

The Best Juicing Recipes for Weight Loss

Over 30 Healthy Fruit & Vegetable Blends

By Dale L. Roberts

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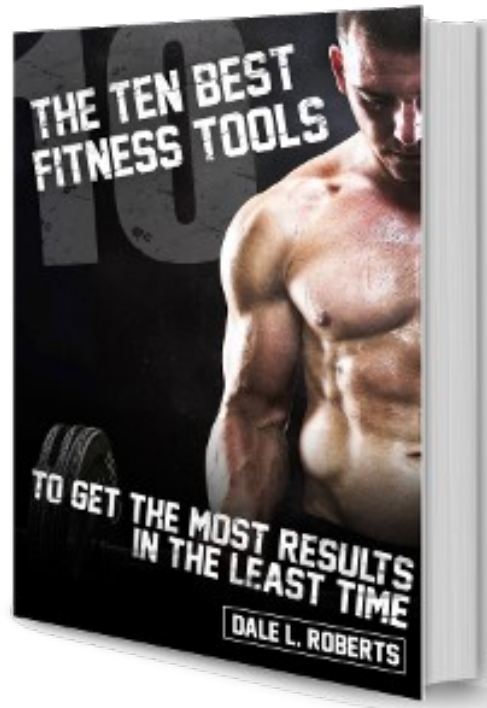
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Introduction

If you want to lose weight, then I believe I have one small solution that will help you gain an early victory and continued growth in your health pursuits. Sure, you can exercise more and eat less, but is this sustainable for you in the long-term? Can you continue to keep increasing the amount of time you are working out? Or, are you able to eat less than you are usually accustomed to for the long run? Maybe you are able to do this for a quick fix, but I believe that I have a solution that will help you.

Sadly, I cannot relieve you of your workouts since you greatly benefit from exercising regularly.ⁱ However, I can show you an easy way to get most of what your body needs nutritionally. The answer is juicing.

Juicing is the process of extracting the valuable nutrients from fruits and vegetables and combining them to make a concentrated dose. Think of a juicing as a way to feed your body a bucket of nutrition by way of a single 10-12 ounce glass. The process of juicing removes the insoluble fiber from the produce, allowing for increased absorption of nutrients and enzymes you'd otherwise miss in cooked food.

When you drink freshly made juice, you consume an abundance of nutrients and active enzymes. These enzymes handle converting the nutrients into a usable form of cellular health and growth.ⁱⁱ All of these valuable enzymes are lost in cooking, so your body has to create these enzymes. Through juicing, you skip the extra work of enzyme production. This means that your body can utilize the nutrients right away.

Since juicing requires a substantial amount of fruits and vegetables for one glass, you get more than your recommended daily allowance. The United States Department of Agriculture (USDA) recommends the healthy adult on a 2,000 calorie diet consume at least 2.5 cups of fruits and vegetables.ⁱⁱⁱ I assure you that if you prepare at least one 10-12 ounce glass of juice, you will more than fulfill the USDA nutrition guidelines for fruit and vegetables.

And, juicing provides an excellent solution for those of us who are vegetable-challenged. I have always had an issue with eating vegetables. My low vegetable intake had nothing to do with taste or aversions. I simply found difficulty in eating vegetables. Juicing offered what I needed in consuming an abundance of vegetables while gaining tons of valuable life-enhancing nutrition.

So, if you have problems with eating your fruits and vegetables, then juicing just may have what you are looking for. However, I would caution you to juice only produce that you like. If you detest beets, then you may not care for most juices with beets in it.

When you begin juicing, start with what you like. Slowly introduce a few other fruits and vegetables, so that you develop a taste for the uncommon or unfamiliar. In due time, you may build a liking for produce that you used to dislike.

Juicing does not substitute for a meal and I would highly discourage consuming only juice. Known as a juice fast, drinking only juice has some benefits, but you

should not do this without the direct supervision of your family doctor or dietitian.

Simply start with adding one 10-12 ounce glass of juice per day. You'll find morning works best since you may find an increase in energy. Try to utilize more vegetables than fruit so that you aren't strictly drinking a glass full of fruit sugars. Some green leafy vegetables taste bitter so you can balance the flavor with fruit. For instance, the bitterness of kale is counter-balanced by pineapple. Try your own combination of fruits and vegetables to see what works for your palate.

Juicing is sustainable and affordable if you are selective with what you buy. Purchase produce that is in-season to save money. When you make too much juice, be sure to store it in an airtight container to be consumed within 24 hours. When juice is set out for too long, it oxidizes, therefore losing a lot of its potency and taste.

When you want to lose weight, it's hard enough having to eat right and exercise. But, juicing provides an easy way to get the much-needed nutrition your body craves when switching to a newer, healthier lifestyle. With daily juicing, healthy eating, and regular exercising, your weight loss goals will come in no time. So, let's get to juicing right away!

Equipment Needed & Directions

To make a good juice blend, you will need the right produce and correct equipment:

- 1) Juicer – Any number of juicers are available and you will find a good one for about \$50 to \$400. But, you don't have to break the bank to get a reliable juicer. Without any compensation, I can say that my preferred juicer is a Breville Juice Fountain Plus. However, feel free to find what works best for your budget and what appeals to you most.
- 2) A sharp knife – You'll need to cut up some of your produce to fit through the shoot. Handle this knife with care and be sure that it is properly sharpened ahead of every juicing.
- 3) Cutting board – You need this item to cut some of the fruits and vegetables on.
- 4) Optional – Airtight container for storage. Keep in mind, the nutritional value and taste diminishes the longer it sits out in the open. So, use the airtight container for storing any extra juice you have for later consumption. It is best to drink the juice within 24 hours of making it.

Practice makes perfect in juicing. The first few times of juicing you may have extra drink leftover. Avoid drinking too much juice and keep how much you drink to about 10-12 ounces. Most recipes in this book will yield about 2-3 servings and will vary based on the size of produce you use.

Whenever you have the choice, pick organic fruits and vegetables. In my opinion, there is an evident change in flavor, texture and consistency in organic versus non-organic. Besides, you don't want to be drinking down a ton of trace pesticides with your nutrient-rich drink.

Whatever produce you choose, organic or non-organic, wash and rinse the food thoroughly before juicing. If you must use non-organic, be sure that you take a little extra time to clean off the fruits and vegetables.

I cut the produce into pieces that can easily fit into the shoot and place the guide over the top. A general rule is that your produce should not be any longer or wider than the juicer shoot. If you try to place too much produce at one time into the juicer shoot, then you may end up with less juice and more waste. And worse yet, you could very well fry out your juicer motor putting in too much food at one time. Read your juicer manual to know what is appropriate to your model juicer.

You will find a method that works best for you in what order to juice your produce. I have found success in alternating heavy produce with lighter produce. Roll any green leafy vegetables into a ball when possible for better juicing and less waste. Placing green leafy vegetables as without proper preparation will see a lot of spray-back from the shoot and more waste.

Usually, you will want to use the entire plant. However, there are exceptions to

this rule. For instance, remove:

- 1) Banana peels
- 2) Citrus peels (i.e. oranges, limes, lemons, etc.)
- 3) Kale stalks

It's not to say that you can't drink the juiced contents of these portions of the plants. I just wouldn't suggest it since these things can diminish the flavor and make the juice bitter-flavored.

I have found two magical ingredients that tend to cut bitterness of juice:

- 1) Ginger root – a little goes a long way
- 2) Pineapple

I was told the benefits of juicing raw beets, but I could not get past the strong flavor of this root. So, I added a nub of ginger root and that made all the difference. Another close friend suggested pineapple to cut the beet flavor and voila! That worked even better for me.

The really cool part about juicing is that you can try any number of combinations to see what works for you. I have taken a lot of guesswork out of what is good and what is horrible. For instance, you will not find many recipes with cauliflower or radishes, because they never worked for me or anyone else I knew. So, if you are feeling bold, give it a go! But, I would strongly discourage you from wasting your time or produce.

Now, let's get to juicing and enjoying the many great tastes and health benefits that these fruit and vegetable juice blends provide!

Recipes

The ABC Cocktail – Apple, Beet, & Carrot

Beets & Treats

The Cant-al-apple Blend

The Christmas Treat

Four-Color Blend I

Four-Color Blend II

Four-Color Blend III

Green Citrus

Green Juice I

Green Juice II

Green Juice III

Green Refreshment

Island Greens

Mean Green

Minty Green

Red & Green Blend

Red Juice I

Red Juice II

Refreshment Cocktail I

Refreshment Cocktail II

Smooth Green Juice

Smooth Pineapple

Super Green Apple Blend I

Super Green Apple Blend II

Super Green Apple III

Super Green Blend

Sweet Fruit Juice

Sweet Treat I

Sweet Treat II

Three-Color Blend I

Three-Color Blend II

Tropical Green

V8-1 (aka Fake V8)

The ABC Cocktail – Apple, Beet, & Carrot

1/4 apple
1/2 beet
2 large carrots, ends trimmed
2 large celery stalks
1/4 green bell pepper
0.5-inch of ginger

Beets & Treats

1 beet
2 leaves of red cabbage
3 medium carrots
1/2 lemon
1 orange
1/4 pineapple
2 handfuls spinach

The Cant-al-apple Blend

1 small wedge cantaloupe
1 whole red apple
1 whole lemon

The Christmas Treat

2 oranges, peeled
1 medium beet
4 medium carrots
8 mint leaves

Author Note - My mother used to give me an orange and candy cane in my Christmas stocking every year. I could insert the candy cane into the orange and suck the orange juice through the cane. This drink reminds me of that flavor.

Four-Color Blend I

2 oranges, peeled
1/2 lemon
1/2 beet root

4 handfuls spinach
3 stalks celery
2 small carrots
1-inch piece of ginger root

Four-Color Blend II

2 medium apples, cored
1 beet
4 medium carrots
3 celery stalks
1/2 cucumber
0.5-inch of ginger root

Four-Color Blend III

1 cup blueberries
1 large apple, quartered
1 medium orange, peeled
2 small zucchini
1/4 head of red cabbage
3 kale leaves
1/2 cucumber

Green Citrus

1 bunch kale
2 cucumbers
1/2 bunch parsley
1 lemon, peeled
1 lime, peeled
1 green apple

Green Juice I

1 Granny Smith apple
3 kale leaves
1/4 English cucumber
1 handful green grapes

Green Juice II

2 kale leaves
2 celery stalks
1 orange, skinned
1/2 cup chopped parsley
1 bunch of mint leaves
1 mango, pitted

Green Juice III

1 medium red apple
3 kale leaves, stalks removed
2 lettuce leaves
3 celery stalks
1/2 medium cucumber

Green Refreshment

1/2 tomato
2 medium red apples
2 asparagus stalks
1 bunch of spinach
3 celery stalks
1 cucumber

Island Greens

1 kiwi, peeled, sliced
2/3 cup pineapple
1/2 cucumber
1/3 cup diced broccoli

Mean Green

2 medium apples
4 stalks celery
1 cucumber
1-inch piece of ginger root
1/2 lemon

6 leaves kale

Minty Green

1/2 lemon, peeled

1/2 cucumber

1 cup green grapes

1 wedge honeydew melon

1 kiwi

1 celery stalk

1 handful fresh mint

Red & Green Blend

1 handful of grapes

1 apple

1 lemon

1 cucumber

1/2 cup parsley

4 celery stalks

1 medium beet

Red Juice I

3 large carrots without tops

1 large tomato

8 large strawberries

1 lime

1-inch piece of ginger root

1 apple, halved

1 large red bell pepper, stemmed, seeded

Red Juice II

2 medium red apples

2 medium beets, no greens

5-inch-long sweet potato

1 medium red bell pepper, seeds removed

1 large carrot

Refreshment Cocktail I

2 medium apples, cored
2 stalks celery
1 cucumber
5 leaves kale
1/2 lemon
2 oranges, peeled
1 handful parsley

Refreshment Cocktail II

2 medium apples, cored
2 stalks celery
1 cucumber
5 leaves kale
1/2 lemon
2 oranges, peeled

Smooth Green Juice

1 avocado, pitted, skinned
2 handfuls of seedless grapes
2 medium apples
2 cups spinach
3 celery stalks
1 lime

Smooth Pineapple

1 cup pineapple, peeled, cored
3 1/2 ounces broccoli
3 1/2 ounces cucumber
1 kiwi, peeled

Super Green Apple Blend I

1 bunch of spinach
1/2 lime, peeled
1 lemon, peeled

1 large cucumber
1 apple
0.5-inch piece of ginger root

Super Green Apple Blend II

3 medium apples
3 celery stalks
1/2 cucumber
0.5-inch piece of ginger root
4 leaves kale
1 lemon, peeled
1 large orange, peeled

Super Green Apple III

1 Granny Smith apple
1/2 lemon, skinned, deseeded
5 red leaf lettuce leaves
1 cucumber

Super Green Blend

2 medium apples, cored
1 cucumber
4 leaves kale, remove the stalks
1 lemon
2 cups spinach

Sweet Fruit Juice

1/2 large pineapple, peeled, cored
1 cup strawberries
1 pear
0.5 bunch of mint leaves

Sweet Treat I

8 strawberries
2 bananas
10 dates, pitted

Sweet Treat II

2 medium red apples

4 kiwis

2 oranges

1 pineapple, skinned

Three-Color Blend I

4 red apples

1 small cucumber

2 large carrots

2 celery stalks

Three-Color Blend II

4 medium carrots

1 small apple

2 cups spinach

2 celery stalks

4 parsley leaves

Tropical Green

4 kale leaves

1 mango, seeded

0.5-inch piece of ginger root

1 orange, peeled

1 cup pineapple chunks

V8-1 (aka Fake V8)

2 large carrots

3 stalks celery

1/2 cucumber

2 handfuls parsley

1/2 green bell pepper

1 cup spinach

3 tomatoes

Ingredients Glossary

Fruit Facts

[as featured in my publication [Clean Eating Recipes \(Book Two\)](#)]

According to the United States Department of Agriculture (USDA)^{iv}, fruit is good for you because of the following:

- 1) No cholesterol in fruit
- 2) Most fruits are naturally low in calories, fat, and sodium
- 3) Source of essential nutrients, such as:
 - a) Potassium - may help maintain healthy blood pressure, reduce the risk of bone loss, and kidney stones. Potassium is in bananas, prunes, cantaloupe, honeydew melon, oranges, and much more.
 - b) Dietary fiber - reduces blood cholesterol levels, may help lower the risk of obesity, type 2 diabetes, and heart disease (i.e. heart attack, stroke). Fiber is crucial in the regularity of bowel function and aids in satiety or the feeling of fullness.^v
 - c) Vitamin C - important in body tissue growth and repair; helps heal cuts and wounds; maintains good oral health
- d) Folate (folic acid) - helps form red blood cells
- 4) May protect against certain types of cancers

Furthermore, the USDA has some tips that may help you if you are struggling with where to start if you aren't already consuming fruits on a regular basis. I'll give my own recommendations based on what has been successful for me and my successful clientele:

- 1) Purchase only 1-3 days worth of fruit at a time - this so that none of the food goes to waste and you are developing healthy eating patterns by eating fresh food.
- 2) Buy only what you are willing to eat - it makes no sense to buy something that you detest. In due time, you will develop your taste buds to appreciate new fruits, but if you are just starting to eat fruits, stick to what you know.
- 3) Largely depending on your age, gender and activity level, consume about 1-2 cups per day of fruits. See more at [ChooseMyPlate.gov](#).^{vi}
- 4) If you are new to eating fruits regularly, make it a goal to try to eat one serving per day. Once you can be consistent with that over the course of 21 days, then you can increase the amount. The easiest way to get in a minimum of 2 cups per day of fruit is through juicing.

Fruit Glossary

Apple (any variety) – This fruit is low-calorie, fiber-dense, and packed with vitamin C. Apples aid in digestive health, assists in weight management and appetite control and may reduce the risk for certain cancers.^{vii}

Avocado – The world's most overlooked fruit, the avocado is chock full of twenty powerful vitamins, and minerals. Avocados are calorie-dense and filled full of healthy fatty acids.^{viii} This fruit's consistency is smooth and blends well with most any fruit or vegetable. Go light on this superfood. A quarter to half an avocado is more than enough for one person. Do not juice the skin or pit.

Bananas – I cannot get enough of this tasty treat. This fruit is known for its abundance of potassium. However, it also has fiber, vitamin C, vitamin B₆, and tons of other valuable nutrients.^{ix}

Blueberries – These anti-oxidant-rich berries can be costly when out of season, but they are worth it since they soften dry skin, boost brain activity, and may even prevent cancer. Blueberries have fiber, potassium, folate, vitamin C, and vitamin B₆.^x

Cantaloupe & Honeydew melon (aka muskmelons) – These melons contain potassium, vitamin A, vitamin C, and potassium. Muskmelons improve eye health, lung health, and the potassium may aid in stress relief.^{xi} They make a superb addition to most any juice and cut the bitter flavor of leafy greens.

Citrus (oranges, lemons, limes) – Citrus fruits contain lots of vitamin C, B vitamins, antioxidants, and fiber. These fruits improve the immune and cardiovascular system, and may reduce the risk of cancer.^{xii} Citrus will cut the overbearing taste of leafy greens like spinach and kale. Remove the skin. Otherwise, the juice will taste strong.

Dates – pitted – Dates are an excellent source of vitamins and minerals such as calcium, iron, potassium, magnesium, zinc, niacin, folate, vitamin A, and vitamin K. They have been shown to resolve intestinal issues and may help heart problems and sexual dysfunction.^{xiii} Go light on dates, because they are calorie dense and some manufactured dates have additives.

Grapes – This anti-oxidant rich berry is cited as a potential prevention of cancer, heart disease, high blood pressure and constipation.^{xiv} Grapes with seeds carry more nutritional value. However, the grape seeds make the juice taste bitter. When using the grapes, be sure to take off any stems.

Kiwi – The kiwifruit is packed full of more vitamin C per serving than an orange. It also has vitamin K, fiber, and potassium. This little fruit may prevent macular degeneration, improve cardiovascular health and balance blood sugar levels.^{xv}

Mango – This tasty fruit is a little labor intensive to prepare for eating/juicing. However, it is worth more than just its taste since it has pre-biotic dietary fiber, vitamins, minerals, and antioxidants. Mango may reduce the risk of macular degeneration and certain cancers.^{xvi}

Pear – This tasty fruit provides fiber, vitamin B₂, vitamin C, vitamin E, copper,

and potassium. Pears contain antioxidants that may prevent high blood pressure and stroke. For a quick source of energy or to relieve constipation, pears are your answer.^{xvii}

Pineapple – This popular tropical fruit serves up an enzyme, bromelain, that aids in digestion. It is also rich in B-vitamins, vitamin C, copper and many other nutrients.^{xviii} Pineapple helps cut bitter or strong flavors in a juice blend. If you find a type of juice hard to drink, add pineapple.

Strawberries – These berries are nutrient-rich and have a nutrient profile similar to blueberries. Strawberries have vitamin C, fiber, antioxidants, and potassium. You can add strawberries to the juicer with or without the tops and it won't adversely affect the flavor. They may help with constipation, heart disease and reduce the risk of cancer.^{xix}

Tomatoes – This red fruit provides lycopene, fiber, potassium, vitamin C and choline among many other valuable nutrients. The tomato helps improve blood pressure and heart health and may reduce the risk of certain cancers.^{xx} Since tomatoes have plenty of water, don't use too much in a juice recipe. If your juice recipe is a bit concentrated, then add an extra tomato to thin out the juice.

Vegetable Facts

According to the USDA^{xxi}, vegetables are beneficial to your health because they have:

- 1) No cholesterol
- 2) Low fat and calories
- 3) Source of nutrients, such as:
 - a) Potassium - may help maintain healthy blood pressure, reduce the risk of bone loss, and prevent kidney stones. Potassium is found in bananas, prunes, cantaloupe, honeydew melon, oranges, and much more.
 - b) Dietary fiber - reduces blood cholesterol levels, may help lower the risk of obesity, type 2 diabetes, and heart disease (i.e. heart attack, stroke). Fiber is crucial in the regularity of bowel function and aids in satiety or the feeling of fullness.^{xxii}
 - c) Vitamin A - helps the heart, lungs, kidneys, and other organs work properly; maintains regular vision, the immune system, and reproduction.^{xxiii}
 - d) Vitamin C - important in body tissue growth and repair; helps heal cuts and wounds; maintains good oral health.
 - e) Folate (folic acid) - helps form red blood cells
- 4) May reduce risk of certain types of cancers

Additionally, the USDA offers tips that could help if you struggle with eating enough vegetables on a regular basis:

- 1) Purchase only 1-3 days worth of vegetables at a time - none of the food goes to waste and you are developing healthy eating patterns by eating fresh produce.
- 2) Purchase only what you like to eat – don't buy something that you detest. You will eventually develop a taste to appreciate vegetables, but if you are just starting to eat veggies, stick to what you are familiar.
- 3) Depending on your age, gender and activity level, consume about 2-6 cups of vegetables per day. See more at [ChooseMyPlate.gov](https://www.choosemyplate.gov).^{xxiv}
- 4) If you are new to eating vegetables consistently, try to eat at least one serving per day. Once you can be consistent with that over the course of 21 days, then you can increase the amount. Juicing is a simple way to get a minimum of 2-6 cups of vegetables per day.

Vegetable Glossary

Asparagus – This vegetable is loaded with nutrients: fiber, folate, vitamin A, vitamin C, vitamin E, vitamin K and chromium. Asparagus is loaded with antioxidants and eating it may help protect against certain forms of cancer.^{xxv}

Beet root – This root vegetable seems to be a cure-all for most any ailment, and why not? Beets are low calorie and have tons of fiber, vitamins and minerals yet have the highest sugar content of all vegetables. A little beet goes a long way, so use this vegetable in moderation.

Broccoli – This cruciferous vegetable has potassium, folate, vitamin A, vitamin C, and vitamin B6. Broccoli is loaded with fiber yet low in calories and is practically sodium-free/fat-free.^{xxvi}

Carrot – This root vegetable has tons of vitamin A and is thought to have health benefits including aiding skin development, prevent cancer, and reduce aging.^{xxvii}

Celery – This is a versatile green for beverages since it can be used with most every fruit and vegetable to enhance the flavor. Celery is low in calories, carbohydrates, fat and cholesterol while rich in vitamin K, and many other vitamins and minerals.^{xxviii}

Cucumber – This is by far my most favorite for watering down strong flavors. The cucumber not only has water and electrolytes perfect for hydration but also is rich in vitamin K, potassium and many other vitamins and minerals.^{xxix}

English cucumber – A variation of the cucumber but it is normally longer and skinnier. You'll find English cucumbers wrapped in plastic in the produce section at your grocer or farmers market.

Ginger root – Commonly known for its anti-inflammatory effects and stomach relief, the anti-oxidant filled ginger root can also be used to cut strong flavors and spice up dull beverages. Use ginger root in moderation. This root is relatively cheap and is available at most farmers markets and grocers. Get fresh ginger root only and buy a small amount at a time.

Bell pepper – green, red – This vegetable is loaded with potassium, vitamin A, vitamin C, folate, vitamin K and many more vitamins/minerals. Bell peppers are

naturally low in calories, boosts your immune system, keeps skin youthful, has anti-inflammatory properties, and may reduce your risk of cancer.^{xxx}

Kale – By far my absolute favorite food and it is apparent in its abundance in the recipes. Much like spinach, kale is incredibly cheap and easy to get at farmers markets and grocers. Kale has a strong flavor, but if you ease your way into eating this plant, you'll find that you will build a taste for it. This leafy green is low-calorie and potent in vitamin A, vitamin C, and chlorophyll. It is also an ideal source of minerals such as calcium, copper, potassium, iron, manganese, and phosphorus.^{xxxi} And, this is just the start! Kale is truly a superfood.

Mint leaves – More than a breath freshener or food additive, mint has tons of vitamins, minerals, and dietary fiber. Add mint leaves sparingly because of their strong flavor.

Parsley – Believe it or not, parsley is not just a garnishment or to freshen your breath after a meal. Parsley has the most vitamin K per serving which may increase brain development and mental focus. Eating just one cup of chopped parsley provides you with over 550% of your recommended daily allowance! Wow! This leafy green also has lots of vitamins, minerals, and antioxidants. Much like cilantro, a little goes a long way, so add parsley conservatively to your smoothies. Fun fact: Parsley is a distant relative of celery and the Greek translation is “rock celery.”^{xxxii}

Red Cabbage – This peppery plant has some nutrients including, vitamin A, vitamin K, vitamin C and fiber. Red cabbage improves eye health, muscle tissue, blood and may reduce the risk of cancer.^{xxxiii}

Red Leaf Lettuce – According to the U.S. Food and Drug Administration, red leaf lettuce qualifies for a calorie-free food. And, since it is fat-free food and has high water content, red leaf lettuce makes for the ideal food for weight management. This leafy plant has vitamin A, vitamin K and small amounts of B-vitamins and iron.^{xxxiv}

Spinach – You'll find this in many of my recipes because it is cheap and accessible at farmers markets and grocers. This leafy green has vitamin A, vitamin C, and vitamin E. Spinach is a quality source of calcium, iron, potassium, protein, and choline.^{xxxv} Choline, usually grouped with B-vitamins, may help in brain activity and mental focus.^{xxxvi}

Sweet potato – This root vegetable provides lots of fiber, potassium, vitamin A, and a host of other vitamins and minerals.^{xxxvii} I put the entire sweet potato into the juicer with the skin included.

Conclusion

Over the past three years since I started juicing fruits and vegetables, I have experienced and enjoyed many great benefits. A few others have agreed with me that they too have seen these advantages from juicing:

- 1) More energy
- 2) Weight loss
- 3) Better focus
- 4) Better digestion

Some have even made claims that juicing can reduce your risk of cancer, boost your immune system, aid in toxin removal from your body and aid digestion. However, the Mayo Foundation for Medical Education and Research (also known as the Mayo Clinic) refuted these claims, stating that there is no scientific evidence to back these claims. The Mayo Clinic agrees that if you don't usually enjoy fruits and vegetables that juicing would be a fantastic way to add them to your diet.^{xxxviii}

One more thing to note is if you buy juice at a store, be sure that it is 100% pure juice. If it is pre-made, buy only pasteurized juice so that you aren't consuming harmful bacteria. Bear in mind, that you will not get the same enzymes and nutrients you would from freshly-made juice. The enzymes and nutrients are lost in the pasteurizing process.

On the other hand, if you buy juice at a store or restaurant, be sure that it is freshly-made and you plainly see what they do in the process of making it. Watch the juicing process protects you and keeps you from drinking spoiled juice.

If you adopt juicing into your everyday life, you will start to feel the difference within a week or so. Just remember to stick to it for the best results. Additionally, if you eat right and exercise regularly, you will experience profound changes in your health and shake off unwanted extra weight. In due time, you will see dramatic changes that will blow you and everyone else away. Now, go make yourself a cold glass of fruit and vegetable blended juice and enjoy the quality nutrition that your body craves and you so richly deserve!

Thank You

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As you work toward your goals, you may have questions or run into some issues. I'd like to be able to help you, so let's connect. I don't charge for the assistance, so feel free to connect with me on the internet at:

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Thank you, again! I hope to hear from you and wish you the best.

-Dale

About The Author



My name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE Specialty Certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health & fitness goals.

While my greatest passions are health & fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.

Subscribe to my blog at DaleLRoberts.com for all the latest posts on health and fitness tips. This is also one of the best ways to connect with me directly. Please, remember that whatever you do in life, make sure that you do what you love. Stay happy, healthy and strong!

My Other Work

>The 3 Keys to Greater Health & Happiness: A Beginner's Guide to Exercise, Diet & Mindset

>The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching

>[The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core](#)

>[The Chest and Arms Workout Plan: Firm, Tone, and Tighten Your Upper Body](#)

>The Best Exercise and Fitness Bundle: Simple Workouts to Lose Weight, Feel Better and Gain Energy

>[Gym Etiquette: 25 Things You Shouldn't Do In The Gym That No One Tells You About](#)

>[Clean Eating Recipes: Over 30 Simple Recipes for Health Cooking \(Book One\)](#)

>[Clean Eating Recipes: Over 30 Simple Recipes for Health Cooking \(Book Two\)](#)

>[The Best Green Smoothies for Weight Loss: Over 30 Simple Recipes for Healthy Eating](#)

>[The Best Juicing Recipes for Weight Loss: Over 30 Healthy Fruit & Vegetable Blends](#)

Go to <http://dalelroberts.com/my-book-shelf/> for links to my entire catalog of

books.

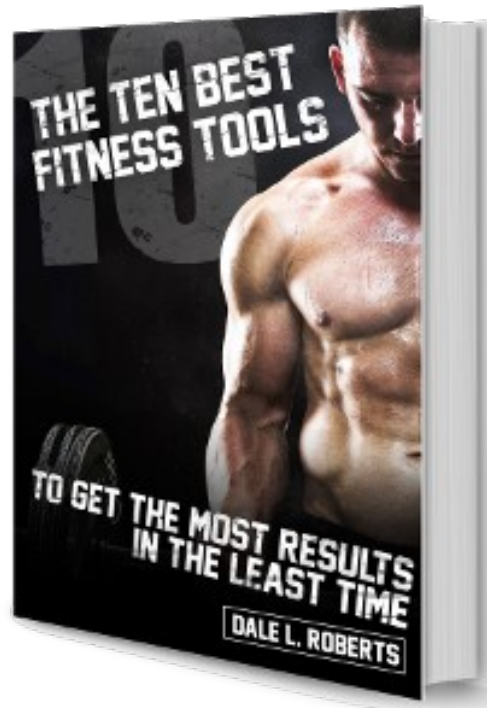
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Are you interested in learning about the ten best fitness tools in fat loss? You are not alone! Millions of people all over the world are trying to lose weight and do so in a safe and effective manner.

What I have done is put together a FREE report to get you started on the road to success. This report won't be up forever, so get them before they are taken down. It's my simple way of saying thank you for buying this book. [Click Here to Get Instant Access.](#)

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Download the report on "The Ten Best Fitness Tools (To Get You More Results in the Least Time)" ABSOLUTELY FREE. The tips in this report will help you lose weight, melt off fat, and get in great shape!



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