

THE NEW
LEAN

JUICING BOOK

A **FitLife**.tv PRODUCTION

JUICE UP YOUR LIFE



DREW CANOLE

About the Author



Drew Canole is a national spokesperson on the topics of health, fitness, mind and spirit. He's been featured on NBC, CTN, ABC and other networks across the country. His passion rests in helping America heal. Drew often attributes his success to the motivated team of people around him. His passion has inspired thousands of followers to strengthen their ties to health and nutrition with his work at FitLife.tv.

This book displays an integral aspect that Drew used to surmount his own transformation. He is a living testament to the power of the juice. This book will transform your sense of health and well-being.

Please send stories on how juicing has changed your life to Drew at drew@fitlife.tv.

Dedicated to Jack LaLanne

This book is dedicated to one of my all-time favorite fitness icons, Jack LaLanne. Jack is no longer with us, but his lessons will live on forever. He was truly the fitness Godfather. Jack knew from a very early age that a diet high in fruits and vegetables coupled with a good amount of exercise would keep us young and add vitality to our lives. He not only spoke the words but demonstrated this in his lifestyle and in his actions. This book is to help be a contributing force behind Jack's lessons. Live on Jack!



“Probably millions of Americans got up this morning with a cup of coffee, a cigarette and a donut.

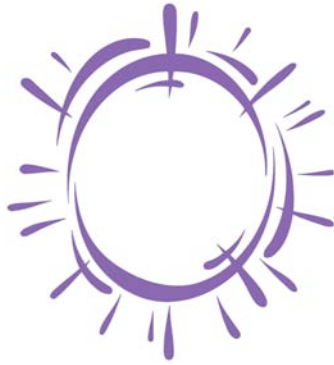
No wonder they are sick and fouled up.”

– Jack LaLanne

This book is also dedicated to anyone who has lost hope in their physical and mental health. Consume these words and let them imbibe every cell of your body. Take action on a healthier you today!

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Introduction: How I Got Into Juicing

My sincerest hope is that this book changes your life. No matter what your overall health goal is, juicing has the potential to reshape not only your physical landscape but your internal workings as well. Ever hear of the expression, “Green on the inside, clean on the inside.”? Simply drinking just a few glasses a day will supply your body with the essential vitamins and minerals your body needs.

Some major benefits are:

- They are easy to make, and take just minutes to prepare.
- They are made in your own kitchen, so you know what’s in them.
- They supply you with massive amounts of nutrients your body needs.
- You will feel the power of raw energy once the juice hits your blood stream.

- They take only minutes to prepare and leave you energized all day.

One of the foremost reasons I was able to go from 17% body fat down to sub-7% was my new habit of juicing. Not that kind of juicing, I'm talking straight-up, 100% pure "green" veggie juice. OK, maybe an occasional apple or some other fruit for taste.

I was first turned on to juicing by my good friend William Rippley. He told me the teeth-clenching tale of his heroic father who had recently suffered a heart attack. The doctors gave him a very short period of time to live unless he was to make some pretty radical changes immediately. At the time, his father was severely overweight, his testosterone was at an all-time low, and he had very little, if any, energy whatsoever. What's sad is that 70% of the population is now in Mr. Rippley's shoes, believe it or not.

Determined, Mr. Rippley set out to find a solution to his failing health. He searched high and low trying multiple doctors, homeopathic remedies and an expansive array of other methods for healing. He was over at a dear friend's house when he explained his situation and the bad news that had been tormenting his mind and soul. "What should I do?" he asked with an, "I'll do whatever it takes, I'm about to die" look on his face.

Within minutes his friend pulled out a juicer from the small pantry and started to collect veggies from the fridge.

As she started to wash the vegetables, Mr. Rippley started to chuckle.

“What are we going to do with those?” he asked.



FACT: Most people in America are now getting two or less servings of vegetables a day when we should be getting seven to 10. (No wonder Mr. Rippley laughed at this seemingly silly suggestion.)

Her response was simple. “We are going to juice them.” Mr. Rippley was unfamiliar with the concept of juicing vegetables, but he was desperate and ready to do whatever it would take. His back was against the wall and he was running out of time. Every time his heart would beat, it was another gift from God. With each thump it was reminding him of all the abuse he laid on it, all of the lack of sleep, a beyond toxic diet, and enough Starbucks coffee to support a small country. Mr. Rippley’s ears and stomach were indeed wide open that day.

The juice consisted of a couple of carrots, a cucumber, and some ginger. His friend handed the cup to him and as he raised it to his face he looked at her with an, “I can’t believe I’m about to do this” way to him. His whole life he had always had a mild disdain for the taste of carrots and had never even tasted raw ginger. He was in for a real treat.

He put the glass up to his lips and took his first sip. He then looked around the room, like a surprised giant toddler.

“This stuff tastes amazing!” He bellowed throughout the whole house.

She smiled and reflected on how often she had seen this expression from newbie juicers.

After Mr. Rippley’s first juice, the rest was history. He became a juicing addict. Not only did he juice three times a day, he convinced all of his neighbors to juice. They were all hesitant to take him up on his invites but they decided to out of respect. They had all heard about his recently diagnosed heart condition and feared never seeing Mr. Rippley again.

Months had passed and Mr. Rippley remained faithful to his new and widely cherished love. As time progressed, he started to feel more energy coursing through his veins. He started to drop weight like he had the metabolism of a pre-pubescent adolescent.

Eventually the medication he was prescribed from his cardiologist started giving him problems. The whole community became worried. Mr. Rippley was loved and admired throughout the town. He often cared more for the health of others than for his own and was valued for his caring nature.

Venturing into the doctor’s office he announced the problem he was having with the medication.

“Please help me doctor. When I take this medicine you put me on, it makes me throw up and convulse.”

The doctor quickly responded, “OK, Mr. Rippley, let us run you through a few tests and see what we can come up with.”

Four hours later, Mr. Rippley was waiting in prayer when the doctor came back in.

“I don’t know how to tell you this Mr. Rippley but it seems as if your body’s immune system has strengthened so much that it has formed a ‘block’ against the medicine we put you on.” The doctor had a confused look on his face.

“We can try a bigger do.....”

“No we can’t,” interrupted an excited Mr. Rippley.

Mr. Rippley smiled and knew that it was a combination of reverent prayer and his love, “Lona the luscious liquidator.” Lona was the name he had given to his life-giving juicer.

Mr. Rippley was back from the “You’re going to die.” The angels were singing that day as he drove his 1995 Chevy Silverado back to the ranch. When pulling into the driveway, his neighbor Sandy was at the mailbox.

She asked, “How’d it go?”

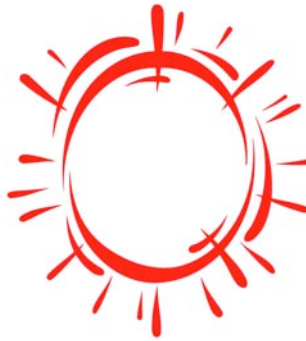
“I’m so grateful for God!” he replied.

Tears were coming out of a very happy man’s eyes. For the first time he recognized his purpose and passion beyond anything else he had ever experienced.

He had to get the secret out!

The secret is in the juice!

So how were Mr. Rippley and many others with even greater problems able to overcome such back-to-the-wall, you-could-die circumstances?



Inspiration Strikes

I realized after his eldest son William shared his father's heart-wrenching story that I had to get a juicer – ASAP! This was going to be the best investment for my health I'd ever made.

At the time, I had a ton of energy but was constantly searching for the nearest Starbucks for my caffeine fix. I was in good physical shape but nowhere near where I wanted to be. I would often work out twice a day, many times over three hours a day. I just couldn't lose what looked like baby fat surrounding my abdominal region and my little chipmunk face.

Sound familiar?

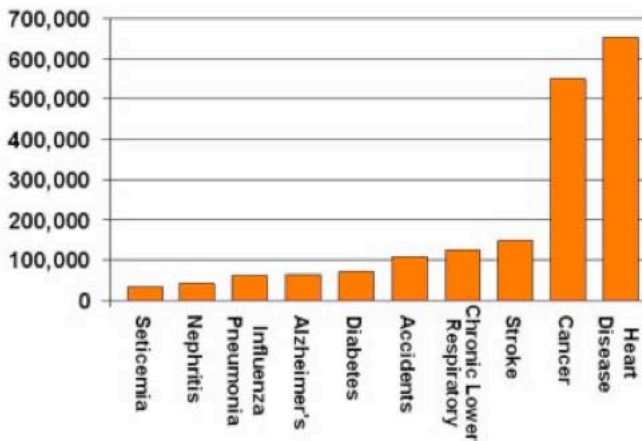
Like many people, I was severely dehydrated and I didn't even know it. Many times I would mistake my dehydration for hunger, which forced me into over-eating. For years this went on, instead of drinking quality liquids I

would over eat pizza and other life-draining foods. This is the story of most of the population. We are “the dehydrated nation” and also the most overweight. Do you think there is a connection?

There is – a big one!

As a culture we load up on soda, coffee, tea and other drinks that are not good for our physical well-being. One 20-ounce bottle of Coke has 16 packages of sugar in it, yet we wonder why America is fighting an obesity/diabetes epidemic, which is the leading cause of death in America.

Overall Leading Causes of Deaths



Actual Numbers of Deaths vs. Leading Causes of Death

Think there is any coincidence why the top three are diet-related? We are eating out of convenience and making unwise decisions when it comes to our long-term health. It takes the body more and more energy to process this fat-laden, sugar-loaded, processed, lifeless junk, and we are giving ourselves less time to heal.

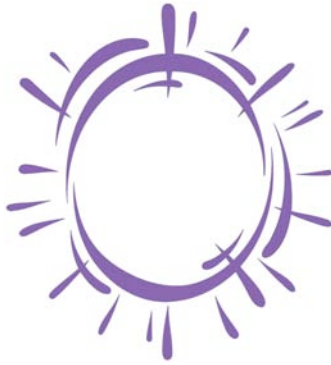
Through a rigorous juicing schedule, within three months, I started to see a six-pack starting to pop that I had never seen on myself before. This was the beginning of a lifelong habit.

Some of the transforming results that juicing brought to my life were:

- More energy
- More cut
- More testosterone
- Healthier skin and hair
- Overall glow
- Greater mental acuteness
- Sexier
- *A HAPPIER DREW!*

Would you like to have any of these things in your life? If you answered “yes”, then it is time for you to learn about one of the greatest discoveries I’ve made up until this point.

Let me introduce you to “Juice Up Your Life!”



Why Should You Juice?

All the smart kids are doing it.

JK. When I use the word “kids”, I’m not being derogatory. This is a fact. When you juice, you feel younger, similar to the way a young toddler feels on a swing. You get my point.

No one can tell you what juicing can do for you until you have savored your first cup.

Since you probably don’t have a glass in front of you now, let me explain the multitude of health benefits regardless of your age, race, or current physical condition.

It has been said we are what we eat, and it is proven that a diet of fresh juice, legumes, organic fruits, and vegetables will aid you in obtaining great health. I consider myself living proof!

This book is not to be treated as a scientific research paper based on the thousands of trials and tests done on humans for decades on end. No, this book is about my personal experience with “the juice” and the many others who have joined *The New Lean* revolution in order to take ownership once and for all of their physical and mental well-being.

I believe by adding juice to your life you will contribute greatly to your cardiovascular health. As I sit here typing this, my resting heart rate is anywhere from 45 to 50 beats a minute. If you apply the principles in this book to your own life you will enhance your physical performance, help your blood pressure, your sleep will be much more restful, and you will have more energy than you have ever imagined!



I’ve had many friends join me on various social media networks asking for juice recipes and going out and buying themselves juicers. The emails are coming in constantly from people who have joined the revolution and freed themselves from their old limiting and destructive ways of bodily satisfaction and nourishment.

Every day my friends and I are nourishing trillions of cells in our bodies with the best form of food we could ever take in. I'm not advocating that you stop eating and only juice. What I do is I plan out five to eight small meals a day and juice in between. My small meals are basically snacks. This keeps my insulin from spiking and my metabolism revved up to the max. When your metabolism is working for you and not against you, you can stop worrying about working out so much or counting calories.

My body was laden with pounds of excessive fat and I thought the only way to rid myself of this was to "work out," and boy, was I wrong. Now, I work out half as much and my body takes care of itself. Once all the toxins were out of my system, it was much easier to lose the fat in those almost-impossible-to-lose places.



The Benefits of Juice

As we all know, we are what we eat. The body needs “live food” to build “live cells.” When I say live foods, I’m talking about foods that come directly out of the soil and are alive. Raw foods, not cooked, like beans, nuts, legumes, fruits, and my favorite **VEGETABLES!**

When we eat live foods, our bodies consume the liquid immediately and then pass onto the lower digestive tract all of the excess. Imagine an IV of super, powerful, energy-rich foods pumped immediately into the organ of your choice, supplying all the quintessential nutrients you need for the day. The juicer does all of the work for you, so that when you drink that glass of “heaven in your mouth” (that’s what I call it), you feel it instantly! How’s that sound?

The juice from the juicer is much better for you than any juice you can buy from the store. When juice sits on a counter or in the fridge, it oxidizes and loses the lion’s share of nutrients. Plus, juice from a juicer is not pasteurized,

meaning it isn't cooked or boiled to help it stay on the shelf longer. The fresh juice is literally bursting with live energy ready to heal, pump, and energize you all day.

Many of my friends first asked me, "Why a juicer Drew? Can't I do the same thing with a blender?" The answer is, "No." Using a blender puts pulp into your juice, which is the same thing as eating the whole thing. Your body still has to expend energy to break it down. The juicer takes the fiber and makes it go bye-bye, leaving your lips with the luscious live liquid.



FACT: One cup of raw carrot juice contains the same amount of nutrients as four cups of diced carrots. Carrot juice is like dessert – sweet and energy-packed.

Ninety-five percent of the nourishment from fruit and vegetable juice is immediately released into the blood stream. Your body wants to give you a high-five when you feed it the juice. When I first started juicing, I would take enough vitamins and supplements to supply a pharmacy. After juicing for a while, I could tell the vitamins would have to go because I was already supplying my body with all of the vitamins it needed through the juice! So, supplying your body with live juice is a great way to open your refrigerator and kick supplements in the butt on the way out.



Veggie Vs. Fruit Juice

It's important to know the difference between the two.

Vegetables are much harder to digest. They tend to be much bulkier and break down slower in the body. When I drink green veggie juice, my mind and body reward me big time and immediately with lasting energy and immunity.

You see, vegetables are the building blocks of life! They are responsible for providing you with strong healthy bones, tissues, muscles and nerve support. When you consume veggies, you can rest assured you are getting all or most of the nutrients, minerals and vitamins you need that day.

Whole fruits are much easier to digest than vegetables and always should be taken separately. If I'm going to indulge in a fruit juice, I'll leave a window of 30 minutes to an hour before I eat or drink anything else. Most fruits like apples, pears, and plums contain a lot of digestive enzymes

that will keep your digestive system regular. Fruits have the lion's share of the antioxidants your body requires as well.

Fruits give me radical amounts of energy before I make my way into the gym at 6 a.m. every morning. On occasion, I'll have a cheat day where I skip the gym and eat a bunch of not-so-good carbs, like sushi or potatoes. On these days, I'll prepare by drinking real grapefruit juice. This helps control my insulin levels, keeping me a lean machine, even on cheat days.

Vegetable juicing is always best when you're trying to lose weight. The minerals and high-potassium content hydrate your cells and force out the



sodium that causes water retention. Regularly drinking vegetable juice helps super-boost your health and remove toxins in your body.

Many of the green drinks are effective at pushing out excess water and toxins that could be holding your fat back from melting off of you. For example, the Mega Man Green Drink will get rid of the excess water from your cells. The Mega Man consists of kale, spinach, celery, lemon, dandelion greens, cucumber and ginger; it's also one of my favorites. This combination is a potassium powerhouse. For

taste, you might add half a carrot and a green apple or a quarter of a lemon to make this juice. If you don't do anything else to lose weight, at least drink one glass (8 to 10 ounces) of this juice every day and see the difference!



Overall Health Benefits

Eating enough fruits and vegetables can sometimes be hard given the current workload and fast-paced lifestyles that we all live. Many of the people who have sat down with me ask me how I have enough time to meditate, juice, eat healthy, and work out. It's like I'm some kind of freak they found at a circus show. My response to them is simple.

A healthy lifestyle is the foundation for everything! The time I take to better my physical and mental health is the time that gives me my life-force for living an amazing life!

The time I dedicate to my personal well-being gives me the unstoppable amounts of energy I have on a daily basis. It calms me, and the best part about it is that it keeps me super healthy. Without a healthy mind and body we are unable to do all that is possible for us to do in this life. I get so much more accomplished in my day with this healthy foundation, and you will too, once you take the time to start.



What Should You Do First?

Lose the old mentality of eating animal protein, dairy and pasta at every meal. Eating sensible, with a diet loaded in fruits and vegetables, is a much healthier option. When you begin juicing, it does so much more for you than you could ever imagine.

Eating an abundance of uncooked live foods flushes your body of all the unwanted toxic chemicals that are in your body. It leaves you feeling refreshed, rejuvenated, and with a much greater sense of peace and well-being. If you have ever done yoga or gotten a back massage, the rejuvenated feeling you have after is similar to the effects of consuming a cup of juice.

The pure foods leave your skin looking like you're pregnant. (Well, if you're a guy, it just makes you glow.) The ladies will notice, trust me. The pure live food also makes you smell cleaner, leaving you with naturally fresh breath.

People who get sick often, and who start on a juice diet filled with healthy, live foods, usually report back to me with greater immune function and in better shape. Getting sick is a thing of the past. One of the great things that I've found while juicing is that my mind is now in control of my body and feeds it only what is necessary for the life of the trillions of cells in my body.

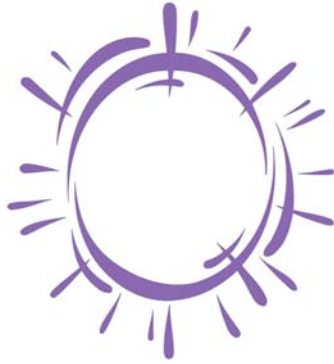
Sometimes, if my joints are sore from lifting, I'll have a certain juice (that can be found in this book) and my pains will go away. If my nose is plugged up from allergies and sinus pressure, I am now the holder of a secret juice recipe that will knock that symptom's socks off, getting my sinuses back in working order. If I feel like I'm coming down with a cold there are several juices that will push it out, making it insignificant and meaningless.



There is so much more your juice can do for you. Research points to certain types of vitamins and minerals in veggies to be a great preventative measure for many deadly diseases. I'm convinced that juice is the answer to many of America's health problems. If you're overweight, juice. If you're tired, ugly or broke, juice. OK, maybe we can leave off the broke part, but you get my point.

There is also some really good news when you start juicing. You don't have to go out and buy any late-night info products, pills, powders or supplements to add to your juice. It's all inside the delicious fruits and vegetables.

Green on the inside, clean on the inside.



Fruit Juice and Veggie Juice

The recipes are the “Juice” of this book. They are all to be mixed and matched. The way I like my juice is completely different than the way you might like your juice. Plus, I’ve been juicing for a while now, so I’ll double-up on a lot of the recipes. My advice for you is to experiment with what you like.

There are some fundamental base mixtures you can add to any veggie juice. There are also some things with which you want to proceed with caution (which are discussed later). Also, just because you are missing one ingredient doesn’t mean you should run to the store or not have the juice. Juice it up anyway; you might surprise yourself with the taste.

Green Juices

Green juices are my go-to; I feel like my body just loves green drinks. You want to be careful in the beginning though. If you are not used to the greens, you could experience some gastric pain. This is why it is always good to mix your green drinks with apple, cucumber, celery or carrots at first, something a little milder.

You can juice anything green. Cucumbers and celery naturally give more juice than a lot of the leafy or coniferous vegetables like broccoli. It's always a good idea to make three-quarters of the cup a watery base like cucumber or celery and then the rest



spinach, collard greens, cabbage or beats. This will be the easiest method for your digestion at first. Eventually your body will become used to the veggies and you will be able to drink an entire glass of spinach juice.

Fruit and Veggies Don't Mix

If you want to feel like your intestinal track just got back from a kung fu convention, go ahead and try it. It's a completely different process, except for carrots and apples.

What happens when you mix your fruit and veggies is the fruit will ferment and it's a lot harder for the juice to break down. For example, what would normally take 30 minutes to process in your body will take three hours to process. It's even worse is when you have fruit with meat. You just expanded your digestion time from three hours to eight. Not good on anybody's system.



Fruit Juices – Recipe Time

1) Kick A Virus

An apple a day keeps the doctor away. There is truth to this in that the nutrients found in apples have been known to boost immune function. This is one of my favorite juices to have in the morning and it will keep you from getting ill.

- 2 apples
- 1 orange



Cut the seeds out of the apple, they are not good for you. If the apples are not organic, don't even bother. They are loaded with chemicals. Get organic; it will cost you a little more, but the benefits are entirely worth it.

2) The Arouser

Skip the Viagra and Cealis and start juicing this. You will notice a *BIG* difference. Try adding a little apple juice for more of a complex taste.

- 2 bunches of black grapes
- 1 piece of ginger
- 4 strawberries
- 1/2 cup of pitted black cherries



Many of the fruits and vegetables in these recipes will assist you in the bedroom. Why? Your circulatory system. If the blood is pumping, your sexual organs should be working as well. Some fruits and vegetables assist more than others and this happens to be a combination that tastes great and works great too!

Read more at <http://www.articlesbase.com/mens-health-articles/natural-aphrodisiacs-to-improve-sexual-performance-675521.html#ixzz1FZ0RLfCm>

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3) Aches Pains And Sinus Drains

- Pineapple.

Simple but amazing. Pineapple juice will cure aches and pains in your body. Often times, I'll come back from the gym and rock out some APSD juice. If it's not organic, get rid of the skin. Cut the pineapple into long strips and juice it up. Make sure you wash the outside of the pineapple. Sometimes, when cutting, you can drag the nasty toxins inside the meat of the pineapple.

4) Cantaloupe Juice

Cantaloupe supplies the body with beta-carotene and aids in digestion. Beta-carotene is the only source of carotene that can be turned into Vitamin A by the body. Vitamin A is absolutely critical to your health, assisting in your eye sight, bone growth, reproduction, and cell division. Vitamin A also helps maintain skin and mucous membranes that defend against bacteria and viruses. It also helps regulate the immune system.

- 1/4 of a cantaloupe

Cut the skin off and make the pieces small enough to pop in the juicer. Make sure when cutting the melon you wash the skin first; again, you don't want to drag the nasties inside the melon.

5) The Einstein

Grapefruit juice is great for controlling insulin levels on cheat days. It will give you energy and massive amounts of focus as well. This is a great pre-workout drink in the morning. I personally LOVE grapefruit; it's my favorite fruit. It's low in carbs and calories and can speed up your metabolism.

- 1 grapefruit

If organic, you can juice the skin. If not cut it off.

6) Pimp Juice

Feel like impressing your lady friend on a warm summer evening?

- 4 apricots
- 1 bunch of red grapes, preferably organic with stems
- 1 pear

Take the pits out of the apricots and cut the pear in half. Throw it in the juicer and turn on the music. It's about to go down.

8) R.e.l.a.x

This juice always seems to bring me peace after a long day at work. It's also great for hydration, aches and pains.

- 2 one-inch pineapple rounds, preferably organic
- 2 stalks of celery

If not organic, skin the pineapple.

10) Cantaloupe Juice

This supplies the body with a lot of beta carotene, disease-fighting vitamins. It also helps in digestion.

- 12 ounces of cantaloupe
- or
- a quarter of a full-sized melon

11) Immunity Plus Plus

This drink will raise your immune system faster than you can say “I have immunity” three times fast. Cranberries are great for your GI tract and for ridding your body of unwanted bacteria.

- 3 apples
- 1 cup cranberries

Cut the seeds out of the apple. (Organic apples only.)
Put the rest of the fruit in the juicer.

12) Holistic Holiday Ginger Blast

This is a great juice to make for your guests and visitors around the holidays. Want to make sure your kids come home to visit you every year? Apples have a lot of great natural sugar and aid in digestion. Make this juice and seal the deal.

- 3 apples
- 2 bunches of grapes
- 1 tiny piece of ginger
- 1 lemon

Peel the lemon and apples if they are not organic and get rid of the grape stems if not organic. Wash well.

13) Laugh Attack Juice

I was sitting at the kitchen table with a dear friend and this juice forced us to go into a fit of laughter for no reason. The kind of laughter a little kid gets. Try it and LYAO.

- 1 cup cranberries
- 1 bunch of green grapes, preferably organic, with stems.
- 1 one-inch pineapple round

If the grapes are not organic, remove the stems. If the pineapple is not organic, same deal, remove the rind.



Laughing can burn calories! It increases your T-cells and globulins, which aid your immune system. It also decreases your stress hormones (cortisol, adrenaline and dopac). When we laugh, our body responds positively.

Read more at <http://health.howstuffworks.com/mental-health/human-nature/happiness/calories-laughing.htm>.

14) Brain Juice

I don't know what it is about this juice, but when I drink it I feel like my mental acuity spikes instantly. It's probably the B6 in the broccoli that gets my mind revved up.

- 1 broccoli shoot and floret diced up
- 1 cucumber
- 1 lemon
- 1/2 of a carrot

Dice the broccoli up so that it fits in the juicer. Peel lemon if it is not organic.



15) Attack The Day

Nothing gives me more energy in the morning than some freshly squeezed high-quality OJ. If you only bought your juicer for oranges, you made a wise decision. Once you try this you will NEVER have normal store-bought OJ again; or worse yet – TANG!

- 3 oranges

If they are not organic, make sure you peel them. If they are organic, just throw them in the juicer. Eating a whole orange can provide you with an abundance of fiber. Sometimes I eat the orange as I would an apple.



One orange has over 170 phytonutrients and more than 60 flavonoids, many of which have been shown to have anti-inflammatory, anti-tumour and blood clot-inhibiting properties, as well as strong anti-oxidant effects.

Read more at

<http://www.juicing-for-health.com/oranges-health-benefits.html>.

16) Spartacus Juice

This is a great juice to drink before going into battle or the gym. With all of the vitamins of the orange and the insulin controls of the grapefruit you can't go wrong with this drink as pre-workout. It gives me loads of energy for battling against the evil bench press descending from Capua.

- 1 orange
- 1/4 grapefruit
- 1 lemon

If all your fruit is organic, leave the skin. If not, cut it off and process in the juicer.

17) Love Juice

If love had a flavor, this would be it. This has an unimaginable contrast between the apple, mango and the pear. Great for a dessert juice or in the morning after a little sleep-in time. You owe it to yourself to try it.

- 2 apples
- 1 pear
- 1/4 of a mango
- 3 strawberries

Drink it slow and give gratitude for the day. Peel the mango, and anything else that is not organic. Juice the mango first and the strawberries last to turn this into a tasty sunrise of love and adoration for the day.

18) Purple Passion Juice

This one is fun to make because of the pomegranate. It's perfect for a warm summer day. Put this one on ice and give a glass to your neighbor. Who knows, maybe they will start mowing your lawn for you.

- 1/2 cup of a pomegranate
- 1 apple
- 1 bunch of purple grapes (take the stems off if not organic)

Dice the pomegranate into pieces. If the juice is a little too bitter, take the seeds out. It's a great job for the grandchildren if they are visiting – put them to work.



Pomegranate juice is a rich source of sodium and also contains a good amount of riboflavin, thiamine, niacin, Vitamin C, calcium and phosphorous. It's a very powerful antioxidant.

Read more at <http://www.cosmeticsdiary.com/pomegranate-juice-benefit.htm>

19) Fruit Cocktail

This is a great-tasting juice that is great for cookouts and family get-togethers. If it's a hot summer day, you could always throw the fruit in a blender with some ice. Amazing!

- 1 orange
- 1/2 lime with skin
- 1/4 cup of blueberries
- 1 cup of sparkling mineral water



Peel the orange to rid the drink of the bitterness, and cut the lime in half so the juicer can handle it. If it is not organic, peel it. Pour the juice and add the sparkling water. Add lime or orange to garnish it.

20) Real Gatorade

This is a great drink to quench thirst during a long workout or run. Water is always the best, but most fruit is up to 60% water.

- 1 orange
- 1 lime
- 1 cup of water

This drink will hydrate you and give you some much-needed Vitamin C to ward off colds and keep you healthy. Put this on ice if it is hot outside.



I was talking to one of the vendors at a local farmers market and they told me it is best to eat the fruits that are in-season if you are trying to stay hydrated. The fruit in-season will have less packaging time and will offer the best hydrating benefits. Makes sense.

21) Miss Georgia Juice

Everyone loves a great-tasting supple peach. This drink tastes amazing! Peaches are a great source in Vitamin A, magnesium and potassium. Grab yourself a glass of this and smile.

- 1 orange
- 1 peach
- 1/4 cup of mineral water
- 1 slice of orange to make it look cool

De-pit the peach. Add the orange. Once you have your juice, add the mineral water and smile. I don't know why but this drink makes me smile, probably because it's also good for your teeth.

22) Ginger Ginger Ginger (or Ginger3)

Let me introduce you to my good friend Ginger. You have to start slow with her or she will bite you. She is great for pressing out toxins from your body and adding a little flair to the taste.

- 2 apples
- 1 orange
- 1 knob of ginger

Start this juice out with the apple and end with the apple. This will press the rest of the ginger out of the juicer. Peel the orange and apple if they are not organic.

23) Grapple Punch

This juice has a little punch to it that you will love.

- 1 bunch of green grapes
- 1 pineapple rind
- 1 lemon with skin if organic
- 1 cup mineral water

This is a great juice for you and the whole family. Remove the skin from the pineapple and the lemon if they are not organic. Put mineral water in. Why mineral water? Most water has to be processed, and during this processing loses minerals. Mineral water, conversely, is usually found in a mineral-rich water source and has many health benefits.

24) Mountain Drew Juice

This is much better than Mountain Dew by a long shot, and it won't make you crash like the other green stuff. Sweet and sour, it's like drinking candy.

- 12 ounces of honeydew melon (Approximately a quarter of the melon)
- 1/2 of the lime with skin

Cut the honeydew into strips. Slice up the lime. Process the fruit all together.

25) California Love

Nothing can describe the flavor of California better than the lusciously passionate pineapple and the sexy succulent strawberries. Put these two together and you have California in a cup. Don't believe me? Try it. I dare you.

- 1 pineapple round
- 8 to 10 strawberries

If the pineapple is not organic remove the skin. Process the fruit in the juicer. Enjoy the taste of California. If you don't live in California and would like to, imagine yourself on the beach while sipping on this cup of California heaven in hand.

26) Kiwi Kick Myself Silly

This one is like a karate convention in your mouth. The flavors jump-kick you in the tongue as you slurp down this bad boy.

- 1 bunch of green grapes
- 3 kiwis
- 1 orange
- 3 strawberries

Mmmmm. What more can I say? Make sure you peel your fruit if it is not organic (excluding the strawberries).



Laugh Fact: Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

27) Slap Happy Sammy

This drink will make you happy beyond measure. There is something about a mango that brings a sense of well-being into your life. I believe it is the taste. Imagine for a moment the taste of the mango. It brings a smile to your face just thinking about it.

- 1 mango
- 3 strawberries
- 1/2 lemon with skin
- 1 apple

Remove the skin from the mango, peel it in half and remove the pit. Remove the skin on the apple if it is not organic. When you drink this, think back to a memory or a time where you felt really good about your life. Maybe there was a certain someone or something. Remember it.

28) Tenacious Titillating Tampa

When I first moved from Michigan to Florida, I thought I died and went to heaven. Nothing against Michigan, it's a great place. It just didn't have fields and fields of tropical fruit. This next juice is named after my city Tampa.

- 2 oranges
- 1/4 of a pineapple sliced long ways

Make sure to peel the orange and the pineapple, if they are not organic. Cut the orange so it can fit in your juicer.

29) Sweet And Sour Patch Morning

If you have ever had Sweet And Sour Patch Kids – you know, the candy at the movie theater – then you know what I’m talking about with this next one. Mmmm. Enjoy the sweet flavor of the pineapple and the sour of the grapefruit.

- 1 pineapple round
- 1 grapefruit

This drink will help kick-start your day and give you massive amounts of energy for a morning workout. Try it and let me know how it works.

30) Zen Zinger

This is the juice of peace and tranquility. If you are experiencing any problems in your relationships drink this juice and know that it will work out.

- 2 golden delicious sweet apples
- 1 piece of ginger
- 3 kiwis
- Garnish with a piece of sage, if you must.

Peel the fruit if any of it isn’t organic. Start with an apple and end with an apple. When you drink this juice really center on that person who brings you a great deal of love in your life. Shift your awareness to someone who you are having trouble with and see that same type of love in that other person. Blanket them with love.

31) Fist Pumpin' Party Time!

Turn the music up and start dancing! This juice is guaranteed to put a little toot in your booty. (I don't really know what that means, but run with it anyway.)

- 1 pineapple round
- 1 orange
- 1/2 of a lemon, with skin

If the pineapple is not organic, remove and discard the skin. Same goes for the orange, or wash it really well. Make sure you wash your lemon as well.

32) Passion Juice

Whether you want to impress your significant other, or just loving yourself, try this juice on for size. It will make your taste buds stand up and start hugging each other like crazed hippies.

- 1 pineapple round
- 1 bunch of grapes
- 8 strawberries
- 1/2 of a lemon
- Garnish with a piece of the strawberry

Peel the pineapple if it is not organic. Remove the stems from the grapes and cut the lemon in half.

33) Papple Juice

This is a combination of two of my favorite fruits – apple and pear. Mmmm. This is a great juice to drink while eating a spread of cheese.

- 2 apples
- 1 pear

Peel both if they are not organic and cut the seeds out of the apple. Enjoy this over ice on a warm summer day.

34) Pink Panther Flush

This is another sweet and sour classic of mine. Great before the gym or if you just want a little hop in your step. This juice will help control your insulin levels while getting your sugar from the apples and pressing out toxins from your ginger. Classic!

- 2 apples
- 1/2 grapefruit
- 1 ginger

Make sure you peel your apples if they are not organic. Put an apple in first and last.

35) San Francisco Fog Basher

Great drink in the morning to get your heart pumping and your mind awake. If you are experiencing lack of focus, this is a great drink. The lemon will help alkalize your body as well.

- 2 apples
- 8 strawberries
- 1 lemon

Peel the apples if they are not organic. Cut the seeds out from the apple core as well. Wash your lemon with some veggie wash or soak it in grapefruit juice and water.

36) Drew Juice

This is my favorite fruit juice. First of all, I love the flavor of apple juice, and when the ginger is added it gives it an amazing kick. Of course, I'm the guy who would chew on ginger if it was around me. Mmmm. This is a great one for cold prevention as well.

- 4 apples
- 1 ginger piece

Try this juice out and you will know what I'm talking about. Make sure you peel your apple if it is not organic, and get rid of the seeds in the core.

37) Lucy Juice

I have a friend and this is her absolute all-time favorite. It's a simple mix and can be mixed with champagne. (That's the way she likes it.)

- 1 bunch of purple grapes
- 8 strawberries

Get rid of the stems if the grapes are not organic. Pour a little champagne on top to turn this into a party drink or an "I'm hung-over" concoction.

38) Sunrise Juice

There's nothing more magnificent or captivating than waking up every morning to catch a good sunrise. I've been in this discipline for years and many times I like to have this type of juice accompany me.

- 2 apples
- 4 strawberries
- 1 lemon
- 1 handful of cherries (from Michigan if you can)

Cut the skin off the apple if it is not organic and wash the rest of your fruit. If you are fortunate enough to have a good view of the sun in the morning, drink this to salute it and give thanks to the sun for providing you with light and warmth throughout the day.

39) Watermelon Kidney Flush

This is a great juice to detoxify your kidneys and leave you feeling refreshed and rejuvenated. Very sugar-based, so you might want to do one-part water.

- 1/2 of a baby watermelon

Dice up the watermelon to fit in the juicer. Make sure you wash the skin well. This is where the majority of the nutrients are held.

40) Lemmy the Apple

- 2 apples
- 1 lemon
- 1-inch slice of ginger

If the apples are organic, juice them with their skins on. The skin is the most abundant area of the apple for flavonoid content. This will produce cloudy but more nutritious (and still delicious) apple juicer recipes. This healthy juicer recipe also makes a great remedy for colds. Peel the lemon if it is not organic.

41) Berry Medley

- 2 cups of strawberries
- 2 cups of blueberries
- 1-1/2 cups of raspberries



Berries are among the quickest and easiest of fruits to juice. The only prepping they need is a quick rinse. Strawberries are a small exception, as they will need to be topped before juicing.

42) Breakfast Bounce

This will put a little bounce in your step.

- 3 oranges
- 1 grapefruit

Make sure you peel the oranges and the grapefruit. Place fruit in the juicer and enjoy.

43) Kiwi Blue

This is a classic for anyone who loves a sweet little treat.

- 3 kiwis
- 2 cups of blueberries

Peel kiwis and wash berries, juice, enjoy.



Blue fruits, such as the highly esteemed blueberries, contain a wide variety of phytochemicals. Anthocyanins is what gives blueberries their amazing blue color.

Blueberries contain other phytochemicals which can improve memory. They are also a great anti-aging fruit.

44) Fresh Lemonade

If this was sold on the street corner by the neighbor's kid it would be more than a quarter. You really can't beat this recipe.

- 2 or 3 large lemons
- 1/2 cup of water
- (Optional: Add apple to sweeten)

Peel lemons and cut stem of apple (Swap out 1 lemon for 1 lime and bingo, you got limeade). Add ice on those hot days.

45) The Silent Strawberry

Love this combination! The strawberry is very subtle and it kind of just sneaks up on you.

- 1/3 cup of strawberries
- 1 cup of blueberries
- 2 apples

Wash all the ingredients well and juice.



Red fruits such as strawberries contain the phytochemical lycopene that gives them their red color. Lycopene has been shown to help prevent prostate cancer and heart disease.

46) Pear and Kiwi Juice

This is a great energy juice and is high in Vitamin C.

- 2 kiwis
- 2 pears

Peel kiwis and remove pear stems. People will really enjoy this juice.

47) Melon Medley

Like melons on a hot summer day, you will enjoy this even more then. Tantalize your taste buds with this juice. Don't say I didn't warn you.

- 1/2 of a watermelon
- 1/2 of a honeydew melon
- 1/2 of a cantaloupe

Remove rinds and seeds (except for watermelon seeds). Put contents in the juicer and enjoy.

48) Tropical Fruit Juice Recipes

My mother loves this one. She is up in Michigan most of the year but when she visits me in Florida I serve this juice.

- 1 orange
- 1 kiwi
- 1/2 mango
- Sparkling mineral water

Peel all the fruits and also pit the mango. Pour the juice in a large glass, fill to the top with sparkling water and serve.

49) Kidney Cleanse

This juice has been proven to clean your kidneys out. Careful on the watermelon; it is really sweet.

- 2 apples
- 3 1/2 watermelon pieces with rind (About an inch a piece)

Wash your fruit. Even slicing a melon that is non-organic can pull the toxins from the outside in. Cut the apples into narrow wedges and juice with the watermelon pieces. Juice, enjoy healthy kidneys.

50) The Pain Reducer

This juice will help relieve you from aches and pains.

- 1 lemon
- 1 orange
- 2 hard pears
- 2 apples

Peel orange and lemon; remove pear and apple stems and juice.

51) S2 (Supreme Splendid)

Once this juice hits your lips the word “splendid” will come out of your mouth. Promise.

- 1 orange, peeled and sectioned
- 1 cup fresh pineapple, cubed, skin removed
- 5 strawberries

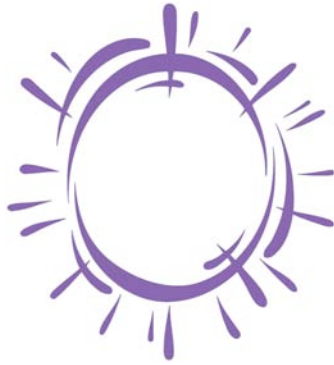
Peel orange and pineapple, and top the strawberries. Process the fruit in a juicer and serve. You are going to love this juice.

52) 5 Star Tropical Lineup

Nothing says the tropics like this juice. Guava is a delightful little fruit that you are going to love in this juice. Mango is another amazing tasting fruit. Remember, I’m not neglecting anything from the rest of this all-star cast. You are going to become addicted to this juice.

- 1 mango
- 1 large orange
- 1 pineapple slice
- 1 papaya
- 1 guava

Peel and remove all pits and seeds. This is another favorite juicer recipe of mine. Awesome on a hot day with ice!



Vegetable Juices – Recipe Time

This is where the start of lifelong health and anti-aging begins. I hope you are as excited as I am. Fruit juices are great for overall health and well-being, but nothing says, “I’m going to live to be 200!” like a good green drink.

Vegetable juices are the building blocks to life. They supply your body with all of the necessary vitamins and minerals. Did you know that there is actually more protein in most leafy greens like spinach and collard greens than there are in a steak? Yeah, they are 45% protein. However, you have to eat a lot of spinach to get the same amount that is in that piece of animal flesh. Why not juice it instead? Plus, the juice actually tastes better!

Some of these recipes will require a little bit of fruit. Although not necessary, it could help your juice taste better at times. These are my recipes after many wins and an

occasional loss here or there. I remember a few juices that no one would be able to drink – nasty!

Most of them will be absolutely delicious though, and if by chance you don't like a recipe and want to alter it, feel free. That's what this book is all about.



1) Recharge Your Alkaline Battery

Do you have gas in your pants? Feel tired or acidic? Maybe you've had one too many coffees today? This juice will help you bounce back quickly.

- handful of red cabbage
- 1 cucumber
- handful of spinach
- 1 lemon

Cut the skin off the cucumber if it is not organic; it's good to get rid of the wax they put on it. If you have the option, buy plastic-wrapped, pesticide-free cucumbers. Juice the rest of the veggies as normal.

2) Anti-Ulcer / Probiotic Juice

Looking to balance your system out? This juice will do it. When the going gets tough, the tough get juicing. There are all kinds of probiotics in this glass of greens. Great drink for clearing free radicals and disease prevention.

- 1/4 red cabbage
- 2 handfuls of spinach
- 4 collard green leaves
- 4 stalks of celery

Wash all of your veggies and start juicing.



Probiotics are live microorganisms which when administered in adequate amounts confer a health benefit on the host. I like to think of probiotics as little body guards in my intestinal track. If something nasty comes in they clean up the mess.

3) Anti-Acne – Miracle Skin

This juice has been shown to clear your skin from within. It is great for anyone who spends hundreds of dollars per year on late-night infomercial pimple creams.

- 6 carrots
- 1/2 green bell pepper

Cut the tops off the carrots and bell pepper, rinse and drink. When drinking this juice, visualize the nutrients furnishing enough nutrients and energy to rid your body of the toxins causing these blemishes. See them going away.

4) Life Regenerator Blood Boost

Drink this juice to purify and give your blood the iron it needs. A 180-gram serving of boiled spinach contains 6.43 milligrams of iron, whereas one 170-gram ground hamburger patty contains at most 4.42 milligrams.

(SOURCE: <http://en.wikipedia.org/wiki/Spinach>)

- 5 carrots
- 1 handful of parsley
- 2 radishes
- 6 spinach leaves
- 4 lettuce leaves
- 1 piece of ginger

Trim the tops of the carrots off and wash all your vegetables. Put them in the juicer and enjoy. Drink this juice slowly. I usually spend 15 minutes drinking a juice like this. You've heard the saying, "chew your juice."



Ever wonder why Popeye was so jacked? Iron is the main ingredient in hemoglobin which is found in red blood cells and is responsible for carrying oxygen throughout the body. Without enough iron, the body is unable to produce enough hemoglobin and, as a result, muscles get less oxygen which reduces the body energy.

5) Body Purifier

I drink this juice to flush out the necessary toxins and give my heart a boost.

- 2 carrots
- 1 cucumber
- 1/2 cauliflower
- 1/2 of a beet

Cut the top off the carrots and peel the skin off of the cucumber if it is not organic. Many times, if the beet is not organic, the chemicals will be at the base where the beet and the stems connect. Make sure it is clean or cut it off completely.

6) Bone Builder

Strong bones are quintessential to good health. Many vegetables take on the shape and form of what they are good for in the body. If you look at celery, it looks like your bones. So, as you might guess, celery is the chosen vegetable here.

- 8 stalks of celery
- 2 carrots
- 1 bunch of parsley
- 1 lemon

Dice the celery up small enough to fit in the blender, and trim the tops off the carrot. Peel them if they are not organic and wash your vegetables.



Diet/Nutrition is the key ingredient to great heart health. Adding carrots and cauliflower are two good things you can do, they are low in salt and easy to tolerate. Stick to a raw diet as much as possible. This will allow your heart to heal the quickest.

7) Capri Kiddie Juice

When kids won't eat their veggies, situation solved. The main reason why your kiddies won't eat their veggies is because they like sweet stuff. So this is your "healthy" key to sweeten up the green goodness of the broccoli and cucumber.

- 1 broccoli floret
- 1 cucumber
- 2 apples

Just be careful not to give them too much apple juice because they could start running around the house at an accelerated rate. Trim all of the vegetables so they fit in the juicer. Peel them if they are not organic.

8) Simply Green Machine

Green drinks are my favorite, and more often I go to this type of juice. Enjoy this one. The parsley is great for eliminating bad breath and BO (body odor.)

- 1 cup of spinach
- 2 cups of kale
- 2 cups of parsley
- 1 cucumber
- 3 celery stalks

Add a little garlic and/or ginger if you like. Wash thoroughly and juice.



Parsley is a good source of folic acid, one of the most important B vitamins. It plays a lot of key roles in your body, but chief among them is your cardiovascular health. The flavonoids in parsley have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules (called oxygen radicals) and help prevent oxygen-based damage to cells.

In addition, extracts from parsley have been used in animal studies to help increase the antioxidant capacity of the blood reducing tumors.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=100>

9) Cukeapple Zippy

This has a great zip to it. I love ginger in my juices.

- 2-1/2 apples
- 1/2 cucumber
- 1-inch of ginger

Remove apple stems and juice everything together.

10) Heaven Sent

You know anything with the word heaven in the title has to be amazing. Just try it and tell me what you think.

- 1 cup of spinach
- 1/2 cucumber
- 2 stalks of celery including leaves
- 3 carrots
- 1/2 apple

Wash everything thoroughly, top the carrots, remove apple stem, juice and enjoy.

11) The Cucapple

Simple yet satisfying, hydrating and energy-packed.

- 1/2 cucumber
- 2 apples

Remove the stems from the apples, cut the cucumber in half and juice. The nice thing about both apples and cucumbers is that you get a lot of juice out of them. This is great when you just need something quick.

12) Parsley Pump Up

This is one of my favorite juices as well. There is nothing like fresh parsley in a juice to clean out your insides.

- 1 cup of parsley
- 1/2 apple
- 2 carrots
- 3 celery stalks

Wash all thoroughly, remove apple stem, top the carrots, juice and enjoy!

13) Bless My Eyes, For Now I Can See!

Carrots and kale, what more can I say? Did Bugs Bunny ever wear glasses? No. Did he have x-ray vision like Super Man? No. Will you have x-ray vision? Probably not.

- 6 carrots
- 1 cup of kale

That's right; carrots are great for your eyes! OK, it's not the actual carrot, it is the beta carotene that is in the carrot. When it is converted to Vitamin A in the liver, it is then transformed to rhodopsin, a purple-colored pigment that is used at night to see. Beta-carotene is a very powerful antioxidant that aids against macular degeneration, which happens to be the leading cause of blindness in the elderly.

Read more at <http://www.webmd.com/diet/carrots-good-for-eyes>.

14) Liver Life

Clean your liver and everything else.

- 1/2 beet with greens
- 3 apples

Wash all thoroughly, remove apple stems and put the half- beet in.

15) Green Juice Recipes Energizer

This one is a real blast, brimming with goodness. It's one of my favorite weight-loss juices as well.

- 2 apples
- 1/2 cucumber
- 1/2 lemon (peeled)
- 1/2 cup of kale
- 1/2 cup of spinach
- 1/4 bunch of celery
- 1/4 bulb of fennel
- 1-inch of ginger
- 1/4 head of romaine lettuce



Kale is very high in beta-carotene. Kale also has a significant supply of vegetable protein that is amazing for your body. Next time you are in the grocery store or market look for kale's healthy but ignored cousins, Swiss chard, mustard greens and collards.

16) My Memory, Oh My!

Love this juice. This is a memory juice that will activate your brain to recall memories from the past. This juice is great for students who are about to take an exam. The mint is what does it.

- 1 cucumber
- 1 carrot
- 1 green apple
- 1/4 cup parsley
- 1/4 cup mint
- 1 stalk of celery
- 1/2-inch inch of fresh ginger
- 1/2 of a lemon (peeled)

Wash and peel all of your non-organic vegetables. Cut up to fit in the juicer and enjoy.

Read more at <http://en.wikipedia.org/wiki/Peppermint>.

17) Energizer Bunny

If you are in an energy slump, this is the juice for you. Get ready to turn your 9-volt back on. This juice will get you revved up and ready to face the day.

- 2 carrots
- 1 broccoli floret
- 2 handfuls of spinach
- 1/2 of a beet
- 1 lemon

You will love this juice. It's one of my personal favorites. Trim up the carrots so they fit in the juicer. If the lemon is not organic trim the skin off that as well.

18) Sleep Better Sally

I sometimes drink this juice if I'm having trouble sleeping. It not only helps you sleep, it cleans your system out while you drift off into la-la land. Magnesium and zinc are vitamins that helps you slumber. Both spinach and kale are high in magnesium and zinc.

- 2 handfuls of spinach
- 4 stalks of celery
- 3 kale leaves
- 1 lemon

Great natural detox, I make sure to brush my teeth after this drink and before bed because the lemon has acid in it that is bad for your teeth enamel while sleeping.

19) C2L

This juice calms and gives me focused energy throughout the night. If you've had a long day at the office, but still have a busy night ahead of you and need to get lots of stuff done, this is the juice for you.

- 1/4 red cabbage
- 2 carrots
- 1 lemon

Drink this juice slowly so your body absorbs the nutrients. Trim the tops off the carrots and dice them up to fit them in the juicer. I drink this after a long workout and it eliminates a lot of the fatigue I'm experiencing.



Cabbage is amazing! It has the ability to aid you in your digestion process. It is also rich in antioxidants and loaded with anti-inflammatory effects.

20) Apple and Cauliflower Juice

Normally I'm not fond of the way cauliflower tastes, but when you release a few magical gold and delicious apples into the center of it, you will be very satisfied.

- 3 apples
- 1/2 cauliflower head

Peel the apple if it is not organic, and make sure you wash the cauliflower thoroughly.

21) Carrot and Celery Juice

Celery is a great base juice for any of your mixes. It doesn't hold a lot of flavor but it is amazing for your bones. When you add the carrot to the celery juice, it gives you the flavor you are looking for – sweet carrots. Mmmmm. Enjoy.

- 6 celery stalks
- 3 carrots

Trim up your veggies so they fit in the juicer, remember to cut the top off of the carrots and wash thoroughly.

22) The Orange and Green Mohawk

This brightly colored drink is amazing for your digestive tract, and it tastes great too!

- 4 carrots
- 1/2 beat
- 1 handful of parsley

Trim the tops off of the carrots and beat. Wash your veggies.

23) Cauliflower Broccoli Monster

This is a drink that will leave you feeling strong. There is no wonder in it either; there is a ton of Superman phosphorus in both cauliflower and broccoli.

- 3 carrots
- 1/2 broccoli floret
- 1/2 cauliflower head

Trim the top off the carrot and dice your veggies up enough to fit in your juicer. Bookend your juice with the carrots to maximize your juice efforts. When drinking this juice, really feel the protein from the broccoli go into your cells.

24) The Rippley (Believe It Or Not)

This is the juice that could have saved Mr. Rippley's life, and has been one of his all-time favorites since he started. It also helps that it doesn't cost an arm and a leg to make.

- 3 apples
- 3 carrots

Peel your apples if they are not organic, and remove the seeds. Trim the tops from the carrots and, "Voila!"

25) Lake City Winter Bluice

This is a drink that will warm you up and get your blood boiling. It's especially great in my hometown, Lake City, Michigan. What better way to warm up your body functions than by heating them up with some nutritious, bold and tasty juice. This juice will chase away the winter blues.

- 2 carrots
- 1/2 beet
- 1 handful of parsley
- 1 handful of cilantro
- pinch of cayenne pepper
- 1 tomato
- 1 cup tonic

Wash all of your vegetables thoroughly. Trim the tops off of the carrots and the beet. Put the parsley and cilantro in toward the middle. Once the juice is complete, add the tonic and you are off. Garnish with a pickle if you must.

26) Cholesterol Cruncher

This juice will kick your cholesterol to the curb.

- 2 bok choy
- 8 asparagus
- 1 apple
- 1 piece ginger
- 2 handfuls of spinach

Wash all your veggies thoroughly. Dice your apple into pieces, remove the seeds and peel it if it is not organic.

When you drink this juice see your blood cleaning out and getting healthier. This visualization technique will be helpful in the healing process.

27) Blood Infusion

This is a power-packed drink for your blood and heart. It opens up your circulatory system and both beet root and greens are powerful cleansers and builders of the blood.

- 1/2 beet
- 2 leafs red chard
- 2 carrots
- 1/2 cucumber
- dash of cayenne

Wash the beets and trim the tops off, clean the red chard and cut the tops off the carrots. Enjoy the sweet spice of this drink.

28) Carrot – Spinach Juice (GI Tract Special)

This juice helps with digestion and is packed with vitamins. Powerful stuff! This juice is great with your meal.

- 4 or 5 carrots
- 3 handfuls of spinach
- 1 broccoli floret

Trim the tops off of the carrots and wash the spinach.

29) Stomach Soother

Any juice containing cabbage soothes the stomach as long as it is mixed with a milder juice.

- 1/2 of a cabbage
- 4 carrots
- 2 apples
- 1 piece of ginger root

Trim the cabbage and carrots so that they can fit in the juicer. Remove the apple seeds.

30) White Eye Juice

Ever wonder why people who eat only raw food have white eyes? This is one of my secret juices that will clean your eyes. Normally when a person's eyes are red, it's due to stress or a stressed out liver. This will detox your liver and get it working for you again.

Start by avoiding alcohol, refined sugar, and trans fat. You want to clean your liver as much as possible.

- 2 leaves of collard greens
- 4 carrots
- 2 leaves of kale
- 2 mustard green leaves
- 1 lemon

Wash all your vegetables thoroughly. Trim the tops of the carrots. Peel the lemon if it is not organic.



The liver is the largest gland in the body. It eliminates toxic chemicals in your blood. It also aids in the absorption of your vitamins and minerals. Look at the liver like your body's internal filter, keeping the good and eliminating the bad. Detoxify by metabolizing and/or secreting drugs, alcohol, and environmental toxins.

Read more at:

<http://www.medicinenet.com/script/main/art.asp?articlekey=191>

31) House Salad Juice

This is a great juice to drink on a day when you feel like leaning out. Maybe you are going to the beach tomorrow and want to look good in that new two-piece.

- 3 carrots
- 1/2 head of lettuce
- 1/4 red cabbage

Wash all of your veggies. Trim the tops off the carrots. Dice up the lettuce and cabbage to fit in your juicer. Enjoy.

32) Got Gray Hair?

This juice will you keep the gray away to come out another day!

- 1/4 head of lettuce
- 1/4 head of cabbage
- 2 carrots

Wash all your veggies. Trim the cabbage and the lettuce to fit inside the juicer. Enjoy.

33) Super Green Machine

This juice will get you cut up. When you are done drinking this juice you will look like you dunked your abs in a bucket of knives. Not really, but you get my point.

- 1 cucumber
- 2 handfuls of spinach
- 1 broccoli floret
- 2 leafs of kale
- 1 lemon

Trim the skin off of your cucumber if it is not organic. Dice up the rest of your veggies so they fit in the juicer. Peel the skin off of the lemon if it is not organic.

34) Hair Rejuvenator

Worried about losing your hair? Ever notice how alfalfa sprouts look surprisingly like hair follicles? There are all types of people out there promising to re-grow your hair, why not try this organic, chemical free one?

- 1 handful of alfalfa sprouts
- 4 lettuce leaves
- 1 lemon
- 1 cucumber

Trim the tops off your carrots, and wash all the lettuce leafs and sprouts. Put the sprouts inside the lettuce leaf and juice.

35) Muscle Cramp Stopper

When cramping starts to happen, potassium can help aid you in muscle rejuvenation.

- 2 carrots
- 6 asparagus
- 6 celery stalks

Trim the tops off the carrots and wash your vegetables.

36) Infection Fighting and Virus Beater

Garlic is a natural antibiotic; it will help ward off any unwanted colds. Be careful not to add too much garlic, especially if you are going out on a hot date.

- 1 garlic clove
- 2 apples
- 2 carrots
- 1/2 beet
- 1 lemon

Skin the garlic and trim the tops off the carrots. Cut off the top of the beets and skin the lemon.

37) Jicama Juice

Are you afraid to admit that you don't know what jicama (pronounced “hik-a-muh”) is? Well, fear not, I had no clue either. But it is very refreshing in juice!

- 1 slice of jicama
- 3 carrots
- 1/2 beet
- 1 handful of parsley

Jicama is great for an upset stomach. Make sure you wash all your vegetables, and slice the tops off of your carrots.

38) Hopeful Heart

Great detoxifier juice and amazing for your heart and liver!

- 3 apples
- 1/2 beet

Wash all your vegetables. Peel the apple if it is not organic. Cut the top off of the beet and let the juicing begin.

39) L.A. Lung Juice

This is a great juice for detoxifying your lungs. If you are a little congested, this could free up some of the mucus that is clogging you up.

- 1 handful of parsley
- 4 celery stalks
- 4 sprigs of watercress

Wash your vegetables accordingly. Process them in the juicer.



Watercress gram for gram has a higher nutritional value than apples, broccoli and tomatoes. The watercress has more C, B1, B6, K and E, iron, calcium, magnesium, manganese and zinc. Only raw broccoli has more Vitamin C and magnesium.

Watercress is bursting with beta-carotene and Vitamin A - which as well as being important antioxidants are also needed for healthy skin and eyes - containing more than four times the amount of the other “power” foods. No wonder it is good for your lungs. Next time you are at the store pick up some watercress.

40) Bone and Nail Health

The calcium content in these vegetables will strengthen your bones and nails.

- 1/2 cucumber
- 2 kale leaves
- 1/2 green bell pepper
- 1 lemon

Wash and trim your vegetables. Make sure you peel the lemon and cucumber if they are not organic.

41) Stamina Boost

The magnesium in this juice will provide long-standing stamina. This juice adds intensity and extra “oomph!” to your workouts.

- 1/2 cucumber
- 2 bok choy
- 4 carrots

Trim the tops off the carrots and peel your cucumber if it is not organic.

42) Pancreases Pump

Pump up the pancreas with this juice. The pancreas is in charge of insulin production. Insulin is responsible for breaking down glucose in your body. Pump up your insulin and burn body fat effectively and efficiently. What is good for the pancreas is good for the entire body.

- 2 apple
- 4 carrots
- 2 lettuce leaves
- 4 string beans
- 2 Brussels sprouts
- 1 handful of sprouts

Make sure you wash all your vegetables. Put the sprouts inside the lettuce leaf and juice.

43) Go-Go Juice

This is a great juice to have in the morning before or after a workout. This is one of my favorite juices, getting me revved up and ready for the day. Simple to make but the rewards you get from the nutrients are incredible.

- 1/2 cucumber
- 1 lemon
- 1 ginger piece
- 2 apples
- 4 celery stalks

44) MEGA GREEN MAN (a.k.a. THE DAY SLAYER)

If you are in an energy slump, this is the juice for you, Getting you revved up and ready to slay the day.

- 2 carrots
- 1 broccoli floret
- 2 collard green leaves
- 1 ginger knuckle
- 2 handfuls of spinach
- 1 handful of dandelion greens
- 1/4 beet
- 1 lemon

This juice is one of my personal favorites. Trim up the carrots so they fit in the juicer. If the lemon is not organic, trim the skin off that as well. Wash the rest of the vegetables with "veggie wash" and get ready to dominate life.

45) Hot Stuff

Jalapeno is great for opening up your circulatory system ridding it from toxins.

- 1 jalapeno
- 1 cucumber
- 1/2 red bell pepper
- 1/2 beet

Wash your vegetables, and peel the cucumber if it is not organic. Place the vegetables in the juicer.

46) Red Devil

Like spicy food? This juice is for you. Imagine your favorite Mexican dish in a glass. This one is great for headaches and congestion. I also love this one due to the fast-acting metabolism boost in the jalapeno and cayenne.

- 1 jalapeno
- 1 beet
- 2 leaves Swiss red chard
- 1 lemon
- dash of cayenne

Wash your vegetables. Cut the top off of the beet. Juice your vegetables and put a little cayenne pepper when stirring this juice up. (Stir up the juice with the pepper when done.)



Spicy foods can kick the metabolism into high gear. Juicing a tablespoon of chopped red or green chili pepper can temporarily boost your metabolic rate by 23 percent. This lasts for 30 to 45 minutes after eating.



Capsaicin (the chemical that puts the spice in your life and melts away body fat) also helps to inhibit inflammation and is beneficial in the treatment of arthritis and nerve disorders.

47) Hellatios Habanera

This one is at a Level 10 on the hot gauge. If you like a burning sensation in your mouth, then this one is it.

Habanera peppers contain amino acids that help regulate body functions. They contain Vitamin A and C.

- 1 lemon
- 1 habanera
- 1/2 cucumber
- 4 carrots
- 1 handful of parsley

Granted it's a little spicy, but it's an amazing juice to clean out your liver. Peel the lemon and trim the tops off of the carrots. Enjoy.

48) Sexy Skin Sap

This juice is great for colds and nausea. It is also great for smoother, age-defying skin.

- 1 lemon
- 1/2 cucumber
- 1 bunch of watercress
- 2 carrots
- 1 ginger root

Wash all your vegetables and peel the cucumber and lemon if they are not organic.

49) Skin Revival

Are you ready to help diminish those fine lines and wrinkles? Have you been spending countless dollars on high-end beauty products and facials? Well get ready to feast your face on this.

- 2 leaves of chard
- 1 lemon
- 2 carrots
- 1/2 green bell pepper
- 2 leaves of kale

Wash your vegetables. Cut the tops off of the carrots and peel the lemon if it is not organic. Process in the juicer.

50) Beet The Street Juice

This a juice I like to drink before a long run. This gives me sustainable energy and it tastes delicious. Be careful at first, though, if you are not used to beets.

- 1 beet
- 4 celery stalks
- 1 lemon

Cut the tops off of the lemon and beet. Peel the lemon if it is not organic and process your vegetables in the juicer.

51) Zip Zap Zing Juice

This a powerful juice to drink before a meeting and when you need extra brain power. This will give your brain the zip-zing that it needs to focus on the task at hand and get stuff done.

- 1/2 cucumber
- 1/2 beet
- 2 stalks of celery
- 1/2 lemon
- 1 ginger root
- 1 handful cilantro
- 1 handful of chard

Wash your vegetables. Place the herbs in the juicer halfway through to get the maximum benefit of the nutrients. Peel the lemon and cucumber if they are not organic. Cut the tops off of the cucumber and the beet. Process in the juicer.

52) Nite Nite Sleep Tight Juice

Having trouble sleeping? This will have you falling to sleep faster than you can count five sheep.

- 2 bok choy
- 1 cucumber
- 2 handfuls of spinach
- 1 lemon

Wash your vegetables. Peel the cucumber and lemon if they are not organic. Put the rest of the vegetables in the juicer and say good night. Zzzzz

53) The Situation Six-Pack

If “The Jersey Shore” reality TV show star “The Situation” had a juice, this would be it. Get ready to pop out that sexy six-pack when chugging this alkaline goody.

- 2 carrots
- 1 cucumber
- 1/2 beet with greens
- 3 handfuls of spinach
- 1/2 lemon

Cut the tops off the carrots and peel the cucumber and lemon if they are not organic.

54) Extreme Juice

This juice is extreme! Coming out of the gates, we have the jalapeno that will open up your circulatory system and get you ready for the day – or anything else!

- 1 jalapeno
- 1 cucumber
- 2 handfuls of spinach
- 1 lemon
- 3 mustard leaves

Make sure to peel the lemon if it is not organic, and the cucumber. This should make an 8-ounce glass of juice.



One quality of green juice recipes is chlorophyll, which is the product of plants turning light into energy for insects and animals to eat. Without chlorophyll, life as we know it would not exist. It has very powerful detoxifying principles. It's great for the liver, which is necessary in purifying your body. Chlorophyll can also improve our blood quality due to its molecular make up, similar to hemoglobin. It helps increase red blood cell count and increases the movement of oxygen throughout our blood. It also helps the repair and growth of all tissues in the body.



Developing “Rock-Solid” Sustainability In Exercise

“It was your character that got you out of bed, commitment that moved you into action, and the ongoing discipline that enabled you to follow through and reach your destiny.”

– Drew Canole

When I first started my exercise transformation, my body fat was a solid 16%. My exercise transformation started with going to the gym twice daily, where I pushed my body to the limits and maintained an amazing diet. It all resulted in trimming my stomach to a lean 12% in 90 days. However, when I started juicing daily, my gains increased substantially, continually lowering my body fat while building lean muscle.

Once the juice transformed my body's reception of nutrients, it enabled me to press out the water and toxins that were holding me back from my ultimate goal. This eventually allowed me to realize my potential sustainability of a body fat at or under 7%.

Maybe having a low body fat percentage is not your ideal goal, but optimum health is. If this is the case, the juice will help. However, exercise is a must! Even if it's just walking at first, you must take action. The hardest part for most people in the beginning of a regimen is to build up sustainability in doing so. The following five actions have helped me tremendously with my discipline and in my ability to take action.

Stop being a victim

Everyone who has a problem with their weight, overall physical health, or the way their body looks, more often than not has something outside of themselves to blame it on. “I’m this way because of this....”

Blah, blah, blah...

Do you often find yourself saying, or thinking these insignificant thoughts?

It’s a hard pill to swallow when you realize you’re the creator of everything that comes into your experience. Once you take ownership of it, you will begin to free yourself from all of the restrictions you’ve come up with in the past.

By not taking ownership, you end up rationalizing everything by telling yourself it isn’t your fault and there isn’t anything you can do about it, which ends up stunting your potential. For example, those extra three cookies you had Sunday after dinner you might rationalize by saying, “It’s OK, I’ll just do more cardio in the morning.” The morning comes and the cardio never happens; sleep was too important, you have an extra long day at work, etc.

“You must take ownership and responsibility of the time you have in the present moment. Once you master this discipline, you can get outside of your physical body and move this discipline to higher realms. Until then, you will be stuck on the island of blame with no escape.

Don't let yourself be a victim. Far too many people have the victim mentality. Don't try to rationalize why you are where you are right now by blaming other people and ill circumstances. Admit to yourself that you are in the situation you are in it because of what YOU'VE done and no one else. Take control of your life. You can't go back to the past, but today you can start to create a new, healthy, enduring, and vigorous life.

Put Your Workouts on Automation

Wouldn't it be great to have your Avatar venture into the gym every morning for you? Sorry, we are not on Pandora. For me personally, I have a morning routine I follow.

5:30: Wake up! (10 minutes of gratitude. Drink 1 liter of water and grapefruit juice. All of my clothes are laid out ready to go. The easier I make it, the less I will fail.)

6:00: Gym time. I have a timer set to give me 1 hour in the gym.

7:00-7:15: Back home; juice time! Giant green drink.

7:30: Meditate and read for 1 hour.

8:30: Netti Pot, steam and shower.

9:00: Time to play. This is when I get to go to work.

The point of the automated morning routine is to form a lifelong habit of doing this. I call it a success ritual. When I miss a day or I'm traveling, I miss my success ritual because it sets me up for success every day. It wasn't always this way, I must admit. There was a time in my life when I DID NOT look forward to going to the gym, or even getting out of bed for that matter.

Set a Goal

If you really want to take your game to the next level, create urgency in your situation. Set a goal to run a race or some other type of competition. Far too often, we have no goals or plan, and we fail. Create a plan and stick with it. Write out what you would like to accomplish. Even if it is walking to the mailbox in two weeks, write it out.

Change Your Environment

It has been said that if you hang out with wolves you will become one. Or you will get saved by a vampire – wait, wrong book. Seriously, if you lie with dogs, you will get fleas. In any type of new regime some of the people in your life could subconsciously be holding you back. Understand that this behavior is not them; it is their own ego that is doing this. I'll make a bold claim; I can tell a person's fitness level by seeing five of the people they hang out with in their lives the most.

Who are you spending your time with?

Every cell in your body craves homeostasis, or balance. When you start to do something that is outside of the norm, some of the people in your life may not approve. Let's face it, not many of my friends crave broccoli and carrot juice at 6 a.m. before a workout on a Saturday morning.

What do you do when faced with this situation?

This is the best part – you make new friends. You don't have to get rid of your current friends; you just supplement them with these new individuals. In doing so, make sure they are the type of people who love broccoli and carrot juice, or accept you for you.

Turn it into a game (advanced tactic)

One of my favorite things to do is to turn my routine into a game. I have a Gym Boss interval timer that I use to monitor my time. This puts me in a mode of "watching the stop clock." It's similar to the way a basketball player watches the clock at the end of each quarter and through the game, increasing his chances to win. The timer sits next to my bed and as soon as my gratitude moment is over, I jump out of bed excited and ready to take on the day.

Throughout my time getting ready, I'm cognizant of how much time I have to get to the gym, juice, gratitude, etc. This makes it fun each morning attempting to get more in, and smash my time. The timer also causes me to focus 100% on

what I'm doing right then and there. Many people multi-task. When we multi-task our brain function decreases by 45%. This is a sure-fire way to keep you engaged in one single activity, ensuring your success.

Intrinsic Value System

Once the habit is formed it becomes part of your overall lifestyle and, in turn, your habits transcend into your values. If you can set your standards up to this level then you've got it. Having sustainability once you cherish and value this new routine should make it next to impossible for you to fail. There will be times when you just can't make it to the gym or go for a walk, run, jog, yoga etc. DO NOT beat yourself up for it. Always honor yourself for your courageous discipline and enjoy the day off. The great news is, once you manage to master your physical body, you can use this same process in all other facets of your life: spiritual, financial, relationships, communication, and so forth.

Conclusion

We can sit here and debate calories vs. carbs, or circuit training vs. long slow running all day. But decidedly, if you don't have the mindset of the person you want to be, then you will never change. Real long-term change comes from within. Change your mind, change your body, change your life.



Obesity

“The number of kids affected by obesity has tripled since 1980, and this can be traced in large part to lack of exercise and a healthy diet.”

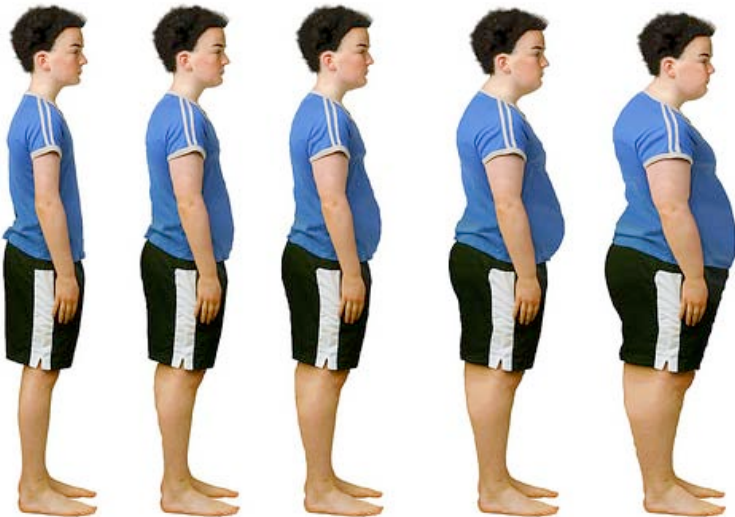
– Virginia Foxx

In case you haven't seen the latest statistics, here they are; out of the top 33 developed nations on the globe, America is now the most-overweight country in the developed world.

About 34% of the U.S. population over age 20 is obese, 33% is overweight, and another 5% is extremely or morbidly obese. The really scary thing is what is happening to our children.

Childhood obesity has more than tripled in the past 30 years. The prevalence of obesity among children aged 6 to 11 years increased from 6.5% in 1980 to 19.6% in 2008. The prevalence of obesity among adolescents aged 12 to 19 years increased from 5.0% to 18.1%.

Read more at: <http://www.cdc.gov/HealthyYouth/obesity/>.



First off, I don't believe that 70% of our country is just lazy. I know that is what some mean people like to say about overweight people, but I don't believe that one bit. I believe that work, family, technology, and a gradual development and acceptance of poor nutrition habits got us where we are today.



Most people put on a pound or two per month. Do that for two, five, or even 10 years or more, and it is easy to see how our obesity rate got so high. Once parents are overweight, it is easy for the children to learn from this and become a product of that environment.

I hear it all the time, "I was in great shape in high school; I put on a few pounds in college, but nothing big. I have always been normal or in shape. Then I got busy with work and the family..." and you know the rest of the story.

Digging Deeper

There are numerous myths about obesity. Many nutrition experts and physicians believe obesity is due to just poor eating habits and decisions. More and more research is supporting a biological basis for obesity. The signals of when and what to eat tend to be tied directly to the fat cells themselves. This research gives new hope to individuals who have tried diets and other weight-loss regimes only to fail in the end, sending them deeper into the land of despair.

Here is an example of a height and weight chart provided by Disabled World.

 Female Height to Weight Ratio				 Male Height to Weight Ratio			
Height	Low	Target	High	Height	Low	Target	High
4' 10"	100	115	131	5' 1"	123	134	145
4' 11"	101	117	134	5' 2"	125	137	148
5' 0"	103	120	137	5' 3"	127	139	151
5' 1"	105	122	140	5' 4"	129	142	155
5' 2"	108	125	144	5' 5"	131	145	159
5' 3"	111	128	148	5' 6"	133	148	163
5' 4"	114	133	152	5' 7"	135	151	167
5' 5"	117	136	156	5' 8"	137	154	171
5' 6"	120	140	160	5' 9"	139	157	175
5' 7"	123	143	164	5' 10"	141	160	179
5' 8"	126	146	167	5' 11"	144	164	183
5' 9"	129	150	170	6' 0"	147	167	187
5' 10"	132	153	173	6' 1"	150	171	192
5' 11"	135	156	176	6' 2"	153	175	197
6' 0"	138	159	179	6' 3"	157	179	202

Height = Feet and Inches - Weight = Pounds.

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Take into consideration your BMI (Body Mass Index) as well. People who have more muscle could naturally be higher and throw the numbers off.

Now that you know where you should be, let's set up a game plan depending on whether you are trying to lose five pounds or 100 or more. As you previously read, having the proper intake of nutrition and getting a workout in at least

four times a week will yield you results, but if your mindframe isn't correct, it could hold you back. Get all three working synergistically and become free.

Here are some tools and tips found in another book of mine entitled "The New Lean." These are a series of things you can do right now to lose weight.

Step 1 – The Basics

(It is OK to do just these things.)

Just Move! Walk, walk, and walk some more. It doesn't have to be scheduled, but just make a point to walk more during the day. Park farther away, take more breaks at work, walk after lunch, etc.

Drink water! It doesn't get much simpler than that. Your body is 70% water, and you need more water if you want to burn body fat. Add lemon or cucumber for flavor. Replacing just one soda or fruit juice for water each day will save you 15 pounds over the course of a year! Shoot for eight glasses to a gallon per day.

Small plates! Portion control is key. Eat your meals on salad plates, and use small bowls for cereals, soups, and desserts. Trick your mind. A 'full' small plate looks better than the same food on a large plate with empty space. Consume 1,200-1,500 calories per day.

Posture! Do the New Lean Squeeze. Feet straight ahead, tighten your glutes (butt muscles), then your abs, and then pull your shoulders back, and stand tall with your head high. Hold it for 10 seconds to a minute or longer. Do it anytime, anywhere. Nobody has to know!

Step 2 – The Next Level

(You want to get there a bit faster.)

Eat or Juice 5 to 8 times per day. Have at least two regular meals, and add ‘mini-meals’ (snack) between lunch and dinner and before bedtime. If you eat breakfast more than five hours before you eat lunch, eat a mini-meal mid-morning. Mini-meals should be about 1/2 to 3/4 the size of the palm of your hand. Mini-meals can also be an amazing juice.

Each meal should contain fats, carbohydrates, and protein. You want to avoid eating ‘just carbohydrates’ for any snack or meal.

Step 3 – Dial it in!

You are ready to maximize your fat loss. Build your mini-meals to be about 1/3 the size of your standard meals.

- Choose a lean protein that is about the size of the palm of your hand. Chicken, tuna, turkey, egg whites, low-fat cottage cheese, low-fat Greek yogurt, or lean red meat are good examples.
- Add carbohydrates, preferably in the form of fruits and vegetables. If adding fruits and veggies, which are generally ‘low-glycemic’, add **DOUBLE** the size of your protein portion. If you are adding rice, grains, bread or pasta, which are generally high-glycemic, make it the **SAME** size as the protein portion. Here are two simple guidelines; the rest is

up to you! For fruits and veggies – most are great, so eat up! – minimize bananas, raisins and potatoes. The best grain to eat is oatmeal. Minimize most grains, bread, and pasta.

- Add healthy fats that are about the size of your thumb. You want to consume poly & mono unsaturated fats, minimize saturated fats, and avoid all trans fats and hydrogenated oils.

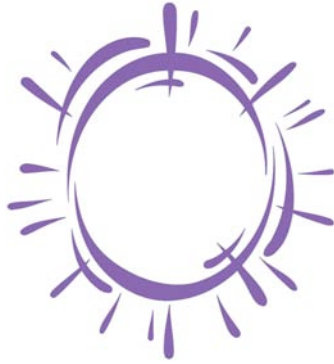
Your best choices are almonds, avocados, olive oil, canola oil, natural peanut butter, cashews, macadamia nuts, peanuts, and Omega-3 fish oil. Avoid or minimize fatty red meats, egg yolks, organ meats like liver, shortenings, sour cream, cream cheese, cream, and butter.

- Time to eat! Start by eating your fats and protein. Fats will signal the brain to ‘stop eating’ as well as slow the digestion of carbohydrates and insulin release into the system. The protein will trigger hormones that will further help to counteract the insulin release from the carbohydrates. That is why you want your fats and protein to reach your stomach first.

This is the natural way to keep your body burning fat, while minimizing and eliminating cravings and the feeling you need to keep eating. Let your body do the work naturally, and you won’t need to rely on willpower to stop eating.

Tips, tricks, and helpful hints

- Drink a glass of water 20 to 30 minutes before every meal. It helps you burn fat, and will naturally make you eat less.
- Use the power of the mind! Visualize yourself how you want to be. Take the first and last seven minutes of the day for YOU! Use your affirmation station reminders during the day to keep you going. IT WORKS!
- When choosing between 'identical' foods, generally choose the one with fewer ingredients. (example: Choose Triscuits instead of Wheat Thins.)
- This is easy; don't make it harder than it has to be. The New Lean is a guide you can loosely follow your entire life and still get great results. Always fall back on the basics: walk, water, and portion control.
- Share with others in your 'community'. It makes it easier if your family and co-workers are working toward the common goal of health along with you.
- Crash/starvation diets will help you lose weight quickly but generally end up with you gaining it all back.



The Fresh Juice Advantage

My morning breakfast juice is the Mega Green Man, or Day Slayer before it goes into the juicer. The advantages of fresh juice are immense.

No. 1: Fresh juice provides an easily absorbable method of nutrition, a rich supply of essential fats, proteins and carbohydrates, and not to mention the highest and most pure forms of vitamins and minerals.

No. 2: A raw food diet is much more satisfying to the body. When you cook your food you could be losing up to 97% of the water-soluble vitamins. Since juice is just the liquid from the fruit or vegetables, you are getting the full value of the vitamins and minerals that your body craves.

No. 3: A diet that consists of 60% raw food causes significantly less stress on the body. The effects of raw foods on the gut-bacteria system are thought to be much more helpful than cooked foods.

The immediate digestion process of raw juice causes your body to consume much more nutrients immediately. This means a whole powerhouse of energy delivered right to your body's doorstep. This is one of the best things about this type of weight-loss regime.

Most diets and quick-fix weight-loss programs leave you feeling exhausted, but



not this one. You will have more energy than ever before. This energy will help you move more, causing you to burn even more calories.

Preparing your body for weight loss using juice

I usually have two to three juices a day in between mini-meals, and then for dinner I have a large meal consisting of protein, good fats and vegetables. If I'm really hungry, I'll double up on my vegetable portions.

It's important to cut bread, rice, potatoes and any other type of carbohydrates earlier in the day. (My time is 5 p.m.) You don't want your body turning the excess carbohydrates into sugar and ultimately becoming body fat. I do make

exceptions to this rule if it is a cheat-day or my workout was abnormally intense. The bottom line is, very little of my diet comes from:

- Bread
- Pasta
- Rice
- Beans
- Potatoes
- Pizza
- Cereal
- Oats

Not that there is anything wrong with these types of food, my body just runs better on greens.

I think you are starting to get my point. My body loves live, organic, fresh vegetables, but it took it a while to get to this point. I used to have pizza twice a week with an occasional value meal at McD's. Not anymore! Because of all-natural, organic, live food, when I eat something that is of little nutritional merit, my whole entire body feels it. One could say it is similar to a way a high-performance car runs when it doesn't have the highest-octane gas available. It took a whole new shift and view point to get where I am.

But something tells me if you are reading this book you are ready for this new radical shift. Am I right?

Setting yourself up for success

Like any other new program, it is important to eliminate as much of the work as possible. Make it easy on yourself. When you go grocery shopping, be sure to only get what your body deserves. When I say body deserves, I'm talking about your multi-trillion dollar machine you use on a daily basis and abuse regularly.

Look at the way animals eat in nature. Do you see them pounding down Ding Dongs and Ho-Hos? Even if these snacks were available, I believe the mighty gorilla weighing in at over 600 pounds with very little body fat would still prefer the greens. There is a reason for this.

Chances are your body would chose these as well, but you've made sacrifices because of time, money and other things that just "come up." It is these very "things" that keep you from fueling your body like a high-performance champion.

Juice Up Your Life



What's in your grocery cart?



Is this my cart? No. But it should be. Look at all of the amazing veggies! One could make a lot of juice with this cart.

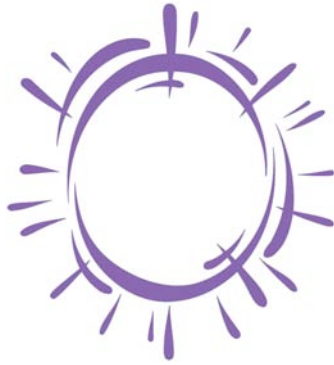
Surprisingly my cart consists of the same things week to week. Here is my typical list. I'll show the receipt so it's believable how cheap this is.

Foundation of the Juice Cart

- 6 cucumbers
- 4 celery packs
- 6 beets
- 3 lettuce bundles
- 4 packages of carrots
- 2 dandelion bunches
- 2 broccolis
- 1 bags of spinach
- 7 apples
- 2 Chinese eggplants
- 2 regular eggplants
- 2 pineapples
- 8 grapefruits

This is enough fruit and veggies to last me all week, and I don't spend too much money when I buy it at the right place.

Juice Up Your Life



Where To Buy?



Farmers market in Santa Monica. Often, if you go a little later, you can negotiate your own prices. ;) Or become a regular and they will take care of you.

Let's face it, juicing can be expensive if you don't know where to shop. For years I went to high-end grocery stores. Often times I would spend around \$25 to \$30 per bag of groceries. Since my rookie years, I've dropped the price down substantially, while managing to sustain quality. Once people find out I drink three juices a day, they think I'm the prince of some far off island and just happened to inherit massive quantities of gold or a lamp with a genie inside. Not at all.

Market vs. Costco

Market:

When we shop at the market, we often are supporting local farmers and most of the vegetables are organic. (Even at the same price this would make it worth it.) Not only are they superior in quality, they are so much less expensive. It's nice to save money and be in a constant state of optimum health. One of the biggest things holding many people back from juicing is the cost. This will radically help you reduce the price of your new healthy habit. One thing I encourage people to do as well is buy stuff that is in season; it has a higher nutritional merit and costs less.

Costco:

If you've never been to a Costco or a Sam's Club, then you have no idea what discount shopping is all about.

Imagine being alive 2000 years ago (before Oregon Trail), loading up your horse and carriage and trekking for a whole day, and arriving in town to buy everything you would need for a whole month. These stores are equal to that; they have everything from 3-D TVs, juicers, clothing, and toilet paper. My advice to anyone who goes into a large wholesaler for the first time is to set a timer. I once got lost in Costco for an entire week. When they found me, I looked like Tom Hanks in the movie 'Cast Away.'

When buying your fruits and vegetables from a place like this, just make sure they are organic. If they don't have organic produce, make sure you are stocked up on veggie wash and soak them for a little bit. (Read more on washing your vegetables later.)

Now that the issue of price is out of the way, there should be nothing holding you back from forming this solid juicing habit.



Organic Vs. Non Organic

The word "organic" refers to the way farmers grow and process fruits and veggies, grains, dairy products and meat. Organic farming practices are designed to encourage soil and water conservation and reduce pollution. For example, rather than using chemical weed killers, organic farmers may conduct other sophisticated measures to keep weeds away.



On the following page, see a chart from The Mayo Clinic that explains this in more detail.

Juice Up Your Life

Conventional	Organic
Apply chemical fertilizers to promote plant growth.	Apply natural fertilizers, such as manure or compost, to feed soil and plants.
Spray insecticides to reduce pests and disease.	Use beneficial insects and birds, mating disruption or traps to reduce pests and disease.
Use chemical herbicides to manage weeds.	Rotate crops, till, hand weed or mulch to manage weeds.
Give animals antibiotics, growth hormones and medications to prevent disease and spur growth.	Give animals organic feed and allow them access to the outdoors. Use preventive measures — such as rotational grazing, a balanced diet and clean housing — to help minimize disease.

<http://www.mayoclinic.com/health/organic-food/NU00255>

Organic or not? Check the label

The U.S. Department of Agriculture (USDA) has a label that they put on food that holds farmers to a government-regulated standard. Any farmer who puts these labels on products must be USDA-certified.

If a food has one of these organic labels on it, it means it's much more money, and it's produced and processed according to the USDA standards.

The seal is voluntary, but many organic producers use it. Besides, with this seal it has a higher value.

Products certified 95 percent or more organic display this USDA seal.



100 Percent Organic vs. Organic

100 percent organic products are completely organic, while products labeled “organic” must be at least 95 percent organic.

Do ‘organic’ and ‘natural’ mean the same thing?

No, “natural” and “organic” are not interchangeable terms. You may see “natural” and other terms such as “all-natural,” “free-range” or “hormone-free” on food labels. These labels must be 100% truthful.

Should I buy organic or non-organic?

Let’s break the list down so that you know where to focus your veggie- and fruit-buying efforts. Here is a list of the Top 12 vegetables and fruits to buy organically if you can.

Nectarines: 97.3% of nectarines sampled were found to contain pesticides.

Celery: 94.5% of celery samples was found to contain pesticides.

Pears: 94.4% of pears sampled were found to contain pesticides.

Peaches: 93.7% of peaches sampled were found to contain pesticides.

Apples: 91 % of apples sampled were found to contain pesticides.

Cherries: 91 % of cherries sampled were found to contain pesticides.

Strawberries: 90% of strawberries sampled were found to contain pesticides.

Imported grapes: 86% of imported grapes (i.e.: from Chile) sampled were found to contain pesticides.

Spinach: 83.4% of spinach sampled was found to contain pesticides.

Potatoes: 79.3% of potatoes sampled were found to contain pesticides.

Bell peppers: 68% of bell peppers sampled were found to contain pesticides.

Red raspberries: 59% of red raspberries sampled were found to contain pesticides.

In a perfect world, we would all buy our food 100% organic. However, with the increase in the price it sometimes doesn't make sense financially. Just make sure if you are not buying organic to wash your vegetables thoroughly. Let your vegetables soak in veggie wash if you have time.



Washing Your Goods

When I first started to wash my produce, I would let the water run, unaware of how wasteful this act was. I'm grateful that a friend pointed out, "Why not put them in a pot, Drew?" This was a day that saved the world five gallons a day and perhaps a baby polar bear. I encourage you to do the same.

When soaking your vegetables, spray them down separately with some quality veggie cleaner. If you don't have veggie cleaner you can use citrus to wash them.



This is what my sink looks like typically. I actually think it's therapeutic to give thanks to the vegetables for surrendering themselves to my life and supplying me with energy. Try it, it feels so good. I know it may sound weird at first...just trust.

Homemade Produce Wash Recipe:

- Basket of fresh veggies
- 1 cup water
- 1 cup vinegar
- 2 tablespoons of baking soda
- 2 tablespoons of lemon juice

Directions:

Mix ingredients then pour in clean spray bottle. Spray fresh vegetables and fruit generously. Sit for five minutes then rinse off well.

Note: Make sure to first mix ingredients in deep container since there will be some fizzing from the baking soda and vinegar.

When washing, make sure you focus on parts of the plant that connect with the stem. Often times these connecting parts can be a little habitat for some pretty nasty toxins if they are not organic.



10 Questions I Get Asked Frequently

1) Where can I get a juicer?

Any larger store like Wal-Mart, Target or Costco will have a juicer. I purchased my Jack LaLanne Power Juicer at Costco for \$97. This works perfectly for me at this time. Eventually I'll upgrade to a more advanced unit that has the ability to juice wheat grass as well, but for now this is perfect. If \$97 is pricy and you still want a good juicer, a few of my students have purchased the Black and Decker juicer for under \$30 at Wal-Mart.

2) Isn't a blender the same thing?

No. A blender is great for making green drinks, smoothies and soup, but it manages to keep the roughage or pulp in the mix. When the fiber is in the drink your body has to extract the juice from it. The juicer does it for you

making it easier to consume your life-giving juice of goodness.

3) What is the best way to remain consistent?

Easy. Set your juicer on a counter that you can easily get to. Plan out every week when going to the grocery store. Use this list I've provided and stick to it. Maybe at first you just want to start out with one juice a day? Take the list and divide it by three. This will keep you stocked up for the week.

4) Are there fruits and vegetables I should peel?

Absolutely. Always peel oranges, grapefruit and tangerines. These fruits contain oils and other components that are very hard to consume. Remember to cut the outer rind off of pineapples, melons and cucumbers if they are not organic.

5) Should I juice when I'm pregnant?

Why not? You want your baby to get the best nutrition available, and this is it. Load up on green veggie drinks and maybe an orange juice in the afternoon for a quick pick me up. Continue this process through nursing to ensure that your child gets adequate nutrition.

6) Should I mix fruits and vegetables in my juice?

I don't normally unless I want a little sugar kick and would like to add an apple. Fruit digests much faster than vegetables. Normally a piece of fruit can go through you in about 30 minutes. If you eat fruit and anything else with it, it will sometimes ferment in your stomach and make it harder to digest. My advice would be to separate the two. Have fruit in an empty stomach and don't eat anything else for at least 30 minutes.

7) How much should I drink per day?

I normally have three juices per day and love every one of them. One in the morning, one in between lunch and dinner and my last green drink before bed. This has often helped me fall asleep after a long day of work. A lot of the greens we juice contain high concentrates of magnesium, which aids in restful sleep.

8) What are your go-to juices?

I'm a green man through and through. I love it, can't get enough of it! Greens, greens and more greens! Many people prefer carrots and fruit juices because they are sweeter. Luckily, I've never been too much of a sweets guy.

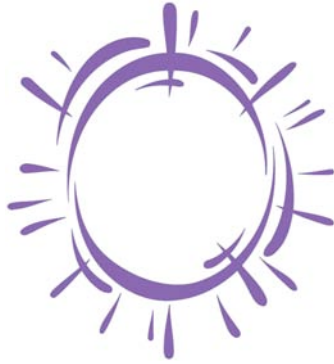
9) How long can I store juice?

I don't store my juice because it is hard to do. You need jars that seal and do not allow the air to oxidize the juice. Once the juice begins to oxidize, it loses its nutritional value quickly. Just 15 short minutes after your juice has been sitting out, you lose 30% or more of the vitamins in that particular juice. Ever notice how as soon as you slice an apple it begins to turn brown? I would avoid storing if you can, but if you have to, do it for no more than 24 hours in an airtight jar.

10) Should I take vitamins or supplements while juicing or is this enough?

The great debate! Many people will tell you that if your diet is right you can get enough nutrients. Your daily value of vitamins that you see on food and other labels is generally based on enough to avoid disease and the lowest possible supply. To live at the most optimal state, I encourage everyone to take a good multi-vitamin.

I also take magnesium and calcium, a high-quality probiotic, Vitamin D3 and fish oil. If you are interested in ordering the same supplements that I take, go to <http://www.fitlife.tv/supplements>.



Common Conditions

Fruits And Veggies To Keep Your Skin A Glowing...

These are the best fruits and vegetables for your body's largest organ. Remember, if it is good for your skin, it is good for the rest of your organs as well. Your skin is a result of what's happening on the inside. Sometimes I'll get an occasional pimple, and I know that it is my body's way of telling me I'm too acidic and need to meditate more, and adjust my intake.

Oranges not only taste amazing, they are a rich source of Vitamin C. They work as cleansers and improve the skin and strongly support the immune system. Vitamin C helps form new collagen and protects current collagen. Collagen is the key ingredient in the elasticity found in your skin; it helps delay the onset of unsightly wrinkles.

Carrots have bucket-loads of Vitamin A and are extremely beneficial for the eyes. They are one of the richest sources of beta carotene. When I take carrot juice first thing in the morning on an empty stomach, I feel whole and healthy. It develops immunity and prevents premature aging. It has anti-cancer properties. Like oranges, carrots are high in Vitamin C and promote and protect collagen. I don't really care for the taste of carrots, but the juice is like dessert.

Beets are very good for anemic people. Ever wonder why beets look like a heart? That's because beets are amazing for your heart and circulatory system. It's no wonder they help with your skin as well. It purifies the blood and is rejuvenating.

Grapes are effective in clearing out your digestive tract. They also prevent dryness of skin and purify the blood. Their juice can be applied on wrinkles under the eyes. Grapeseed oil can also be used in cooking for anti-aging principles.

Pineapple juice is very rich in Vitamin C. It also contains Vitamins A and B. If taken with honey, it is effective for a sore throat. Mix pineapple with celery and hydrate your body and strengthen your bones.

A **tomato** contains iron and is rich in Vitamin A. They are recommended for those who want to reduce their weight. Lycopene is the star antioxidant found in tomatoes. Studies show it may offer protection from the damaging rays of the sun. Numerous other documented benefits, such as reduced

risk of heart disease and cancer, come from high consumption of lycopene.



Cooked tomatoes release their lycopene more readily than raw. (A good excuse for extra tomato sauce in your spaghetti.)

Watermelon cools your body and is an excellent cleanser. Want to clean your kidneys out? Juice a watermelon with the rind on it.

Cucumber cools our body and is very good for those who want to lose weight. Every time I'm in the spa, I always sip on cucumber water. Wonder why? Part of it is the taste, and the second part is they work as astringents, cooling and brightening agents of the skin. It can be used in natural face packs also.

Lemons protect your heart, control your blood pressure and are excellent for the skin and hair. Lemon juice mixed with warm water and cayenne pepper can be taken daily the first thing in the morning to have a clear complexion. The cayenne will open up your circulatory system and flush out toxins. It can also speed up your metabolism for weight reduction. My advice for anyone wanting to maintain optimum health and clear skin is to always put lemon in your water.

Apples relieve constipation; reduce cholesterol and a whole assortment of other things. Apple pulp can be used as a face pack.

Bananas are loaded with potassium. They make an excellent face pack, especially for dry skin. Add a few drops of coconut oil or honey to banana pulp and use as a face pack.

Papaya is great for the skin. Papaya cleanses the body completely – clean on the inside, clean on the outside. It delays aging of skin. When you drink raw papaya juice, which tastes amazing I might add, it can clear your face of pimples. It can also be applied to your face directly. Rinse with warm or cool water, then apply.

Gooseberry is very high in Vitamin C. It strengthens your immune system and your body's resistance to disease. It is great for the skin and hair. It will rejuvenate your body.

Garlic is a very powerful antiseptic. It is also an antibiotic derived in nature. It helps to delay aging and restores tissue. It reduces high blood pressure and is good for the blood and heart. It has many other medicinal uses also. Include garlic (raw or steamed) in your diet, as it has antibacterial properties and helps to improve the health of the skin. There is a reason so much garlic is used in different cultures all over the globe. I take non-odor garlic in supplement form as well.

Lower Blood Pressure

High blood pressure is commonly known as ‘the silent killer.’ The good news is there are effective ways to help you deal with it if you have it. High blood pressure is a disease that has really spiked in the past 20 years and will continue to rise unless we make dramatic changes in lifestyle and diet. Your heart is responsible for pumping the blood through your entire body, fueling your body from the floor up with life. It’s time to start taking better care of it.

The higher the average daily intake of fruits and veggies, the lower the chances of developing heart disease are. In a study done by Harvard nurses over a 14-year period on 114,000 people stated that those who had eight or more servings of fruits and vegetables a day were 30 percent less likely to have a heart attack or stroke than those that had only four or less servings a day. Talk about a huge shift from just changing one simple thing. There are many other contributing factors to this deadly disease, but let’s talk about which vegetables and fruits can help you wage war on this silent killer.

The sad fact is that many people know that what they are doing to their bodies is killing them, but they don’t want to change badly enough. My advice for people in that situation is to visualize their death due to the issue at hand, eliminating 20 or more years off of their life. This exercise becomes very real when done for the first time. It will

generally force my clients to move forward with healthier choices.

Celery was found to be beneficial in lowering blood pressure in human beings – even juicing as few as four stalks. Celery is a great base in any green juice you are going to be making.

Bitter Melon lowers your blood sugar and stimulates insulin, making it great for your heart.

Beets are amazing for the heart. It even looks like a heart, and helps detox your blood.

Red Swiss Chard is a great source of lycopene, which is great at fighting heart disease.

Garlic is a wonder drug for the heart. It is beneficial to the workings of the entire cardiovascular system, including blood pressure. There was one point when I would eat a whole clove of garlic per day. My gym friends did not like me! Juice it, or supplement with the non-odor garlic.

Tomatoes are high in gamma-amino butyric acid (GABA). This compound can help bring down blood pressure. Anything red can save you from dead.

Broccoli contains several active ingredients that reduce blood pressure. When I juice broccoli, I feel energy immediately and my ability to focus is substantially better. No wonder broccoli is a wonder veggie for your heart. Broccoli is rich in a whole multitude of vitamins – A, B6, K, and E, and also has Omega-3 fatty acids. Broccoli is rich in

cholesterol-reducing fiber, chromium and potassium, which can help control blood sugar and blood pressure, in addition to decreasing blood cholesterol levels. Personally, if I could chose one food to be stranded on an island with, it would be the Broc.

Carrots also contain several compounds that lower blood pressure. They can prevent plaque from forming on artery walls, a condition known as atherosclerosis, that blocks blood flow to the heart which may cause heart attacks. Juice carrots.

Indigestion

The faster-paced society has become, the more and more people just shovel their food in their mouths. My advice is to always slow down and relax when eating. Chew your juice as well. Some of the vegetables that will aid you in indigestion are listed here.

Plums are a laxative. Prunes work better when trying to relieve yourself, but plums work.

Garlic rejuvenates and stimulates the lymphatic system to throw off waste materials.

Apples have a gel-forming fiber inside of them called pectin; pectin is great for pushing out waste.

Ginger relaxes your intestinal tract, allowing it to release unnecessary gas and waste.

Motion Sickness

What's worse than getting sick on a long road trip or when you are out to sea? The solution: **Ginger**. Ginger reduces all symptoms associated with motion sickness.

Kidney Stones

Cranberries provide a huge acidic benefit. The quinic acid in cranberries produces slightly acidic urine that will prevent phosphates joining with calcium to form stones.

Watermelon detoxes the kidneys and urinary tract; make sure you juice it with the rind on.

Acne

Carrots clean you from the inside out, keeping your skin clean and clear.

Greens juiced into any type of green drink will also clean your insides, promoting healthy-looking, age-defying skin.

Lemon can alkalize your body during a breakout and eliminate the pimples from popping.

Anemia

Broccoli aids in the absorption of iron so that your body makes better use of the iron it has.

Brussels sprouts exist in the broccoli family and have a similar effect on your iron levels.

Spinach is loaded with iron.

Chard, similar to the spinach, is loaded with iron.

Arthritis

Pineapple has a high bromelain content, which has been shown to significantly relieve the pain and stiffness of both osteoarthritis and rheumatoid arthritis. Fresh pineapple works best when juiced. Often times, when coming back from the gym, I'll have a little pineapple and celery mix. Mmmm.

Ginger is a natural anti-inflammatory and pain reliever. Juice it or put it in your tea.

Bronchitis

Watercress is part of the cruciferous vegetable family, which is often used for many respiratory conditions. Watercress in particular has been shown to be especially beneficial for those with bronchitis.

Guava has been shown to help with bronchitis as well.

Canker Sores

Greens will help balance out and bring your body into an alkaline state.

Common Cold

Orange juice is perhaps the richest source of Vitamin C. Many other fruits contain Vitamin C, but not like orange juice, freshly squeezed at that. It is believed that Vitamin C helps in boosting overall immunity, therefore allowing your body to defend itself well against attacks from cold-causing bacteria and virus. No matter which form you consume, Vitamin C can be beneficial for your health, especially when you have cold.

Oranges are high in Vitamin C and help out with your immunity

Ginger helps press out toxins.

Diabetes

Diabetes is a disease that is infecting more and more Americans every year. In fact, within the next decade, Type 2 Diabetes is projected to double here in the states.

Why does it happen? It happens when a sugar called glucose enters the bloodstream. Glucose is a source of fuel for the body.

An organ called the pancreas makes insulin. The role of insulin is to move glucose from the bloodstream into muscle, fat, and liver cells, where it can be used as fuel. If the pancreas is stressed or over-worked because of all the nasty diet choices, it will go on strike, take a vacation, and not work as effectively. If we are going to solve the problem from

within, we need to target your little friend known as the pancreas.

People with diabetes have high blood sugar. This is because:

- Their pancreas does not make enough insulin
- Their muscle, fat, and liver cells do not respond to insulin normally
- Both of the above

So what types of fruits and vegetables will help fight the war on diabetes?

Bitter Melon lowers blood sugar and stimulates insulin release. Bitter melon contains a substance called charantin that is more powerful than the drug tolbutimide, which is often prescribed as a viable treatment in diabetes.

Grapefruit It is an excellent fruit for diabetics. It not only controls the blood sugar level in diabetics, but also prevents diabetes in people who are at greater risk, or have tendency to develop diabetes.

Headache

Spinach is high in magnesium and can knock out a headache. There is a reason Popeye never had a headache.

Cayenne can thin your blood and help out your circulatory system, relieving you of unwanted sinus pressure.

Jalapeno works the same way as the cayenne; basically anything spicy has the ability to free you of sinus pain.

Insomnia

Califlower, spinach, and bok choy are all high in magnesium. Magnesium and zinc can help you get a good night's rest.

Osteoporosis

Multiple studies have linked osteoporosis not to low calcium intakes, but to diets high in protein, refined sugar, caffeine, and phosphorus contained in soft drinks, all of which cause an excessive loss of calcium in the urine."

[Hegsted M, Linkswiler HM. Long-term effects of level of protein intake on calcium metabolism in young adult women. *Journal of Nutrition* 1981;111:244-51.]

In fact, populations that consume the highest levels of calcium usually have the highest rates of osteoporosis-related hip fractures. [Mazess RB, Mather W. Bone mineral content of North American Eskimos. *American Journal of Clinical Nutrition* 1974;27:916-925.]

Celery looks like your bones and is also great for your bones. It helps alkalize your body.

Beets help circulation and rid your body of toxins that cause acidic build up around your bones, weakening them.

Bok Choy is great at alkalizing the body and aiding in prevention and healing of osteoporosis.



The more protein you have in your diet the more calcium your body will dispose of.

Remove Scars

You could puree a quarter of a cup of pineapple and rub it onto your skin. Let it remain for around 10 to 15 minutes and rinse it off. As ascorbic acid is contained in pineapples, a brightening effect will be imparted to the skin and the acne marks will fade.

Oranges contain Vitamin C, which helps build and restore fresh collagen.

Ulcer

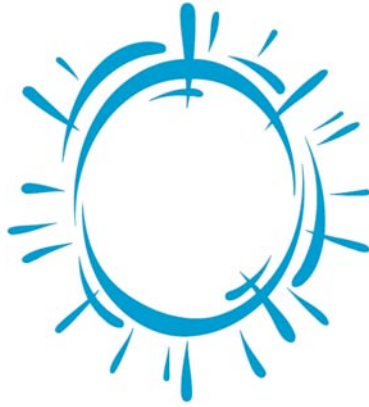
Carrots are great for ulcers because of their high concentration in Vitamin A.

Spinach is also a great choice for the healing of your stomach. It has high levels of Vitamin A as well and is a powerful pro-biotic.

Water Retention

Watermelon juice can help press out water in your cells.

Juice Up Your Life



***The New Lean Quick and
Consistent Meal Guide***

*19 of your classic favorites,
revisited for health, vitality, and energy!*



New Lean Nachos

Who doesn't LOVE nachos? Fortunately for New Lean eaters, Mexican food can easily be altered into a high-protein, fat-burning cuisine. This is one of our classic go-to meals that can be prepared in less than 10 minutes.

Ingredients

- Choose flax crackers, rice crackers or lettuce wedges
- 12 ounces of white ground turkey meat
- 1 large tomato - diced
- 1 large red bell pepper – diced
- 1/2 cup green onions – minced
- 2 jalapeno peppers – minced

- 1 medium avocado – cubed
- sriracha sauce to season
- olive oil spray
- 1 teaspoon pink salt
- 1 teaspoon freshly ground black pepper

The Switch Ups

A few options for the chips:

- Flax seed crackers: a great, high-fiber, crunchy, nutritious and tasty snack, loaded with Omega-3 fatty acids. These are a great fat-burning food that is also high in fiber.
- Rice crackers: these are just as crunchy and delicious and contain no gluten for people sensitive to high-gluten foods.
- Lettuce wedges: The classic nacho chip is loaded with sodium and contains empty calories that add fat to your body. So, my advice is to lose the chip altogether and go with one of our favorite veggies, lettuce. Lettuce has an amazing ability to naturally curb your appetite while stabilizing your insulin and only weighs in at 10 calories per cup. Try adding a combination of **iceberg**, **green-leaf**, and **red-leaf lettuce** for added presentation and nutrition.

Go Turkey or Go Home: White meat turkey is a healthy option that contains less overall fat than fattier cuts of beef. Look to buy ground white meat turkey instead of dark meat turkey. Topping this to nachos will provide an extended

calorie-burning response during digestion due to the higher protein content.

Spice Up Your Metabolism: Out-of-the-packet spices are loaded with sodium and preservatives that will halt fat loss. So let's upgrade your spice and try one of our favorite friends on for size. He goes by the name of **Sriracha**. Sriracha is not only a healthy and delicious choice, but the sauce's heat from crushed red chilies equates to a thermogenic increase in our body, causing more calories to be burned during digestion.

Healthy Cheese Please: We love cheese just as much as the next guy, but when indulging in nachos we like to keep it light. The healthiest, fat-burning cheeses are often softer cheeses like feta, mozzarella, and goat, due to their lower fat content with higher protein amounts. But remember, don't buy the low-fat or non-fat cheeses. Cheese is essentially fat. When fat is taken away, the food is no longer digestible and can be detrimental to fat-loss efforts.

Let's get cooking

Step 1: Preheat oven to 350° Fahrenheit.

Step 2 Place 12 ounces of ground turkey in a medium frying pan coated with olive oil spray. Using a spatula,

separate turkey into smaller clumps. Add the salt and pepper and the desired amount of Sriracha to taste (about 1 tablespoon). Cook for 5 to 8 minutes or until done.

Step 3: Dice up your raw vegetables into equally sized pieces: onion, tomato, green pepper, jalapeno, and avocado. If using lettuce, chop head into chip-sized pieces.

Time Saver: *Wash all of your vegetables and dice them up while the turkey is cooking.*

Step 4: Oven should be preheated to 350° F. Line a baking sheet with aluminum foil and spray with olive oil spray. Spread the chips (if using) in a single layer on the foil. Distribute the seasoned turkey burger over the chips. (If using chips or crackers and not lettuce.) Sprinkle the cheese choice lightly on top of the chips. Bake in the oven until the cheese is melted and the chips are warm (2 to 3 minutes).

Step 5: Remove the nachos from the oven and place onto serving plates. Sprinkle the raw tomatoes, bell pepper, green onions, jalapenos on top of chips or lettuce. Add fresh diced avocado chunks to top. Add one additional pinch of salt and any fresh herbs you see fit!

ENJOY!



Mom's Meatloaf Re-Modeled

“Come on, son, the meatloaf is ready!”

This is one of our ALL-TIME favorite meals made healthy for the *New Lean*. Who can resist a good meatloaf with potatoes, corn, stuffing and all of the traditional “American” sides...? Do you know what we love more, though? *Our health! Our energy! Our vitality!*

Ingredients

- 8 ounces of ground white turkey
- 8 ounces of ground lean sirloin
- 1/2 cup organic, agave-sweetened ketchup
- 4 tablespoons of fresh lemon juice

- 1 teaspoon of mustard powder
- 1 large white onion – diced
- 1 large bell pepper (add 1 minced jalapeno for added spice, if desired)
- 2 cups of rolled organic oats
- 1 large organic brown egg
- 1 teaspoon of reduced-sodium beef broth powder
- 1 tablespoon of pink salt
- 1 teaspoon of freshly cracked black pepper

The Switch Ups

Half ground white meat turkey and half low-fat ground

sirloin: The meat doesn't have to break the bank in fat calories to still taste like Mom's. The burger should be 85/15 (protein/fat) ground beef sirloin. Sound appealing? Don't worry, your kids and family won't even notice the fat-reducing substitution.

Oats instead of bread crumbs: Oats are high in fiber and are a low-glycemic food that keeps your hunger satiated and energy levels soaring. They will easily add bulk to your loaf with a very desirable texture.

Organic, Agave-Sweetened Ketchup: To rid our bodies of the harmful effects of HFCS in store-bought ketchup, look for the organic, agave-sweetened version to control insulin levels from rising too quickly.

Quick Fact: According to a study reported in the American Journal of Clinical Nutrition, lycopene absorption is two to three times greater in cooked tomato products than raw tomatoes. “Tomatoes not only contain high levels of carotenoid antioxidants such as lycopene, but also serve as a significant source of Vitamin C, fiber and potassium in the American diet,” said Kristin Reimers, Ph.D.

Let's Get Cooking!

Step 1 Preheat the oven to 350° Fahrenheit.

Step 2 Coat any 9” x 5” loaf pan with cooking spray.

Step 3 In a small bowl, mix ketchup, 1 tablespoon of lemon juice, and mustard powder with fork.

Step 4 Rub olive oil on the base of your glass cooking loaf pan.

Step 5 Using a large bowl, mix together ground turkey and beef with rolled oats, onion, whisked egg, beef-broth powder, 3 tablespoons of lemon juice, and about 1/3 of ketchup mixture from Step 3. Take the mixture and form it to the shape of the loaf pan and bake for 60 minutes.

Step 6 When complete, rub the top of the remaining ketchup mixture from Step 3 on the bake and let sit for 10 additional minutes.

ENJOY!

Leftovers: Use the leftover meat the next day as a sandwich or just a stand-alone with some veggies. We like asparagus or broccoli as a side.

“Lycopene Is More Bioavailable from Tomato Paste than from Fresh Tomatoes.” *The American Journal of Clinical Nutrition*. 1997. Web. 10 Mar. 2011.

<http://www.ajcn.org/content/66/1/116.short>



The New Lean Tacos

The New Lean Tacos are another healthy Mexican option remade to pack a punch of fat-fighting, high-energy nutrition to keep you on track. However, the taco shells in tacos are problematic for our fat-loss efforts as they are generally either fried or contain high amounts of starchy carbs. We've come up with a tasty solution.

Ingredients

- 6 ounces flank steak
- 1 large eggplant, peeled and cut width-wise into half-inch rings
- 1 green or red bell pepper cut lengthwise into strips
- 1 medium white onion cut into strips
- 1 jalapeno cut into circular rings

- 1/4 cup of cilantro – chopped
- 2 tablespoons of olive oil
- 1/8 teaspoon of cinnamon
- 1/4 teaspoon of cumin
- 1 tablespoon of pink salt
- 1 teaspoon of freshly ground black pepper
- 1 diced medium tomato or tomato salsa (red or green)
- 1/4 cup of feta or goat cheese
- lemon juice from 1 lemon
- 1 medium avocado or pre-made guacamole

The Switch Ups

Eggplant over Taco Shells: This is a unique take on converting taco shells into a malleable fruit that can absorb the surrounding flavors. Eggplant is spongy in texture making it perfect for housing the *New Lean* power foods.

Go with Light/White Cheese: With lighter cheese, we maintain high amounts of flavor while lowering the saturated fat content. Cheeses like feta, mozzarella, and goat also pair well with the healthy monounsaturated fats in olive oil.

Lose the Sour Cream, Grab the Guac: Sour cream contains a high amount of fat calories without much added nutrition. Swap in guacamole for its ability to decrease the amount of tryglicerides in your blood and high amount of Vitamin E.

Let's Get Cooking!

Step 1: Preheat large skillet or grill pan to medium heat.

Step 2: Take flank steak and cut diagonally across the grain into small and thin strips. Combine with all other ingredients (except for eggplant) and mix together in a large bowl.

Step 3: Use a small amount of olive oil to brush on a light coating of oil onto each side of the eggplant rings. Place rings onto skillet or grill pan for two to three minutes on each side or until soft. Salt and pepper to taste. Place rings on separate plate covering with aluminum foil.

Step 4: Place mixture of meat and other ingredients on same skillet and cook for 5 to 6 minutes, turning regularly with tongs, or until meat reaches desired doneness. (We like it medium rare.)

Step 5: Place meat and vegetable mixture on top of eggplant rings and top with fresh tomato salsa, cilantro, guacamole and cheese, and lemon juice to heart's desire.

ENJOY!



The New Lean Tuna Sandwich

The New Lean Tuna Sandwich is our rendition of the classic we ate as kids. Already a great source of protein, we have formulated several alterations to pack even more nutrition into this fiber-filled sandwich. Mom would be proud of our improvements! Total preparation time: 5 minutes.

Ingredients

- 1 can of white line-caught tuna
- 1/2 avocado cut into small cubes
- 2 tablespoons of freshly squeezed lemon juice
- 2 tablespoons of finely chopped fresh parsley
- 1/2 bell pepper – diced

- 1/4 red onion – diced
- 1 small tomato – sliced
- 1/2 teaspoon pink salt
- pinch of freshly ground black pepper
- 2 slices of whole grain or Ezekiel bread

Switch Outs

Throw out the Mayo, Grab the Avocado! Listen up, whether you like it or not, mayonnaise is not the most efficient fat for our bodies to utilize. Avocado, however, packs a substantial portion of fiber, monounsaturated fat and skin-healing Vitamin E while providing a perfect texture to hold our tuna together.

Bye, Bye White Bread. *Wonder Bread* just won't do! Ditch the white bread in favor of whole-grain bread, which packs more natural fiber to stave off hunger and aid in digestion. Make sure the first ingredient is "100% whole wheat" to ensure maximum nutrient quality. For an even healthier choice, go with Ezekiel bread. This bread allows the germ in the grain to sprout, making the bread actually a living food that is full of absorbable nutrients and is very low glycemic.

Line-Caught, Please. Line-caught white tuna canned in water is less likely to contain high amounts of mercury than tradition light tuna. The flavor and health is worth the few extra cents.

Let's Prepare!

Step 1: In a small bowl, mix tuna, avocado, lemon juice, parsley, bell pepper, red onion, salt, and pepper.

Step 2: Spread mixture on top of one slice of bread and top with desired amount of tomato.

Step 3: Top other half of sandwich and dig in.

ENJOY!



The New Lean “Happier Meal” Chicken Nuggets

As kids we used to shake in anticipation of the fast food drive through. The scent of fried grease could be smelled two blocks away and it seemed like heaven. Unfortunately, that same food still accounts for a large portion of heart disease, obesity, and death in the United States. So, we decided to hook you up with a favorite drive-through snack, redone to prevent premature aging, boost your metabolism and squash hunger.

Ingredients

- 24-ounce chicken breast cutlets
- 1 cup of coconut flour
- 2 tablespoons of coconut oil
- 3 large organic eggs – beaten
- 2 cups of Panko bread crumbs
- 1 teaspoon of cayenne pepper
- 1/4 teaspoon of paprika
- 1 teaspoon of garlic powder
- 1 teaspoon of Italian seasoning
- 1 tablespoon of pink salt

The Switch Ups

Go Free-Range Organic Current practices of chicken farming can be harmful to our bodies by increasing the incidents of antibiotics in the poultry. Since we then eat and absorb these chemicals, it is vital to buy chicken that is raised “free-range,” or chickens that were free to forage through open fields to eat seeds, grains, vegetation, worms and insects. The levels of natural Omega-3 are much greater in free-range organic chicken while also providing a unique and desirable flavor.

Get the Crunch with Panko! An easy trick to enhance the crunch and flavor of your nuggets is to go with Panko bread crumbs from Japanese-style bread. Not only are they airier

and lighter in texture, but you will save on calorie count by their easy spread-ability.

Ever Heard of Coconut Flour? Critical for baking, bleached flour is often devoid of nutrients and can cause gastrointestinal disrepair. We discovered a unique product made of one of the healthiest foods on earth – coconut. Coconut flour is gluten-free and 58% fiber, making it a perfect choice for our chicken coating.

Let's Get Cooking!

Step 1: Whisk eggs in medium-sized bowl, dip chicken cutlets in coconut flower (set aside in small bowl) and set floured chicken cutlets in beaten egg mixture.

Step 2: In a shallow bowl, combine Panko bread crumbs, paprika, garlic powder, Italian seasoning, cayenne, and pink salt. Use a spatula to combine ingredients. Gather mixture and spread evenly over a cookie sheet lined with paper towels.

Step 3: Begin heating coconut oil in a large skillet turned to medium heat.

Step 4: Remove chicken from egg mixture, allowing excess liquid to drain. Place chicken cutlets on Panko mixture,

allowing an even spread of crumbs and spices to coat both sides.

Step 5: Place chicken cutlets in heated coconut oil until they are golden and crispy (about five minutes per side). When done, allow chicken to cool and serve with a side of fresh veggies and a little Dijon mustard for flavor.

ENJOY!



The New Lean Asparagus Frittata

At the New Lean laboratories, we're no strangers to eggs. We use lots of 'em! We even get "yolked" in the gym on a daily basis! But to avoid the monotony of egg white scrambles and eggs-over-easy, we've created the ***New lean Asparagus Frittata***, which packs a healthy dose of bone-strengthening Vitamin K, folate and lots of flavor!

Ingredients

- 1 tablespoon of coconut oil

- 3/4 pound of medium asparagus (tips left on, stocks cut off) to 1/4-inch slices
- 2 tablespoons of low-sodium organic chicken broth
- 1/4 teaspoon pink salt
- 1/4 teaspoon of freshly ground black pepper
- 8 eggs
- 1/2 cup organic whole milk (or 2%)
- 3 tablespoons of crumbled feta cheese

Switch Ups

Organic Brown Eggs are a must in our kitchen. Whole eggs by themselves, per calorie, are more nutritious than almost any food. They help fight off hunger and ensure a healthy dose of essential amino acids to start off the day.

Fill up with Asparagus. Not only does asparagus protect our bones through its high level of Vitamin K, but it is also a good alternative to starches due to its crunch and high-fiber content.

Let's Get Cooking!

Step 1: Heat broiler to high.

Step 2: Heat coconut oil in a medium cast iron skillet over medium-high heat. Add asparagus pieces with chicken broth, a pinch of salt and pepper and continue to stir for three minutes, or until asparagus is crisp and tender and the

broth has mostly evaporated. Spread the asparagus evenly on the skillet.

Step 3: While asparagus is cooking in Step 2, whisk together eight eggs in a medium bowl (you can substitute for egg whites, if preferred), add the milk and the remaining salt and pepper, and whisk thoroughly until texture is frothy. When complete pour mixture into skillet.

Step 4: Evenly distribute the egg mixture in the skillet by laterally shaking the skillet. Reduce heat to low setting and add a cover to continue cooking for three minutes (eggs should start to set at the edges). Check the frittata with a spatula by lifting up one corner and tilting the skillet to run off the uncooked egg mixture to the bottom of the pan.

Step 5: Finally, place the skillet under the preheated broiler. Broil for two to three minutes, or until the edges are visibly set on the top of the frittata. (It should look puffy at this point.) Top frittata with crumbled feta cheese and allow it to melt and serve in even pieces.

ENJOY!



Debbie B's Protein Pancakes

What better way to start the weekend than with some amazing, nutrition-packed pancakes for you and the family? The smell of the pancake aroma is sure to hit home with this crowd favorite and satisfy both the tongue and the body with its healthy dose of protein and antioxidants. Thanks to Debbie B for the great suggestion!

Ingredients

- 1 tablespoon of coconut oil
- 12 organic medium brown eggs
- 2 cups of ricotta cheese
- 24 ounce extra firm fofu
- 4 cups of rolled oats

- 1/2 cup of ground flax seed
- 8 teaspoons of vanilla (We like Trader Joe brand vanilla paste.)
- 2 teaspoons of cinnamon
- 1 teaspoon of nutmeg
- 4 cups of organic blueberries

The Switch Ups

Ricotta Cheese, Please

Ricotta cheese is a high-protein cheese that is made from whey. It is also low-calorie with a host of amino acids to speed muscle recovery after a workout. It is a great filler for our pancakes with an amazing taste.

No Flour Needed – Oats! By substituting oats for flour, we gain a healthy, sustaining, fiber-filled carbohydrate that will fight hunger. Oats also contribute to cut heart disease, high blood pressure, and Type 2 Diabetes.

Flax Seed We can't eat these seeds enough. Our pancakes will have a big punch of ALA (alpha-linoleic acid), a type of Omega-3 fatty acid that improves brain function, sharpens thought and improves mood.

Let's Get Cooking!

Step 1: In a food processor, process all ingredients (except blueberries) until smooth. Next, stir in blueberries.

Step 2: Grease large frying pan or skillet with a pad of coconut oil (enough to cover the surface of the entire skillet). Allow medium heat for skillet.

Step 3: Transfer contents of food processor to a measuring cup and pour batter onto skillet into small circles (about 3" to 4" or in any desired shape).

Step 4: When small bubbles start to inflate on the sides of each pancake, ensure the bottom portion has a small crust and flip over with a flat spatula.

Step 5: Once both sides are golden brown, the pancakes are finished. Set aside on a plate with aluminum foil until the batter is used finished.

Quick Tip: These are great frozen and zapped for a quick breakfast...or even to grab one to eat on the go.

For those who find grinding flax too much trouble, substitute chia seeds.

ENJOY!



The New Lean Sweet Potato Rounds

It's easy to enjoy the taste of fries without the added artery-clogging fat and high sodium. We introduce to you *The New Lean Sweet Potato Rounds*! These rounds will not only boost your metabolism, but will provide you with softer skin due to the high stores of beta-carotene and Vitamin C. Use this as your guilt-free appetizer at your next party or pair with a healthy lean meat on the dinner table.

Ingredients

- 2 medium sweet potatoes – sliced into 1/4" thick rounds
- 1-1/2 tablespoon of coconut oil

- 1 tablespoon of cinnamon
- 2 tablespoons of raw honey (if desired)
- pink salt and freshly ground black pepper to taste

The Switch Ups

Sweet Potato. Sweet potatoes pack more potassium than a banana but are also lower-glycemic than a regular potato. This means that blood sugar will not fluctuate as much, saving inches around the waistline.

Cinnamon for Flavor and Health. This sweet spice is rich in antioxidants and also controls blood sugar. Just a small amount has been known to reduce blood sugar in Type 2 Diabetics and lower triglycerides and LDL cholesterol. It's a unique and appetizing flavor to add to the texture of the sweet potatoes.

Let's Get Cooking!

Step 1: Preheat oven to 400° Fahrenheit.

Step 2: Toss sweet potato rounds, coconut oil, cinnamon, salt, and pepper in a large casserole, making sure to spread ingredients across entire surface of casserole.

Step 3: Let ingredients bake for 20 minutes.

Step 4: If desired, at minute 17, drizzle on two tablespoons of raw honey. After two minutes of cooling, serve sweet potato rounds immediately

ENJOY!



The New Lean Mash (Mashed Cauliflower)

Imagine the same taste of mashed potatoes without the bloat and energy drain. We've substituted the high-carbohydrate potato for cauliflower, bringing you a desirable consistency without the insulin spike and guilt. This is one cruciferous vegetable that will protect against prostate cancer and satisfy your pallet.

Ingredients

- 3 tablespoons of organic, unsalted butter
- 1 tablespoon of mustard seeds

- 1 jalapeno – diced
- 2 garlic cloves – minced
- 1 tablespoon of freshly ground ginger
- 1 teaspoon turmeric
- 1 head cauliflower – cut into florets
- 2 cups of low-sodium chicken broth

The Switch Ups

Enter the Cauliflower! Cauliflower is one “white” food to which we give the A-OK! The cauliflower is full of fiber and Vitamin C to nourish the body, but also contains compounds called isothiocyanates that offer immune and cancer protection.

Go With the Indian Flavor. To add a bit more spice and even more nutritional bang, add some turmeric. When paired with cauliflower, immuno-defense is boosted even more. This combination is popular in Indian cuisine and gives our mash a distinct flavor.

Ginger Baby! Not only does ginger contain living compounds to improve your health, but it also suppresses diseases such as colon cancer.

Let’s Get Cooking!

Step 1: Preheat oven to 425° Fahrenheit.

Step 2: Combine cauliflower, garlic, and broth in a medium pot. Add water to cover if cauliflower is not completely covered. Bring to a boil, then reduce heat to simmer until cauliflower is tender, 12 to 14 minutes.

Step 3: While boiling, in a small bowl combine mustard seeds, jalapeno, ginger, turmeric and butter. Heat butter on a small skillet until liquid.

Step 4: Drain cauliflower in a colander, preserving about a cup of liquid. Transfer cauliflower mixture to food processor and process until very smooth adding mixture from Step 3. Remain processing and add saved liquid from pot. Season with salt and pepper to taste and transfer to display bowl or dishes.

ENJOY!



Almond Milk Recipe

Almond milk can be used in anything that would normally require dairy milk. Adding almond milk to your diet can lower your heart-disease risk by a third and chop your risk of Alzheimer's by two-thirds. Best of all, it tastes amazing and supplies half of your daily value of the potent antioxidant Vitamin E, known to increase memory and cognitive performance.

Ingredients

- 1 cup soaked raw almonds. (Soak in a bowl of water in the refrigerator overnight and rinse before using.)

- 3 cups water
- 1 vanilla bean, seeds removed
- 3 to 5 soft pitted dates
- Optional: Sweetener, raw honey or stevia

Let's Prepare!

Step 1: Blend the soaked almonds with water until smooth.

Step 2: Strain the mixture through a sprout bag, cheesecloth, or strainer into a large bowl. Save the almond pulp in a container and put in the refrigerator for later use.

Step 3: Put the almond milk back into the blender carafe and blend in the vanilla seeds and dates or other sweetener until smooth.

This milk will last in the refrigerator for about three to five days. Shake well before using in a protein shake, cereal, or whatever your heart desires!

ENJOY!



The New Lean Hummus

Hummus is a traditional Mediterranean food made with a variety of healthy ingredients – a combination assembled to perfection. Its key ingredients, garbanzo beans, are filled with protein, fiber, antioxidants, and flavor. Our recipe is a combination of raw ingredients we know will leave a pleasant taste in your mouth.

Ingredients

- 2 garlic cloves – minced
- 1 19-ounce can of garbanzo beans
- 4 tablespoons of freshly squeezed lemon juice
- 2 tablespoons of tahini
- 1 teaspoon pink salt

- 1 teaspoon of freshly ground black pepper
- 2 tablespoons of extra virgin olive oil

Let's Prepare!

Step 1: Pour garbanzo beans into blender or food processor, reserving about a tablespoon of beans for garnish. Place lemon juice, tahini, garlic, and salt into blender. Blend until creamy and well mixed.

Step 2: Transfer the mixture to a medium-sized serving bowl. Sprinkle with pepper and pour olive oil over the top. Garnish with reserved garbanzo beans.

ENJOY!



Homemade Salsa

We love spicy food and put it on everything. We mean EVERYTHING! There are numerous weight-loss benefits to raw food, like increased absorption rate and better digestion, to name a few. Use this topping to cover lean meats, omelettes, chips or combine with new ingredients for added flavor and antioxidant properties.

Ingredients

- 3 tomatoes – cut into cubes
- 1/4 cup of minced red onion
- 1 jalapeno pepper – seeded and minced

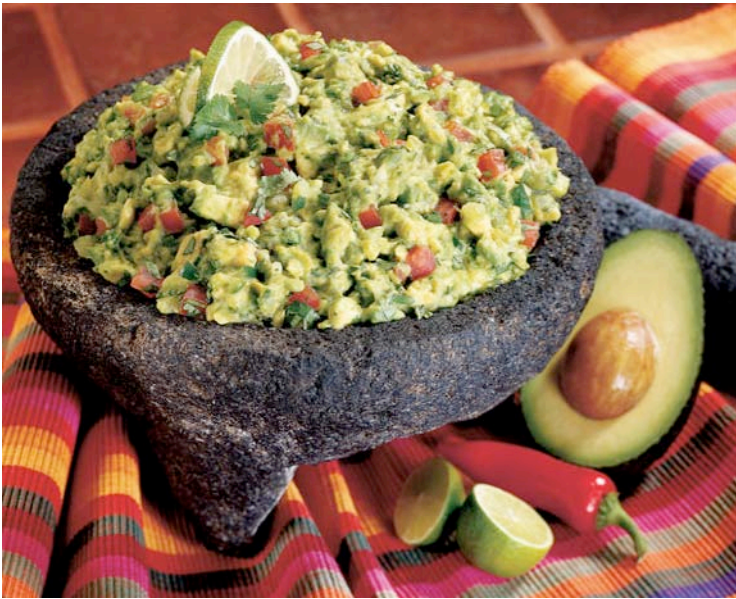
- 1 tablespoon of cider vinegar
- 1 tablespoon of minced fresh cilantro
- 1 clove garlic – minced
- 1 teaspoon of ground cumin
- 1/4 teaspoon pink salt

For a little added burn, add some habenero pepper. (Only for the risk-takers.)

Let's Prepare!

Step 1: Dice it all up, combine and toss ingredients, and you're ready to roll! Place in small serving dish or atop your favorite food.

ENJOY!



Homemade Guacamole

Who doesn't love guacamole? Guacamole is a combination of super foods with high amounts of antioxidants and flavor for every occasion. Its principle ingredient, avocado, contains monounsaturated fats to work toward fat loss, improve your cholesterol profile, and improve your skin and immune system.

Ingredients:

- 3 avocados
- 1 full-size tomato (inside water removed, or dried)
- 1/4 cup red onion – minced

- juice of 1 lime
- 1 teaspoon of cayenne pepper
- 1/2 tablespoon of extra virgin olive oil
- pink salt and freshly ground black pepper to taste

Let's Prepare!

Step 1: Mix all the ingredients together in a medium-sized bowl. Use a fork to mash avocado into desired consistency. (We like it a bit chunky.) Add lime juice for flavor and to prevent oxidation (browning).

Serve with chips, cucumber, eggplant, or your other favorite meals!

ENJOY!



Easy Greens

This was one of our go-to drinks before we started juicing. It's an amazing smoothie that surprisingly tastes great with a little pear added! The leafy greens, spinach and kale, provide a plethora of Vitamin K and folate to supercharge your health. Easy greens also contains iron to enhance your circulatory tract.

Ingredients

- 2 handfuls of spinach

- 2 leafs of kale
- 1 pear
- 2-1/2 cups of distilled water

Let's Prepare!

Step 1: Wash all of your vegetables thoroughly.

Step 2: Slice up your pear and take the seeds out. Put everything in a blender for 30 to 60 seconds depending on the power of your machine.

Step 3: Pour into a tall glass and, "Voila!"

ENJOY!



Pomegranate Juice

You've probably seen the POM juices in the store that range anywhere from \$5 to \$15. This is our version, but cheaper and more effective.

Ingredients

- 5 whole pomegranates

Let's Prepare!

Step 1: Cut the pomegranate lengthwise to reveal the seeds. Turn side over and gently beat outside with the butt of your kitchen knife to remove seeds into a medium-sized bowl. Put the seeds into your juicer or blender and discard everything else. The seeds will not make it into the final juice, but will be discarded into the pulp collector.

You will find that the seeds of five pomegranates will provide you with a small amount of juice – one cup at best, depending on the size of the pomegranate. We recommend using a blender for making pomegranate; you will get a lot more juice.

In the Blender...

Step 1: Put the seeds of all five pomegranates into the blender with half-cup of water, and let it rip. Now strain the juice with a medium mesh strainer. You can get more liquid out of the remaining pulp if you strain it through a double-layered cheese cloth.

Step 2: Pass the juice through a fine mesh strainer.

Makes about 2-1/2 cups of a healthy pomegranate juice.

ENJOY!



The New Lean Pizza Margherita

We knew we couldn't leave the cookbook without a little love from the pizza. In fact, pizza is one of our favorite foods and is a blessing from the gods! Our pizza margherita is full of fresh ingredients to ensure that a healthy dose of vitamins accompanies the flavor of this amazing pizza.

Ingredients

Pizza Dough:

- 1-1/2 cups of lukewarm water
- 1 packet of active dry yeast
- 3-1/2 cups of unbleached flour
- 1 teaspoon of fine-ground pink salt
- 1 tablespoon of extra virgin olive oil

Let's Cook the Dough!

Step 1: Lightly coat a large-size bowl with any non-stick cooking spray.

Step 2: Combine the yeast and water and let stand for five minutes until foamy.

Step 3: In the bowl of an electric mixer (with dough hook), combine 3-1/4 cups of the flour and the pink salt. While the machine is running, add the yeast mixture and olive oil. Mix just until the dough binds in a slightly sticky mass.

Step 4: Turn the dough onto a lightly floured work surface or table. Knead for five to eight minutes, adding the remaining 1/4 cup flour if necessary to prevent sticking (until smooth). Now shape into a ball and place in the prepared bowl. Cover tightly with plastic wrap. Let this mixture rise in a warm spot for one hour, or until doubled in size.

Step 5: Hit the dough down and shape into four equal balls. These can be stored for later use in the refrigerator (two to three days max).

Step 6: Grab a bit of flour in each hand, pat down balls into equal 12-inch circles.

Voila! Pizza Dough!

Now to the Final Product!

Ingredients

- 3 ounces of fresh mozzarella – cut into thin strips
- 1 medium tomato - cut into thin strips
- 1/4 cup fresh basil – cut into slivers
- 1 tablespoon of extra virgin olive oil

Let's Get Cooking!

Step 1: Preheat oven to 400° Fahrenheit.

Step 2: Use a paper towel to pat dry the mozzarella and tomatoes.

Step 3: Place tomatoes on the flattened dough, then add the basil over the top. Use mozzarella to cover the entire top portion, then evenly drizzle the olive oil on top.

Step 4: Bake in oven until cheese turns bubbly and there is a nice crisp on the top (about 8 to 11 minutes).

ENJOY!



The New Lean Roasted Halibut

Halibut is the largest flat fish and can weigh an astonishing 500 pounds! Wow! High in protein and Omega-3 fatty acids, this white fish pairs with a variety of flavors to accompany its meaty texture. *The New Lean Roasted Halibut* roasts with the aid of aluminum foil, a chef's best friend.

Ingredients

- large sheet of aluminum foil
- two 6-ounce halibut filets
- 1 cup cherry tomatoes

- 8-ounce jar of artichoke hearts
- 1/2 of medium white onion – sliced
- 1 cup of asparagus tips
- 1 quartered lemon
- 2-1/2 tablespoons of olive oil
- pink salt and freshly ground black pepper to taste

Let's Get Cooking!

Step 1: Preheat oven to 400° Fahrenheit.

Step 2: Separate two large sheets of aluminum foil and place a halibut filet in the center of each. Next, gently fold the aluminum sheets into small walled pouches. When open pouch is complete, add the cherry tomatoes, artichokes, white onion, asparagus tips, and lemons. Drizzle extra virgin olive oil on top and season with salt and pepper.

Step 3: Bake pouches in the oven for 12 to 15 minutes, or until fish is flakey when touched with a fork. Flavor with lemon upon serving.

ENJOY!



The New Lean Rocket Salad

This is a refreshing and elegant salad that everyone will love. It is so easy to make that preparation is a breeze, and it packs a solid dose of nutrition. Arugula – or “rocket” – is the star here. It contains glucosinolates, known to help eliminate toxins in the body.

Ingredients

Salad

- 4 cups of organic baby arugula
- 4 medium tomatoes – cut into wedges

- 1 medium pear – sliced
- 1 large avocado – cut into ¼-inch cubes
- 1/4 cup of red onion – sliced
- 1 tablespoon of walnut halves
- 1/4 cup of feta cheese – crumbled

Dressing

- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of balsamic vinegar
- 1 clove of garlic – minced
- 1/4 teaspoon of pink salt
- 1/4 teaspoon of freshly ground black pepper

To the Salad!

Step 1: In a small bowl, whisk vinegar, garlic, salt, and pepper to prepare dressing. Add olive oil to mix slowly, making sure to aerate dressing with fork.

Step 2: Add arugula, tomatoes, pear, avocado, onion, walnuts, feta and toss gently to mix.

Step 3: Gently add walnuts and feta cheese.

ENJOY!



Muscle Built Salad

This salad combines protein-packed steak to help build muscle and rid your body of fat. It's a star in presentation, and is sure to make your mouth water. Combine these fresh ingredients to satisfy even the greatest hunger after a workout.

Ingredients

Salad

- 8-ounce flank steak
- 2 plum or cherry tomatoes – cut into wedges
- 1/4 cup of red onion – sliced
- 1 clove of garlic – minced

- 5 cups of romaine lettuce – chopped
- 4 tablespoons of balsamic vinaigrette
- 3 tablespoons of blue cheese - crumbled

Making the Dressing:

Step 1: Combine a 1/2 cup of extra virgin olive oil with a 1/4 cup red wine vinegar, 1 tablespoon of minced onion, and 1 tablespoon of Dijon mustard. Add salt pepper to taste

Making the Salad:

Step 1: Preheat grill or grill pan to medium/high heat.

Step 2 Season steak with salt and pepper and cook about five minutes per side (or to desired doneness). Remove the steak and allow to sit for three to five minutes, then cut across the grain diagonally into slices.

Step 3 In a large bowl, mix the tomatoes, onion, and garlic. Next add the lettuce, meat, and pour the vinaigrette on top. Toss with a pair of kitchen tongs and top with cheese.

ENJOY!