

For Glowing Skin, Immune Boosting & Recovery

Pure Juicing

Calories-Sodium-Carbs-Fiber-Sugar-Protein Count For Each Recipe

And Much More

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Introduction:

The Health Benefits of Juicing:

When it comes to juicing its very important to pick the freshest organic vegetables you can find, cause organic vegetables have higher nutrition density and also free of pesticides and herbicides so you are not exposing your body to unnecessary chemicals.

If your diet doesn't have enough veggies in it then juicing will help fill the gap very well, drinking fresh green juice will give your body energy boost especially first thing in the morning cause its easily digestible by your body and it can go straight to your system.

The health benefits of juicing is huge, it helps you absorb all the vitamins, minerals and enzymes from the vegetables, also it allows you

to add a wider variety of vegetables in your diet, additionally juicing can help to promote weight loss, boost your immune system and increase your energy.

The important thing to keep in mind when juicing is to make sure you are not adding too many fruits cause it will make your juice higher in calorie and sugar, you can add some fruits like berries, apple to give your juice a flavor if its too strong but the majority of it should come from green veggies like kale, spinach and celery etc.

If the veggie juice is too strong and doesn't taste good try to add lemon, limes and cranberries to enhance the taste for you, but remember juicing is too important to ignore and the health benefits is immense.

Always make sure you drink the juice immediately after you make it, however you can store it for up to 24 hours, but this will result in lost of some of the nutrition value of the juice.

To store the juice add your juice in a glass jar with an airtight lid and fill it to the very top, the less air gap the better cause oxygen will oxidize and damage the juice, immediately store in the fridge and consume within 24 hours.

Beginners Tips:

If you are new to juicing then first of all congratulations for taking this step, secondly its very important to have a great experience with juicing from the first time so its recommended that you start with cucumbers, celery and carrots since they easy to drink, you can always add lime or lemons to make the taste less bitter, once you get used to these veggies you can start adding darker greens like spinach, lettuce, then you can start adding cabbage and you keep progressing until you are comfortable with all the vegetables that you can find, juicing its kind of process so take your time with it and feel free to experiment with different veggies and always listen to your body, not all of us tolerate veggies the same way.

Couple of Things to Keep in Mind Before You Start Juicing:

1- don't wait too long to drink your juice, air will oxidize and damage the nutrient in the juice, so consume it as soon as you can, or store it in airtight glass jar filled to the very top and consume within 24 hours, also store it in the fridge.

2- make sure not to use juicing as a meal replacement unless you are juice fasting.

3- variety is key when it come to juicing, its very important to keep juicing new veggies and not to just keep juicing the same ones over and over again always make sure you juice new things each week cause you want to make sure your vitamins and minerals in the body is balanced and you don't affect that balance cause that might have some negative effects.

Information for Each Recipe:

I added the following information for each recipe in this book:

- * Calories
- * Sodium
- * Carbs
- * Fiber
- * Sugar
- * Protein

This way you have the full picture of the nutrition content of each recipe so you can adjust the portion size to your preference.

Best Type of Juicers:

I think its very important to consider high quality juicer and also to consider how the juice is extracted, its highly recommended to use slow juicers like **Omega slow juicers** which they are single gears, I personal use one of them and its great, its not loud, reliable and very easy to clean, the reason its recommended to use slow juicers instead of high speed one because the slower the juice is extracted, the more nutrients are preserved, you can find mid price juicers online or in stores.

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Chapter 1

Vegetables Juice:

The focus in this chapter will be on getting nutritionally dense juices that are low in sugar and high in healthy enzymes, vitamins and minerals that will give your body lots of energy and help it detox and energize.

The taste might be strong if you are juicing for the first time we added lime or lemon to the green juice to make it taste better, but as mentioned previously, you need to take it slowly, so your body will get used to it.

Tip: Depending on how much juice is in your greens you may need to adjust

the amount accordingly.

Carrot Beet Juice:

Serves: 1 - 2

Calorie: 65

Sodium: 147mg

Carbs: 19g

Dietary Fiber: 0.8g

Sugars: 10

Protein: 2.3g

Ingredients:

- * 1 beet "82 gram" you can include the beet greens if they are fresh.
- * 3 large Carrots "216 gram".
- * 1 Lime.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Carrot, Beets.
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Carrot Juice:

Serves: 1 - 2

Calorie: 61

Sodium: 137mg

Carbs: 19g

Dietary Fiber: 0.8g

Sugars: 9

Protein: 1.8g

Ingredients:

* 4 large Carrots "288 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice the Carrots.
- 3- Stir mixture well before serving.

Cucumber Celery Juice:

Serves: 1 - 2

Calorie: 68

Sodium: 114mg

Carbs: 19g

Dietary Fiber: 0.6g

Sugars: 8

Protein: 3.6g

Ingredients:

- * 2 large cucumbers "602 gram".
- * 3 large stalk of celery "192 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Cucumbers, Celery.

3- Stir mixture well before serving.

Lettuce Spinach Juice:

Serves: 1 - 2

Calorie: 13

Sodium: 21mg

Carbs: 4.5g

Dietary Fiber: 0.4g

Sugars: 1

Protein: 1.7g

Ingredients:

* 5 large romaine lettuce leaves, you can pick other lettuce type. "140 gram".

* 1 handful of spinach leaves "25 gram".

* 1 Lime.

Instructions:

1- Wash all the vegetables thoroughly.

2- Juice each vegetable in this order: Lettuce, Spinach.

3- Squeeze the lime and add it to the cup then add the vegetable juice.

4- Stir mixture well before serving.

Parsley, Celery and Carrot Juice:

Serves: 1 - 2

Calorie: 64

Sodium: 215mg

Carbs: 19g

Dietary Fiber: 0.4g

Sugars: 9

Protein: 2.66g

Ingredients:

- * 15 sprigs of parsley "Italian parsley preferably". "15 gram".
- * 3 large carrots "216 gram".
- * 3 large stalk of celery "192 gram".
- * 1 Lime.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Celery, Parsley, Carrots.
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Kale Celery and Cucumber Juice:

Serves: 1 - 2

Calorie: 96

Sodium: 142mg

Carbs: 26g

Dietary Fiber: 1g

Sugars: 10

Protein: 6.7g

Ingredients:

- * 2 cucumbers “602 gram”.
- * 3 large leaf of kale “105 gram”.
- * 3 large stalk of celery “192 gram”.
- * 1 Lime.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Cucumber, Kale, Celery.
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Carrot Kale Juice:

Serves: 1 - 2

Calorie: 104

Sodium: 199mg

Carbs: 30g

Dietary Fiber: 1.4g

Sugars: 13.5

Protein: 5.5g

Ingredients:

- * 5 large carrots “360 gram”.
- * 3 large leaf of kale “216 gram”.
- * 1 Lime

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Carrots, Kale.

- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Spinach, Cucumber, Celery and Carrot Juice:

Serves: 1 - 2

Calorie: 87

Sodium: 191mg

Carbs: 25g

Dietary Fiber: 1g

Sugars: 12

Protein: 3.9g

Ingredients:

- * 1 handful of spinach "25 gram".
- * 3 large carrots "216 gram".
- * 2 large stalk of celery "128 gram".
- * 1 cucumber "301 gram".
- * 1 Lime.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Celery, Spinach, Carrots, Cucumber.
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Tomato, Carrot and Celery Juice:

Serves: 1 - 2

Calorie: 83

Sodium: 218mg

Carbs: 25g

Dietary Fiber: 1.2g

Sugars: 13

Protein: 3.8g

Ingredients:

- * 2 medium tomatoes “246 gram”.
- * 3 large carrots “216 gram”.
- * 3 large stalk of celery “192 gram”.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Celery, Tomatoes, Carrots.
- 3- Stir mixture well before serving.

Tomato Juice:

Serves: 1 - 2

Calorie: 46

Sodium: 17mg

Carbs: 13g

Dietary Fiber: 1.2g

Sugars: 9

Protein: 3g

Ingredients:

* 4 medium tomatoes "492 gram".

Instructions:

- 1- Wash the vegetable thoroughly.
- 2- Juice the tomatoes.
- 3- Stir mixture well before serving.

Cucumber Tomato Juice:

Serves: 1 - 2

Calorie: 66

Sodium: 13mg

Carbs: 18g

Dietary Fiber: 0.4g

Sugars: 9

Protein: 3.5g

Ingredients:

- * 1 medium tomato "123 gram".
- * 2 cucumbers "602 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Cucumber, Tomato.
- 3- Stir mixture well before serving.

Tomato Cucumber and Carrot Juice:

Serves: 1 - 2

Calorie: 85

Sodium: 111mg

Carbs: 25g

Dietary Fiber: 1g

Sugars: 13

Protein: 3.5g

Ingredients:

* 1 medium tomato "123 gram".

* 1 cucumbers "301 gram".

* 3 large carrots""

Instructions:

1- Wash all the vegetables thoroughly.

2- Juice each vegetable in this order: Cucumber, Tomato, Carrots.

3- Stir mixture well before serving

Celery Beet Juice:

Serves: 1 - 2

Calorie: 64

Sodium: 237mg

Carbs: 18g

Dietary Fiber: 1g

Sugars: 10.5

Protein: 3.3g

Ingredients:

* 4 large stalk of celery "256 gram".

* 1 beet "175 gram".

* 2-table spoon chopped ginger root "12 gram"

Instructions:

1- Wash all the vegetables thoroughly.

2- Juice each vegetable in this order: Celery, Ginger, Beet.

3- Stir mixture well before serving.

Carrot Celery Juice:

Serves: 1 - 2

Calorie: 60

Sodium: 209mg

Carbs: 18g

Dietary Fiber: 1g

Sugars: 9

Protein: 2.3g

Ingredients:

* 3 large stalk of celery "192 gram".

* 3 large carrots "216 gram".

Instructions:

1- Wash all the vegetables thoroughly.

2- Juice each vegetable in this order: Celery, Carrots.

3- Stir mixture well before serving.

Cucumber Juice:

Serves: 1 - 2

Calorie: 55

Sodium: 8mg

Carbs: 15g

Dietary Fiber: 0.3g

Sugars: 7

Protein: 2.7g

Ingredients:

* 2 cucumbers “602 gram”.

* 1/2 lemon or lime.

Instructions:

1- Wash all the vegetables thoroughly.

2- Juice the cucumbers.

3- Squeeze the lime and add it to the cup then add the vegetable juice.

4- Stir mixture well before serving.

Tomato Lettuce Juice:

Serves: 1 - 2

Calorie: 30

Sodium: 27mg

Carbs: 8g

Dietary Fiber: 0.4g

Sugars: 5

Protein: 2.4g

Ingredients:

- * 2 tomatoes "246 gram".
- * 4 lettuce leaves "96 gram"
- * 1/2 lemon or lime.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Lettuce, Tomatoes.
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Celery, Dandelion, Cucumber and Carrot Juice:

Serves: 1 - 2

Calorie: 84

Sodium: 208mg

Carbs: 25g

Dietary Fiber: 1.1g

Sugars: 10.2

Protein: 4.2g

Ingredients:

- * 1 cup of chopped dandelion greens "55 gram".
- * 1 cucumber "301 gram"
- * 1/2 lemon or lime.
- * 2 large carrots "144 gram".
- * 3 large stalk of celery "192 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.

- 2- Juice each vegetable in this order: Cucumber, Dandelion, Celery, Carrots.
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Cabbage, Celery, Beet and Carrot Juice:

Serves: 1 - 2

Calorie: 73

Sodium: 230mg

Carbs: 22g

Dietary Fiber: 1.2g

Sugars: 12.3

Protein: 3.5g

Ingredients:

- * 1 cup of chopped cabbage "89 gram".
- * 2 large carrots "144 gram".
- * 3 large stalk of celery "192 gram".
- * 1 beet "82 gram"
- * 1 Lime.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Cabbage, Celery, Beet, Carrots.
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Cilantro, Carrot, Celery, Beet and Ginger Juice:

Serves: 1 - 2

Calorie: 87

Sodium: 265mg

Carbs: 26g

Dietary Fiber: 1.3g

Sugars: 13

Protein: 3.9g

Ingredients:

- * 1 beet "82 gram" you can include the beet greens if they are fresh.
- * 3 large Carrots "216 gram".
- * 1 handful of cilantro "34 gram".
- * 3 large stalk of celery "192 gram".
- * 2-table spoons of chopped ginger roots "12 gram"
- * 1 Lime.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Celery, Cilantro, Ginger, Carrot, Beets.
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Tip: You can start experimenting with more vegetable combinations and find out what the local market have vegetables to offer for your juicing combinations.



Chapter 2

Fruits and Vegetables Mixing

Note: Keep an eye on the sugar and the calories in this section.

Apple, Kale and Celery Juice:

Serves: 1 - 2

Calorie: 144

Sodium: 101mg

Carbs: 44g

Dietary Fiber: 1.5g

Sugars: 29

Protein: 4.3g

Ingredients:

- * 2 green apples "364 gram".
- * 3 kale leaves "105 gram".
- * 2 large stalk of celery "128 gram".
- * 1 Lime.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Kale, Celery.
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Apple, Spinach and Carrot Juice:

Serves: 1 - 2

Calorie: 103

Sodium: 118mg

Carbs: 32.3g

Dietary Fiber: 1.1g

Sugars: 20

Protein: 2.2g

Ingredients:

- * 1 apple "182 gram".
- * 1 handful of spinach leaves "25 gram".
- * 3 large carrots "216 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Spinach, Carrots.
- 3- Stir mixture well before serving.

Apple, Spinach, Kale, Cucumber and Celery Juice:

Serves: 1 - 2

Calorie: 120

Sodium: 117mg

Carbs: 34.5g

Dietary Fiber: 1.2g

Sugars: 19.5

Protein: 5.9g

Ingredients:

- * 2 apple "182 gram".
- * 1 handful of spinach leaves "25 gram".
- * 3 kale leaves "105 gram".
- * 2 large stalk of celery "128 gram".
- * 1 cucumber "301 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Spinach, Celery, Kale, Cucumber.

3- Stir mixture well before serving.

Collard Greens, Apple, Cucumber, Celery and Ginger Juice:

Serves: 1 - 2

Calorie: 109

Sodium: 82mg

Carbs: 35g

Dietary Fiber: 1.2g

Sugars: 19.3

Protein: 3.8g

Ingredients:

- * 1 cup of chopped collard green "36 gram".
- * 1 apple "182 gram".
- * 2 large stalk of celery "128 gram".
- * 1 cucumber "301 gram".
- * 1-table spoon of chopped ginger root "6 gram".
- * 1 Lemon.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Collard Green, Celery, Ginger, Cucumber.
- 3- Squeeze the lemon and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Apple Carrot Juice:

Serves: 1 - 2

Calorie: 155

Sodium: 105mg

Carbs: 49g

Dietary Fiber: 1.5g

Sugars: 33.1

Protein: 2g

Ingredients:

* 2 apples "364 gram".

* 3 large carrots "216 gram".

Instructions:

1- Wash all the vegetables thoroughly.

2- Juice each vegetable in this order: Apple, Carrots.

3- Stir mixture well before serving.

Beet, Apple, Broccoli and Carrot Juice:

Serves: 1 - 2

Calorie: 151

Sodium: 198mg

Carbs: 45g

Dietary Fiber: 1.7g

Sugars: 27.7

Protein: 6.1g

Ingredients:

- * 1 apple "182 gram".
- * 1 beet "175gram".
- * 2 large carrots "144 gram".
- * 1 stalk of broccoli "151 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Broccoli, Carrot, Beet.
- 3- Stir mixture well before serving.

Carrot Orange Juice:

Serves: 1 - 2

Calorie: 131

Sodium: 137mg

Carbs: 40g

Dietary Fiber: 1.4g

Sugars: 26.3

Protein: 3.55g

Ingredients:

- * 2 oranges "262 gram".
- * 4 large carrots "288 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Carrots, Oranges.
- 3- Stir mixture well before serving.

Tomato, Carrot, Apple, Pear, Beet and Kale Juice:

Serves: 1 - 2

Calorie: 159

Sodium: 183mg

Carbs: 47g

Dietary Fiber: 1.9g

Sugars: 27.5

Protein: 6.6g

Ingredients:

- * 1/2 apple "91 gram".
- * 1/2 pear "89 gram".
- * 1 tomato "123 gram".
- * 1/2 beet "88 gram".
- * 3 leaves of kale "105 gram".
- * 3 large carrots "216 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Carrots, Kale, Apple, Beet, Tomato, Pear.
- 3- Stir mixture well before serving.

Orange, Carrots, Spinach, Cucumber, Celery, Beet and Blueberries Juice:

Serves: 1 - 2

Calorie: 211

Sodium: 284mg

Carbs: 63g

Dietary Fiber: 2.3g

Sugars: 41.31

Protein: 7.27g

Ingredients:

- * 2 oranges “262 gram”.
- * 2 stalk of celery “128 gram”.
- * 1 beet “175 gram”.
- * 1 handful of spinach “25 gram”.
- * 3 large carrots “216 gram”.
- * 1/2 cucumber “151 gram”.
- * 1/2 cup of blueberries “90 gram”.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Carrots, Spinach, Orange, Beet, Celery, Blueberries, Cucumber.
- 3- Stir mixture well before serving.

Cabbage, Carrot and Apple Juice:

Serves: 1 - 2

Calorie: 115

Sodium: 121mg

Carbs: 36g

Dietary Fiber: 1.2g

Sugars: 22.5

Protein: 2.6g

Ingredients:

- * 1 apple "182 gram".
- * 3 large carrots "216 gram".
- * 1 cup of red cabbage "90 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Carrots, Apple, Cabbage.
- 3- Stir mixture well before serving.

Cabbage, Apple, Blueberries and Spinach Juice:

Serves: 1 - 2

Calorie: 143

Sodium: 507mg

Carbs: 45g

Dietary Fiber: 1.2g

Sugars: 32.4

Protein: 2g

Ingredients:

- * 1 handful of spinach "25".
- * 2 apples "364 gram".
- * 1/2 cup of red cabbage "44 gram".
- * 1/2 cup of blueberries "74 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Cabbage, Spinach, Blueberries.
- 3- Stir mixture well before serving.

Pineapple Carrot Juice:

Serves: 1 - 2

Calorie: 164

Sodium: 139mg

Carbs: 49g

Dietary Fiber: 1.3g

Sugars: 32

Protein: 3.1g

Ingredients:

- * 4 large carrots “288”.
- * 2 big slices of pineapple “332 gram”.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Pineapple, Carrots.
- 3- Stir mixture well before serving.

Fennel, Mango, Apple, Spinach, Celery and Pear Juice:

Serves: 1 - 2

Calorie: 188

Sodium: 185mg

Carbs: 60g

Dietary Fiber: 2.2g

Sugars: 40.5

Protein: 4.8g

Ingredients:

* 1 fennel “234”.

* 1 apple “182 gram”.

* 2 large stalk of celery “128 gram”.

* 1 pear “178 gram”.

* 2 handful of spinach “50 gram”.

* 1/2 cup of mango “82 gram” you can 1 cup of mango if you like.

Instructions:

1- Wash all the vegetables thoroughly.

2- Juice each vegetable in this order: Apple, Celery, Fennel, Spinach, Pear.

3- Stir mixture well before serving.

Orange, Pineapple, Carrots and Spinach Juice:

Serves: 1 - 2

Calorie: 170

Sodium: 118mg

Carbs: 51g

Dietary Fiber: 1.5g

Sugars: 35.5

Protein: 4.2g

Ingredients:

- * 1 handful of spinach “25 gram”.
- * 3 large carrots “216 gram”.
- * 2 oranges “262 gram”.
- * 2 slices of pineapple “168 gram”.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Orange, Pineapple, Spinach, Carrots.
- 3- Stir mixture well before serving.

Grapes, Carrots, Apple, Celery and Kale Juice:

Serves: 1 - 2

Calorie: 152

Sodium: 204mg

Carbs: 45.8g

Dietary Fiber: 1.9g

Sugars: 21.1

Protein: 5.77g

Ingredients:

- * 1 cup of grapes “90 gram”.
- * 2 large carrots “144 gram”.
- * 3 large stalk of celery “192 gram”.
- * 3 kale leaves “105 gram”.
- * 1 apple “182 gram”.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Grapes, Kale, Carrots, Celery.
- 3- Stir mixture well before serving.

Sweet Pepper, Orange, Apple, Beet, Cabbage and Carrots Juice:

Serves: 1 - 2

Calorie: 184

Sodium: 182mg

Carbs: 56g

Dietary Fiber: 2g

Sugars: 38.5

Protein: 5.3g

Ingredients:

- * 1 beet "175 gram".
- * 2 large carrots "144 gram".
- * 1 apple "182 gram".
- * 1 orange "131 gram".
- * 1/2 sweet pepper "60 gram".
- * 1 cup of chopped red cabbage "89 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Sweet Pepper, Orange, Apple, Beet, Cabbage, Carrots.
- 3- Stir mixture well before serving.

Kiwi, Kale, Celery, Parsley and Apple Juice:

Serves: 1 - 2

Calorie: 117

Sodium: 109mg

Carbs: 34g

Dietary Fiber: 1.3g

Sugars: 20.2

Protein: 5g.

Ingredients:

- * 3 kale leaves "105 gram".
- * 1 apple "182 gram".
- * 2 large stalk of celery "128 gram".
- * 1 kiwi "69 gram".
- * 1/2 handful of parsley "20 gram".

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Celery, Kale, Parsley, Kiwi.
- 3- Stir mixture well before serving.

Strawberries, Kale, Kiwi and Apple Juice:

Serves: 1 - 2

Calorie: 144

Sodium: 32mg

Carbs: 42.5g

Dietary Fiber: 1.4g

Sugars: 26.3

Protein: 4.9g

Ingredients:

- * 5 large strawberries “90 gram”.
- * 1 apple “182 gram”.
- * 2 kiwi “138 gram”.
- * 3 kale leaves “105 gram”.
- * 1/2 lime

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Strawberries, Kale, Kiwi
- 3- Squeeze the lime and add it to the cup then add the vegetable juice.
- 4- Stir mixture well before serving.

Strawberries, Apple, Carrots and Spinach Juice:

Serves: 1 - 2

Calorie: 116

Sodium: 118mg

Carbs: 36g

Dietary Fiber: 1.2g

Sugars: 22.6

Protein: 2.5g

Ingredients:

- * 4 large strawberries “90 gram”.

- * 1 apple “182 gram”.
- * 3 large carrots “138 gram”.
- * 1 handful of spinach “105 gram”.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Apple, Carrots, Spinach, Strawberries.
- 3- Stir mixture well before serving.

Cucumber Pear Juice:

Serves: 1 - 2

Calorie: 178

Sodium: 12mg

Carbs: 57.9g

Dietary Fiber: 1.6g

Sugars: 32.3

Protein: 4.2g

Ingredients:

- * 2 cucumbers “602 gram”.
- * 2 pears “356 gram”.
- * 1 lemon.

Instructions:

- 1- Wash all the vegetables thoroughly.
- 2- Juice each vegetable in this order: Cucumber, Pear.
- 3- Squeeze the lemon and add it to the cup then add the vegetable juice.

4- Stir mixture well before serving.



Chapter 3

Fruit Juice

Note: Keep an eye on the sugar and the calories in this section.

Pomegranate Juice:

Serves: 2

Calorie: 267

Sodium: 12mg

Carbs: 72.7g

Dietary Fiber: 2.3g

Sugars: 53.2

Protein: 6.5g

Ingredients:

* 2 large pomegranates “564 gram”.

Instructions:

- 1- Wash all the fruits thoroughly.
- 2- Juice the pomegranates seeds and serve.

Pomegranate Orange Juice:

Serves: 1 - 2

Calorie: 203

Sodium: 6mg

Carbs: 57.6g

Dietary Fiber: 1.8g

Sugars: 43.5

Protein: 5g

Ingredients:

* 1 large pomegranates “282 gram”.

* 2 oranges “262 gram”.

Instructions:

- 1- Wash all the fruits thoroughly.
- 2- Juice together and serve.

Tip: Juice pomegranate seeds.

Blueberries Strawberries Juice:

Serves: 1 - 2

Calorie: 156

Sodium: 4mg

Carbs: 47.1g

Dietary Fiber: 1.4g

Sugars: 31.5

Protein: 3g

Ingredients:

* 2 cups of sliced strawberries "332 gram".

* 2 cups of blueberries "296 gram".

Instructions:

1- Wash all the fruits thoroughly.

2- Juice together and serve.

Watermelon Juice:

Serves: 1 - 2

Calorie: 90

Sodium: 3mg

Carbs: 23.8g

Dietary Fiber: 0.2g

Sugars: 19.51

Protein: 1.9g

Ingredients:

* 3 cup of diced watermelon “456 gram”.

Instructions:

1- Wash the fruit thoroughly.

2- Juice and serve.

Tip: Remove the rind from the watermelon.

Orange Strawberry Juice:

Serves: 1 - 2

Calorie: 63

Sodium: 1mg

Carbs: 19.4g

Dietary Fiber: 0.6g

Sugars: 14

Protein: 1.6g

Ingredients:

* 1 cup of sliced strawberries “166 gram”.

* 1 oranges “131 gram”.

Instructions:

1- Wash all the fruits thoroughly.

2- Juice together and serve.

Melon Juice:

Serves: 1 - 2

Calorie: 146

Sodium: 79mg

Carbs: 40g

Dietary Fiber: 0.5g

Sugars: 35.9

Protein: 2.4g

Ingredients:

* 1/2 melon (honeydew) “640 gram”.

Instructions:

1- Wash the fruit thoroughly.

2- Juice and serve.

Tip: Remove the rind from the melon.

Pineapple Cranberry Juice:

Serves: 1 - 2

Calorie: 98

Sodium: 3mg

Carbs: 31.2g

Dietary Fiber: 0.8g

Sugars: 19.9

Protein: 1.2g

Ingredients:

* 3 large slices of pineapples “260 gram”.

* 1 cup of cranberries “100 gram”.

Instructions:

1- Wash all the fruits thoroughly.

2- Juice together and serve.

Pear Kiwi Juice:

Serves: 1 - 2

Calorie: 217

Sodium: 7mg

Carbs: 70.1g

Dietary Fiber: 2.1g

Sugars: 44.5

Protein: 2.4g

Ingredients:

* 3 pears “534 gram”.

* 2 kiwis “138 gram”.

Instructions:

1- Wash all the fruits thoroughly.

2- Juice together and serve.

Pineapple Mint Juice:

Serves: 1 - 2

Calorie: 155

Sodium: 4mg

Carbs: 45g

Dietary Fiber: 0.7g

Sugars: 34

Protein: 1.87g

Ingredients:

* 3 large slices of pineapples “498 gram”.

* 1 handful of mint “10 gram”.

Instructions:

1- Wash all the fruits thoroughly.

2- Juice together and serve.

Orange Ginger Juice:

Serves: 1 - 2

Calorie: 110

Sodium: 1mg

Carbs: 33.3g

Dietary Fiber: 1g

Sugars: 25.5

Protein: 2.7g

Ingredients:

* 3 oranges “393 gram”.

* 2-table spoons of chopped ginger root “12 gram”.

Instructions:

1- Wash all the fruits thoroughly.

2- Juice together and serve.

Apple Strawberries Juice:

Serves: 1 - 2

Calorie: 134

Sodium: 4mg

Carbs: 42g

Dietary Fiber: 1.2g

Sugars: 30.9

Protein: 1.32g

Ingredients:

* 2 apples "364 gram".

* 8 large strawberries "144 gram".

Instructions:

1- Wash all the fruits thoroughly.

2- Juice together and serve.

Grape Orange Juice:

Serves: 1 - 2

Calorie: 123

Sodium: 1mg

Carbs: 38.5g

Dietary Fiber: 1.3g

Sugars: 17

Protein: 2.7g

Ingredients:

- * 2 oranges “262 gram”.
- * 2 cup of grapes “180 gram”.

Instructions:

- 1- Wash all the fruits thoroughly.
- 2- Juice together and serve.

Pineapple Strawberries Juice:

Serves: 1 - 2

Calorie: 237

Sodium: 6mg

Carbs: 69.6g

Dietary Fiber: 1.3g

Sugars: 51.2

Protein: 3.3g

Ingredients:

- * 4 large slices of pineapples “664 gram”.
- * 10 large strawberries “180 gram”.

Instructions:

- 1- Wash all the fruits thoroughly.
- 2- Juice together and serve.

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I hope you enjoyed this book and enjoyed the recipes in it and hopefully it inspires you to try new ways that are delicious and healthy. It will be greatly appreciated if you leave a positive review for this book to help reach more people that will enjoy juicing and taking their health to the next level.

Thank You!

Adam Zaer