom

Throw your hands up in the air and cheer for this beautiful Green Pom-Pom juice.



Ingredients (Makes 2 servings)

— 2 apples
— 2 ribs celery
— 1 handful spinach
— 1 cup / 250g pomegranate seeds

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	161 / 674kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	31mg
Carbohydrate	25g
Fiber	1g
Sugars	18g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, high cholesterol, diabetes, cancer, arthritis, gout, allergies, auto immune conditions, vision, liver, menstrual/PMS/menopause/PCOS.

Mediterranean Summer

If you've been dreaming about a summer on the Mediterranean then you'll love this slightly sweet juice loaded with lycopene.



Ingredients (Makes 2 servings)

— ¼ medium watermelon
— 1 tomato
— 1 small handful basil
— 1 small handful mint
— pinch sea salt

1) Remove rind from watermelon.
2) Wash all ingredients.
3) Add all ingredients through juicer.
4) Top with sea salt and enjoy!

Calories	46 / 192kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	383mg
Carbohydrate	10g
Fiber	1g
Sugars	8g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, cancer, allergies, inflammation/pain, auto immune conditions, thyroid, weight loss/obesity, vision, immunity, menstrual/PMS/menopause/PCOS..

Orange Fennel

The unique combination of fennel, orange and red cabbage presents a nutrient-packed and delightful juice.



Ingredients (Makes 2 servings)

— ¼ head red cabbage
— 4 leaves kale (Tuscan cabbage)
— 1 cucumber
— ½ fennel
— 2 oranges
— 1 apple

1) Peel oranges.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	81 / 339kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	47mg
Carbohydrate	20g
Fiber	1g
Sugars	7g
Protein	4g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, cancer, arthritis, allergies, migraines, thyroid, vision, skin, immunity, GI.

Pink Lady

Perfect on a hot summer morning as a refreshing and light beverage, this juice will please more than your taste buds. The strawberries are loaded with phytonutrients, the watermelon contains high amounts of lycopene an antioxidant that can fight free radicals and the mint promotes a healthy digestive system. Cheers to the summer!



Ingredients (Makes 2 servings)

— ⅓ medium watermelon
— 12 strawberries
— 4 sprigs mint
— 3 sprigs tarragon

1) Remove rind from watermelon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	88 / 368kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	5mg
Carbohydrate	20g
Fiber	1g
Sugars	14g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Stroke, cancer, gout, allergies, inflammation/pain, auto immune conditions, thyroid, immunity.

Pom Apple

A cleansing drink for those warm summer months, this juice is high in vitamins C and K and polyphenols.



Ingredients (Makes 2 servings)

— 3 ribs celery
— 1 cup / 250g pomegranate seeds
— 2 apples

1) Wash all ingredients.
2) Add all ingredients through juicer and enjoy!

Calories	121 / 506kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	26mg
Carbohydrate	30g
Fiber	8g
Sugars	31g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, high cholesterol, cancer, arthritis, gout, thyroid, vision, skin, immunity, memory.

Red Hot

More than typical fall juice, root vegetables with a pop of chili adds an extra zing to your taste buds.



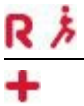
Ingredients (Makes 2 servings)

— 1 beet (beetroot)
— 4 carrots
— 2 oranges
— ½ sweet potato
— 1 chili pepper

1) Peel beet, sweet potato and oranges.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	110 / 460kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	172mg
Carbohydrate	27g
Fiber	3g
Sugars	18g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, high cholesterol, diabetes, cancer, arthritis, allergies, migraines, auto immune conditions, vision.

Red Rush

The rich red color in these vibrant fruits and veggies signals a wealth of nutrition tucked inside a deliciously balanced sweet juice.



Ingredients (Makes 2 servings)

— ½ cup / 70g cherries
— ⅛ medium watermelon
— 4 medium strawberries
— 1 tomato
— 1 beet (beetroot)
— 1 small handful basil

1) Wash all ingredients.
2) Remove pits from cherries and green stems from strawberries.
3) Cut ends off beet and peel.
4) Add all ingredients through juicer and enjoy!

Calories	66 / 276kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	29mg
Carbohydrate	16g
Fiber	1g
Sugars	12g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, cancer, gout, thyroid, skin, memory, GI, liver.

Red Sunrise

A vibrant red color packed with nutrients and a simply sweet taste is an energizing start to your day.



Ingredients (Makes 2 servings)

— ½ head red cabbage
— 6 carrots
— 2 oranges

1) Peel oranges.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	125 / 523kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	166mg
Carbohydrate	36g
Fiber	2g
Sugars	25g
Protein	5g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, cancer, allergies, weight loss/obesity, vision, skin, GI, liver.

Ruby Champagne

An afternoon pick me up loaded with brain-boosting power and nitric oxide.



Ingredients (Makes 2 servings)

— 2 cucumbers
— 2 carrots
— 1 beet (beetroot)
— 1 rib celery
— 1 handful parsley
— 1 lemon
— 1" / 2.5cm ginger

1) Peel beet, lemon and ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	82 / 343kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	93mg
Carbohydrate	19g
Fiber	1g
Sugars	10g
Protein	4g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Arthritis, allergies, inflammation/pain, auto immune conditions , weight loss/obesity, vision, immunity, GI, liver, menstrual/PMS/menopause/PCOS.

Strawberry-Orange Mint Julep

Change up a typical Mint Julep recipe into a nutritious drink to enjoy at the Kentucky Derby.



Ingredients (Makes 2 servings)

— ½ cantaloupe (rockmelon)
— 12 strawberries
— 1 orange
— 1 small handful mint

1) Remove rind from cantaloupe.
2) Peel orange.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	32 / 134kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	26mg
Carbohydrate	18g
Fiber	1g
Sugars	14g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, high cholesterol, cancer, gout, allergies, inflammation/pain, auto immune conditions, thyroid, skin, immunity.

Summer Lovin’

This juice offers a deliciously soft, sweet summer taste. The combination of blueberries and pomegranates makes this juice an antioxidant powerhouse.



Ingredients (Makes 2 servings)

— ¼ medium watermelon
— 1 cup / 140g blueberries
— ½ cup / 125g pomegranate seeds

1) Remove rind from watermelon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	116 / 485kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	3mg
Carbohydrate	28g
Fiber	1g
Sugars	21g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Stroke, cancer, arthritis, gout, allergies, vision, skin, immunity, memory.

Un-Beet-Able

You can’t beat this Un-Beet-Able juice power-packed with nutrients from the colors of the rainbow.



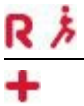
Ingredients (Makes 2 servings)

— 1 apple
— 1 beet (beetroot)
— 3 carrots
— 4 leaves kale (Tuscan cabbage)
— 1" / 2.5cm ginger

1) Peel beet and ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	80 / 335kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	137mg
Carbohydrate	19g
Fiber	1g
Sugars	18g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, stroke, cancer, arthritis, gout, allergies, migraines, vision, liver, menstrual/PMS/menopause/PCOS gallbladder.



Purple

BBQ Blow Out

Don’t forget to bring your favorite nutrient rich juice to your next summer barbeque.



Ingredients (Makes 2 servings)

— ½ head red cabbage
— 1 beet (beetroot)
— 2 carrots
— ½ apple
— ½ lemon

1) Peel beet and lemon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	135 / 565kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	150mg
Carbohydrate	31g
Fiber	1g
Sugars	22g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, cancer, weight loss/obesity, vision, skin, GI, liver.

Dracula’s Dream

Keep your heart strong and blood pumping with Dracula’s favorite red juice.



Ingredients (Makes 2 servings)

— 2 beets (beetroot)
— 2 carrots
— 8 medium strawberries
— 7 leaves kale (Tuscan cabbage)

1) Peel beets.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	74 / 310kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	34mg
Carbohydrate	17g
Fiber	1g
Sugars	7g
Protein	4g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Cancer, osteoporosis, migraines, weight loss/obesity, vision, skin, immunity, GI, liver, menstrual/PMS/menopause/PCOS.

Hot Pink

Pink isn’t only for the girls. This juice is great for everyone’s heart, bones and brain.



Ingredients (Makes 2 servings)

— 2 beets (beetroot)
— 2 apples
— 8 leaves chard (silverbeet)
— 1 ½" / 4cm ginger

1) Peel beets and ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	102 / 427kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	154mg
Carbohydrate	25g
Fiber	1g
Sugars	25g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Heart disease, high cholesterol, cancer, osteoporosis, allergies, vision, skin, immunity, GI, liver

Just Beet It

A great source of potassium and electrolytes; bring this juice with you the next time you head to the gym.



Ingredients (Makes 2 servings)

— 2 beets (beetroot)
— 2 pears
— 1 cucumber
— 1"/2.5cm ginger

1) Peel beets and ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	106 / 444kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	69mg
Carbohydrate	27g
Fiber	2g
Sugars	17g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Diabetes, cancer, Inflammation/pain, thyroid, skin, immunity, GI, liver, gallbladder.

Mash Up

Drink in the nutrients from seven different fruits and vegetables with a subtle, mellow flavor.



Ingredients (Makes 2 servings)

— ¼ head red cabbage
— 1 rib celery
— 1 stalk broccoli
— ½ summer squash
— 1 kiwi
— 1 cup / 150g red grapes
— ½ apple

1) Peel kiwi.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	81 / 339kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	36mg
Carbohydrate	20g
Fiber	6g
Sugars	20g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.



Gout, migraine, liver, high blood pressure, cancer, skin disease, high cholesterol.

Olympic Athlete

100% naturally packed with electrolytes, potassium, magnesium and antioxidant compounds to help keep your muscles and immune system healthy and strong.



Ingredients (Makes 2 servings)

— 1 beet (beetroot)
— 2 carrots
— 2 ribs celery
— ½ lemon
— 1 orange
— 1 handful basil
— ½ cucumber

1) Peel beet, lemon and orange.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	70 / 293kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	83mg
Carbohydrate	16g
Fiber	2g
Sugars	11g
Protein	3 g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Cancer, arthritis, allergies, auto immune conditions, weight loss/obesity, vision, immunity., GI, liver, menstrual/PMS/menopause/PCOS gallbladder.

Pink Blush

A revitalizing, sweet, and fragrant juice that is so satisfying it will make you blush.



Ingredients (Makes 2 servings)

— ¼ medium watermelon
— 1 grapefruit
— 1 apple
— ½ head red cabbage

1) Peel the grapefruit and remove rind from the watermelon.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	118 / 494kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	21mg
Carbohydrate	30g
Fiber	0g
Sugars	21g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Cancer, arthritis, gout, migraines, skin, GI, liver.

Purple Power

Packing a powerful sweet punch, this juice is loaded with rich sources of vitamins A, C, B6 and folate in addition to essential minerals.



Ingredients (Makes 2 servings)

— 1 apple
— 6 cups / 900g red grapes
— ½ cup / 75g blackberries
— 1" / 2.5cm ginger

1) Peel ginger.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	194 / 812kJ
Fat	2g
Trans Fat	0g
Cholesterol	0g
Sodium	51mg
Carbohydrate	45g
Fiber	3g
Sugars	13g
Protein	9g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, stroke, diabetes, cancer, osteoporosis, migraines, inflammation/pain, auto immune conditions, thyroid, weight loss/obesity.

Red Licorice

Satisfy your craving for something sweet and keep your heart healthy with this powerful red potassium filled juice.



Ingredients (Makes 2 servings)

— 1 fennel
— 2 beets (beetroot)
— 1 orange

1) Peel beets and orange.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	51 / 213kJ
Fat	1g
Trans Fat	0g
Cholesterol	0g
Sodium	125mg
Carbohydrate	11g
Fiber	1g
Sugars	4g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Diabetes, Inflammation pain, thyroid, weight loss/obesity, liver, menstrual/PMS/menopause/PCOS.

Sporty Spice

Loaded with electrolytes, sodium, potassium, and magnesium, this juice is an excellent choice for those with active lifestyles.



Ingredients (Makes 2 servings)

— 2 beets (beetroot)
— 1 carrot
— 3 ribs celery
— 1 lemon
— 1 orange
— 1 handful basil

1) Peel beets, lemon and orange.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	66 / 276kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	143mg
Carbohydrate	16g
Fiber	2g
Sugars	16g
Protein	3g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease,high cholesterol, cancer, arthritis, auto immune conditions, weight loss/obesity, vision, GI, liver. liver, menstrual/PMS/menopause/PCOS gallbladder.

Sunrise

Simple and sweet, the Sunrise Juice is a great way to start the day. The vibrant red color lets you know that the juice is packed with nutrients such as beta-carotene and vitamin C, and the sweet, tangy taste makes it pleasing to your taste buds.



Ingredients (Makes 2 servings)

— 3 carrots
— 1 orange
— 1 beet (beetroot)

1) Peel beet and orange.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	76 / 318kJ
Fat	g
Trans Fat	g
Cholesterol	g
Sodium	123mg
Carbohydrate	19g
Fiber	1g
Sugars	13g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Stroke, high cholesterol, cancer, allergies, thyroid, vision, liver.

Salad Bowl

Drink in your salad with this simple, subtle and sweet juice.



Ingredients (Makes 2 servings)

— ½ head red cabbage
— 1 orange
— 1 apple
— 4 leaves romaine
— 1 handful parsley

1) Peel orange.
2) Wash all ingredients.
3) Add all ingredients through juicer and enjoy!

Calories	73 / 306kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	14mg
Carbohydrate	23g
Fiber	1g
Sugars	13g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.

Heart disease, cancer, immunity, liver.

The Watering Pineapple

Sweet, thirst-quenching and refreshing is the perfect way to describe this juice.



Ingredients (Makes 2 servings)

— ⅛ medium watermelon
— ⅓ medium pineapple
— 1 beet (beetroot)
— 2 carrots
— 2 ribs celery
— ½" / 1.5cm ginger

1) Remove rind from watermelon and pineapple.
2) Peel the beet and ginger.
3) Wash all ingredients.
4) Add all ingredients through juicer and enjoy!

Calories	84 / 352kJ
Fat	0g
Trans Fat	0g
Cholesterol	0g
Sodium	126mg
Carbohydrate	19g
Fiber	1g
Sugars	14g
Protein	2g

Yields and nutritional information are estimated and will vary depending on produce size and juicer used.





Heart disease, stroke, diabetes, cancer, arthritis, gout, migraines, auto immune conditions, vision, liver, menstrual/PMS/menopause/PCOS gallbladder.



Resources

Produce Juicing Guide

Not sure what to do with those fruits, veggies and spices? We've prepared a list of how to juice the most common ones, most of which you'll find in the recipes in this book. Get creative and start experimenting with your juices! You can find more juice recipes at RebootwithJoe.com/recipes.

Vegetables	How to Prepare
Asparagus	Rinse the stalks carefully and push through juicer, putting the bottom of the stalk through first.
Beets (Beetroot)	Peel your beets before juicing them! This will avoid the 'earthy' taste that many people complain about after juicing an unpeeled beet. Depending on the size of your beets, slice to fit your juicer shoot. Juice your beet greens, too!
Bell Peppers (Capsicum)	Rinse and remove the stem, but you can save time and forget removing the seeds — it's fine to juice them. Cut to size and juice.
Broccoli	After rinsing, juice it all, from the stalks to the head.
Butter Lettuce	Rinse leaves individually, checking for dirt and sand. No need to remove the stems. Roll the leaves up and run through your juicer. Leafy greens move through your juicer best when followed by a harder fruit or vegetable, like apples, celery or cucumbers.
Cabbage	Green and red cabbages are great for juicing. Be sure to select a cabbage head that is firm with crisp leaves. Cut the cabbage in quarters, or smaller if needed, so it easily fits into the juicer shoot. If you don't like the taste of beets, you can substitute red cabbage in any juice recipe that calls for beets.
Carrots	Rinse thoroughly before passing through the juicer and that's it! You can juice your carrots with the greens and skins still on.
Celery Root (Celeriac)	Wash carefully, as grit can get stuck in the nooks and crannies of this hearty root vegetable. As with beets, if you don't prefer an earthy taste, peel the celery root (celeriac) first. Cut to fit your juicer.
Celery	Rinse thoroughly and add entire celery stalk through the juicer (even the leafy tops).
Chard (Silverbeet)	Rinse leaves individually, checking for dirt and sand. No need to remove the stems. Roll the leaves up and run through your juicer. Leafy greens move best through your juicer when followed by a harder fruit or vegetable, like apples, celery or cucumbers.
Chili Pepper	Wash and juice. As you probably know, these are pretty spicy, so use with care! Remove seeds if you want a less spicy flavor.
Collard Greens	These are a great leafy green, and can be used if kale (Tuscan cabbage) isn't available. Wash the large leaves and roll up before juicing.

Cucumbers	Cut the cucumber in half and use it to help push greens through your juicer. No need to peel.
Dandelion Greens	Juice as you would any other green – wash leaves and roll up. Push through with firmer produce. These have some bite to them, so use sparingly, or round off with a sweet and juicy fruit, like pineapple.
Eggplant	Eggplant is best for eating.
Fennel	Rinse and cut fennel to fit through the juicer. You might notice a slight flavor that reminds you of black licorice.
Green Pepper (Capsicum)	Rinse and remove the stem, but you can save time and forget removing the seeds — it's fine to juice them. Cut to size and juice.
Jalapeño (Chili Pepper)	Wash and juice. As you probably know, these are pretty spicy, so use with care! Remove seeds if you want a less spicy flavor.
Jicama	Wash, slice, but don't peel jicama before adding it to your vegetable juicer. The jicama juice will contain nutrients that were near the skin even after the skin's been pulped away.
Kale (Tuscan cabbage)	Use any kind – lacinato, red, green, purple, curly, etc. And add the leafy green through your juicer after rinsing.
Leeks	Keep the root and the green part on the leek, and slice in half the long way. Gently separate and rinse between the layers. Check for dirt or sand hiding between the layers.
Mustard Greens	Juice these like you would any green but definitely choose a small amount of mustard greens. This potent green will give a very strong taste and adds lots of spice. It will literally warm your insides.
Onions	Go easy on these, as they can give your juices a super strong flavor. Some people prefer not to juice these at all. Peel papery skin and slice to fit your juicer, if needed. Onions are another one to start with a small amount, taste your juice, and add more if you like it. If eating raw onions bothers your stomach, you probably want to skip juicing them.
Parsnips	These are super easy, like carrots, especially if you have smaller or skinny ones. Just rinse and run through your juicer! If they're larger, you may need to slice in half lengthwise. Use these to run greens through your juicer.
Radishes	Another easy one — just rinse and run through your juicer. Leave the root and stem on, but remove the leaves if they have any. Watch out! These can spice up your juice in a flash, so add small amounts at a time. If you're feeling cold, adding these to your juice will warm you right up.
Red Pepper (Capsicum)	Rinse and remove the stem, but you can save time and forget removing the seeds — it's fine to juice them. Cut to size and juice.
Romaine Lettuce	Rinse leaves individually, checking for dirt and sand. No need to remove the stems. Roll the leaves up and run through your juicer. Leafy greens move best

	through your juicer when followed by a harder fruit or vegetable, like apples, celery or cucumbers.
Scallions	Just rinse and juice! No need to remove the roots or dark green parts because you can juice it all. These have a strong flavor, like onions, so start small.
Spinach	Wash well — some bunches can have a lot of grit on them. Roll into a ball and run through your juicer using firm produce, like apples or carrots.
Squash	This goes for all squash varieties, including pumpkin and summer squash: scrub and remove stem. If the skin is really tough and thick, you might want to peel it. Otherwise, slice and keep the seeds in (you get those extra cancer-fighting chemicals by keeping in the seeds), and juice.
Sugar Snap Peas	Rinse and run through juicer. These don't have very high water content, so they're not going to yield a lot of juice. Juice along with carrots to drink your peas and carrots!
Sweet Potatoes	Peel and cut into chunks. Add them with peaches, pears and/or apples and you'll have a delicious dessert juice!
Tomatoes	Wash and remove stem and any leaves. If they're large, you may need to slice to fit your juicer. No need to take out the seeds. Fresh tomato juice is worlds away from that canned stuff!
Turnips	Scrub and chop in chunks to fit your juicer. A great addition to a juice for cooler weather!
Wheatgrass	Some juicers are better at doing wheatgrass than others. If you're just doing a small amount, any kind of juicer should be able to handle it. Rinse the wheatgrass, twist or roll into a ball, and push through with something juicy and firm, like apples. Gives a strong green flavor to your juice, and provides lots of great green chlorophyll energy.
Zucchini	Scrub and cut off stem, but leave the other end on. These are great for pushing through greens.

Fruits	How to Prepare
Apples	Core your apples and remove the seeds before pushing through your juicer.
Apricots	Rinse and slice in half to remove the pit.
Avocado	You can blend your juices in a blender with an avocado to thicken it up, but never put an avocado in a juicer.
Bananas	Similar to the avocado, never juice bananas! But feel free to blend your juices in a blender with a banana to thicken it up.
Blackberries	Rinse in a strainer. They don't keep well after being rinsed, so best to wash them the day you plan to juice them.
Blueberries	Rinse in a strainer.
Cactus Pears	Peel and cut to size if needed.
Cantaloupe (Rockmelon)	Remove the rind, flesh and seeds before juicing this orange melon.
Cherries	Rinse and use a small paring knife to remove the small pits before juicing.
Chayotes	Wash and chop to size to fit your juicer, then juice!
Cranberries	Rinse and run through juicer. Make sure you juice them with something sweet because these are really tart… not like the commercial cranberry juice you buy in the store!
Grapefruits	Peel, and try to keep as much of the white pith on as possible (you can use a peeler for that), since the pith contains nutrients that help your body absorb the vitamin C and amazing antioxidants found in citrus fruits. Cut to fit your juicer, and remove the seeds. If you have a centrifugal juicer, you can keep the seeds in. They contain excellent nutrients too.
Grapes	Wash your grapes and remove them from their stems and add them through the juicer. Experiment with red, green, and purple grapes.
Honeydew	Cut into wedges and remove outer skin with a knife or peeler. You can juice these with seeds.
Kiwis	Peel and run through your juicer, seeds and all.
Lemons	Peel, and try to keep as much of the white pith on as possible (you can use a peeler for that), since the pith contains nutrients that help your body absorb the vitamin C and amazing antioxidants found in citrus fruits. Cut to fit your juicer, and remove the seeds. If you have a centrifugal juicer, you can keep the seeds in. They contain excellent nutrients too.
Limes	Peel, and try to keep as much as the white pith on as possible (you can use a peeler for that), since the pith contains nutrients that help your body absorb the vitamin C and amazing antioxidants found in citrus fruits. Cut to fit your juicer,

	and remove the seeds. If you have a centrifugal juicer, you can keep the seeds in. They contain excellent nutrients too.
Mangos	Peel and cut spears of mango from the core. Makes a great tropical juice when mixed with pineapple! Also lends a great creamy texture to your juice.
Oranges	Peel, and try to keep as much of the white pith on as possible (you can use a peeler for that), since the pith contains nutrients that help your body absorb the vitamin C and amazing antioxidants found in citrus fruits. Cut to fit your juicer, and remove the seeds. If you have a centrifugal juicer, you can keep the seeds in. They contain excellent nutrients too.
Papayas	Cut in half and peel skin. You can leave the seeds in to juice them.
Peaches	Cut in half to remove the pit and juice.
Pears	These can be juiced whole. Just wash and slice to fit your juicer, if needed.
Pineapples	The heavier the pineapple, the riper it is. Grab hold of the top and twist off. Slice into quarters, cut out the woody core, peel the skin, and juice.
Plums	Wash and slice in half to remove the pit. These give your juice a gorgeous color with an antioxidant punch.
Poblano Pepper	Wash and juice. As you probably know, these are pretty spicy, so use with care! Remove seeds if you desire a less spicy flavor.
Pomegranate	A trick for this tricky fruit: Fill a bowl up with water. Slice pomegranate in half without pulling the halves apart, and then submerge in the bowl of water to break it apart. This keeps the juice from squirting everywhere. Then, keeping it in the water, break the pomegranate into chunks and tease the seeds out. The white parts will float and the seeds will sink. Remove all the skin and the white parts from the top of the water and use a spoon to remove the seeds. Juice!
Raspberries	Just rinse and juice. It's a good idea to add a little bit of lemon to a juice made with raspberries, or combine them with fresh peaches for a peach melba juice.
Strawberries	Delicious and sweet, they have a powerful flavor when you juice them — so mix them with other berries, or maybe one or two other fruits. Just rinse and pop right in the juicer.
Tangerines	Peel and pop into the juicer. As with grapefruits, leave as much of the white pith on as you can, and remove seeds if you're using a centrifugal juicer.
Watermelon	Makes an amazingly refreshing juice, especially in hot weather. Cut into wedges and remove the skin and rind. You can keep the seeds.

Herbs & Spices	How to Prepare
Basil	Carefully wash the leaves, removing any grit. If your basil seems very gritty, submerge in a bowl of cold water and swish around. Remove and rinse. To juice, tear the leaves off from the stems and roll up. Push through with firmer produce.
Cayenne Pepper	Don't put this through your juicer! Just sprinkle into your juice.
Chinese 5-spice powder	Don't put this through your juicer! Just sprinkle into your juice.
Cilantro (Coriander)	Wash thoroughly. You can juice both the stems and the leaves.
Cinnamon	Don't juice this either! Sprinkle ground cinnamon on juices like apple, pear or sweet potato.
Cloves (ground cloves)	Don't put this through your juicer! Just sprinkle into your juice.
Dill	Rinse and pull the delicate fronds off the stem to juice.
Garam Masala	Don't put this through your juicer! Just sprinkle into your juice.
Garlic	The flavor is strong, and so are the benefits… too many to list here, but they're a wonderfood. Use fresh garlic and peel before running through juicer. Start with a small amount and taste your juice before adding more. Better to start small and add more than the other way around!
Ginger	Peel your piece of ginger by cutting the size that you need for the juice and then take a spoon to peel the skin back. You can also use a knife to cut it but a spoon does the trick. Ginger doesn't produce much juice but it does add a rich flavor so be careful not to go overboard.
Mint	Wash thoroughly and remove leaves from stem before juicing. Goes great with pineapple, grapes, watermelon or strawberries.
Nutmeg	Don't put this through your juicer! Just sprinkle into your juice.
Olive Oil	Don't put this through your juicer! Just add desired amount into your juice.
Oregano	Wash thoroughly and remove leaves from stem before juicing. Adds a pungent and spicy taste.
Parsley	Carefully wash the leaves, removing any grit. If it seems very gritty, submerge in a bowl of cold water and swish around. Remove and rinse. To juice, tear the leaves off from the stems and roll up. Push through with firmer produce.
Pumpkin Pie Spice	Don't put this through your juicer! Just sprinkle into your juice.
Rosemary	Gives a nice herbal and fragrant flavor to vegetable juices. Wash and tear leaves off their woody stems before juicing.

Sea Salt	Don’t put this through your juicer! Just sprinkle into your juice.
Tarragon	Gives a nice herbal flavor to vegetable juices. Wash and tear leaves off their woody stems before juicing.
Watercress	Wash thoroughly. You can juice both the stems and the leaves.

Substitution Guide

Ran out of carrots? Don't like beets? Have some leftover strawberries? View recipes as a source of inspiration, mix and match your produce and try out new combinations. Below is a list of ingredients that are easily substituted one for the other. Decide the amount to use based on your juicer's yield and your taste preferences.

Apple substitute pear, red grapes, blackberries, blueberries, cherries
Basil substitute parsley, cilantro (coriander), mint
Beets (Beetroot) substitute red cabbage, tomatoes
Blackberries substitute blueberries, strawberries, cherries
Blueberries substitute blackberries, strawberries, cherries
Broccoli substitute green cabbage
Cantaloupe (Rockmelon) substitute mangos, peaches
Carrots substitute sweet potatoes, pumpkin, parsnips
Cayenne Pepper substitute chili, jalapeno
Celery substitute cucumber, zucchini, jicama
Celery Root (Celeriac) substitute celery, jicama
Chard (Silverbeet) substitute kale (Tuscan cabbage), spinach, romaine, collard greens, green cabbage
Chayote substitute yellow squash, jicama, pear
Cherries substitute strawberries, blackberries
Chili substitute cayenne pepper, jalapeño
Cilantro (Coriander) substitute basil, parsley
Cinnamon substitute nutmeg
Cloves substitute nutmeg
Collard Greens substitute kale (Tuscan cabbage), chard (silverbeet), dandelion greens
Cranberries substitute cherries, pomegranate seeds
Cucumber substitute celery, zucchini, jicama
Dandelion Greens substitute kale (Tuscan cabbage), chard (silverbeet), collard greens
Fennel substitute jicama
Ginger substitute lemon
Grapefruit substitute orange, tangerine
Green Apple substitute apple, pear, red grapes, blackberries, blueberries, cherries
Green Cabbage substitute red cabbage, kale (Tuscan cabbage)
Green Grapes substitute red grapes
Green Pepper (Capsicum) substitute red pepper (capsicum), yellow pepper (capsicum)
Honeydew substitute green grapes, cantaloupe (rockmelon)
Jalapeño substitute chili, cayenne pepper
Jicama substitute celery, celery root, cucumber
Kale (Tuscan cabbage) substitute spinach, chard (silverbeet), green cabbage, collard greens
Kiwi substitute mango, orange, tangerine, lime

Lemon substitute ginger
Lime substitute lemon, orange, tangerine
Mango substitute kiwi
Mint substitute ginger, basil
Nutmeg substitute cinnamon
Orange substitute grapefruit, tangerine, kiwi, mango
Parsley substitute cilantro (coriander)
Parsnip substitute celery, celery root, carrot
Peach substitute cantaloupe (rockmelon), pear
Pear substitute apple, peach
Pineapple substitute orange, grapefruit, mango
Poblano Pepper substitute green pepper (capsicum)
Pomegranate Seeds substitute pineapple, strawberries
Red Cabbage substitute green cabbage, beets (beetroot)
Red Grapes substitute green grapes
Red Pepper (Capsicum) substitute green pepper (capsicum), yellow pepper (capsicum)
Romaine substitute kale (Tuscan cabbage), green cabbage, spinach
Spinach substitute kale (Tuscan cabbage), chard (silverbeet), spinach, romaine
Strawberries substitute blackberries, cherries, pomegranate seeds
Sweet Potato substitute carrots, pumpkin
Tangerine substitute orange, grapefruit
Tomato substitute red pepper (capsicum), watermelon
Watercress substitute spinach, dandelion greens
Watermelon substitute grapefruit, cantaloupe, honeydew
Yellow Pepper substitute red pepper (capsicum), green pepper (capsicum)
Yellow Squash substitute zucchini, cucumbers
Zucchini substitute yellow squash, cucumber