

JUICY JULY CHALLENGE - WEEK ONE - JUICES



Kick Start Your Morning Routine

Drinking **warm water with lemon** first thing in the morning, upon awakening can aid digestion by stimulating gastric juices and promoting bowel movements, which helps cleanse the digestive system. Additionally, it has an alkalising effect on the body and provides a source of vitamin C, supporting your immune function and skin health.

I also encourage you have a **G-Force Shot** every morning just before your morning juice or smoothie!

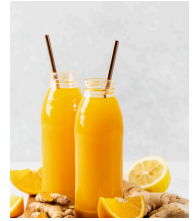
LEMON WATER

- ½ Lemon, Squeezed
- 350-500 ml Warm Water



G-FORCE SHOT

- 3 cm Fresh Ginger Root
- 3 cm Fresh Turmeric Root
- 2 Apples
- 2 Lemons (not peeled)

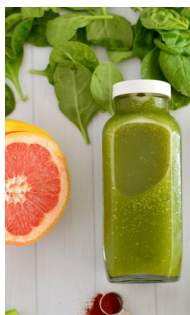


Day 1 - GREEN MEANS GO!



- 1 Green Apple
- 1 Large Handful of Spinach
- 1 Small Handful of Parsely Leaves
- ½ Cucumber
- 2 Kiwi Fruits
- ½ Lime (leave peel on)
- ½ tsp Wheatgrass Powder - stir into your juice

Day 2 - GREEN TO GLOW



- ½ Cucumber
- 1 Pink Grapefruit
- 2 Kiwi Fruits
- 2 Celery Sticks

Day 3 - GREEN CLEANER



- 1 Green Apple
- ½ Cucumber
- 1 Courgette
- 2 Celery Sticks
- 1 Large Handful Spinach
- ½ Lime (leave peel on)

What a way to start the Juicy July Challenge and your day! This week is all about those Go To Green Juices that will see you powering through your day!

Revitalise your body with Alkalising Greens...

One of the many reasons green juices and smoothies are so healthy is that they are alkaline. This means they help combat the effects of an over-acidic diet, help to detoxify our systems and keep us in good general health.

Most of us eat a diet that is really high in acidic foods. Meat, cheese, refined cereals, alcohol and low-quality foods high in sugar and processed fats all create an acidic internal environment. Although our kidneys are capable of removing excess acid naturally, our modern diet could easily overload them. Many leading nutritionists believe this can lead to a whole host of health problems, partly because our kidneys are trying to redress the acid balance by robbing us of important minerals such as magnesium, calcium and potassium which are vital for acid excretion. With these minerals depleted we find it harder to make hormones, enzymes and neurotransmitters necessary for energy and fighting infection and inflammation.



JUICY JULY CHALLENGE

WEEK ONE - JUICES



Day 4 - THE POWER HOUSE



- 1 Green Apple
- ½ Cucumber
- 2 Celery Stalks
- 1 Broccoli and Stem
- 1 Large Handful of Spinach
- ½ Fennel (small / medium bulb)
- ½ Lime (leave peel on)
- 1 tsp Spirulina

Day 5 - BOLD & MIGHTY



- 1 Kiwi Fruit
- 1 Large Handful Spinach
- ½ Cucumber
- ½ Fennel (small / medium bulb)
- 15 Mange Tout
- 1 Handful Parsley Leaves

Day 6 - GREEN ENVY



- 1 Green Apple
- 4 Celery Stalks
- ½ Cucumber
- 1 Large Handful Spinach / Kale
- 1 Handful Fresh Mint / Parsley
- 1 tsp Wheatgrass / Chlorophyll powder

Day 7 - PUMPING IRON



- 1 Pear
- 1 Beetroot
- 1 Cucumber
- 1 Large Handful Kale
- 1 Large Handful Watercress
- 2 Limes (leave peel on)
- 3 cm Fresh Ginger Root

IT'S ALL ABOUT BALANCE

Your body's acid/alkaline balance is known as its pH balance. pH is measured on a scale of 0-14, with 0 being highly acidic and 14 being highly alkaline.

Apart from our stomach acid, which needs to be high in order to break down food, the optimum pH in the rest of the body should be around 7.4. In general, a diet high in vegetables and fruits helps to alkalise us, while a diet high in protein, particularly animal protein refined cereals, sugars and processed foods increases our acidity. Clinical trials have proved that an alkaline body is healthier than an acidic body and experts believe a good balance is 70-80% alkaline forming foods to 20-30% acid forming, but most of us have exactly the reverse.

Many people find that when they switch to a high alkaline diet they feel the health benefits very quickly. Juicing and blending are ideal ways to maximise the alkalising effects of foods because of the concentrated nutrition they provide and because the juicing / blending process breaks down food and helps nutrient absorption in our bodies. Juices and blends are also high in water which has an almost perfect neutral pH of 7.

CHLOROPHYLL

Chlorophyll is the dark green pigment found in plants and algae. Abundant in leafy greens and herbs, wheatgrass and chlorella - chlorophyll is not only highly alkaline, it is also very rich in vitamins, minerals, plant compounds and antioxidants. It helps to increase the quality and quantity of our red blood cells and as a result may improve our oxygen levels leading to improved energy; enhance well-being and stimulate the immune system.

Increasing the amount of chlorophyll in your diet may be one of the best things you can do to keep your pH in balance and yourself feeling great.



JUICY JULY CHALLENGE - G-FORCE SHOT



This super-powerful little shot is a brilliant way to start to your day!
If you can swap out your morning espresso with one of these mighty little shots you'll be powering through your morning.



2 apples

+



3cm fresh
ginger root

+



3 fresh turmeric
roots

+



2 lemons
with peel

=



TOP TIP

I recommend batch making your ginger shots at the beginning of the week.
Use the quantities shown and you will have enough for 7 days of shots.
You can pour them into an ice-cube tray and freeze them -
just defrost one or two cubes each morning.

To Juice

Run all of the ingredients through your juicer in the order shown.

To Blend

*Peel, core and quarter the apples, peel and chop the ginger and turmeric and peel your lemons. Put all of the ingredients into the blender and blend until smooth...
add a little water if necessary*



NATURALLY ROSS
PLANT BASED LIVING

WEEK ONE - SHOPPING LIST

JUICES



Below are all the fresh goodness you'll be enjoying over the next seven days... wherever possible I strongly recommend buying organic produce to minimise the chemical toxins entering the digestive system. Over the coming month you'll be flooding your body with nutrient dense produce that really help to support your body's digestive system and detoxification pathways. When you do your shopping, just think about all of the incredible nutrients that you're about to nourish your body with!

VEGETABLES

- 1 Beetroot - medium
- 1 Broccoli Head & Stem
- 10 Celery Stalks - e.g. 2 bunches
- 1 Courgette
- 4 Cucumbers
- 1 Fennel Bulb
- 1 Bag of Kale
- 1 Bag of Spinach
- 15 Mange Tout (approx)
- 1 Small Bag of Watercress

FRUIT

- 6 Green Apples
- 5 Kiwi Fruits
- 2 Limes
- 1 Pear
- 1 Pink Grapefruit

HERBS

- 1 Bunch Fresh Mint
- 1 Bunch Fresh Parsley
- 2 Fresh Ginger Roots
- 3 Fresh Tumeric Roots



SHOPPING LIST PANTRY ITEMS



These are the dried ingredients that will be making an appearance throughout Juicy July... they're great super foods to keep in your cupboard and to add to your juices and smoothies.

PANTRY

- Chia Seeds
- Chili Powder (optional)
- Green Teabags
- Herbal Teabags: Mint, Chamomile
- Mint Teabags
- Mixed Seeds
- Ground Flaxseeds
- Nuts - e.g. almonds, walnuts, cashews (for making your own Nut Milks)
- Spirulina
- Wheatgrass Powder
- Vanilla Extract or Vanilla seeds from pod

