

JUICY JULY CHALLENGE

WEEK THREE - SMOOTHIE RECIPES



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!

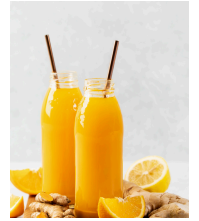
LEMON WATER

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



G-FORCE SHOT

- 3 cm Fresh Ginger Root
- 3 cm Fresh Turmeric Root
- 2 Apples (peeled & cored)
- 2 Lemons (peeled)



Day 15 - RAW CLEANSE



- 1 Green Apple - peeled and cored
- ½ Avocado
- 1 Large Handful Fresh Parsley
- 1 Cucumber - cut into pieces
- 1 Pinch Cayene Pepper

Time to Heal: Raw Juices & Smoothies allow your digestive system to rest – meaning better and quicker absorption of nutrients. These juices & smoothies will really support your digestive system and help to reduce inflammation.

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WHY ARE FRESH JUICES & SMOOTHIES SO GOOD FOR HEALING?

Fresh vegetable and fruit juices offer numerous benefits, especially in reducing inflammation, supporting the immune system, and improving healing.

REDUCING INFLAMMATION

- **Antioxidant-Rich:** Fresh juices are packed with antioxidants like vitamin C, vitamin E, and beta-carotene, which combat oxidative stress and reduce inflammation.
- **Phytonutrients:** Vegetables and fruits contain phytonutrients (like flavonoids and carotenoids) that have anti-inflammatory properties. For example, turmeric contains curcumin, a powerful anti-inflammatory compound.
- **Alkalizing Effect:** Many fresh juices help maintain an alkaline environment in the body, which can reduce inflammation and prevent chronic diseases.

Day 16 - MINT TO BE



- 1 Large Handful of Spinach
- ½ Cucumber
- 1 Fennel Bulb
- 1 Green Apple - peeled and cored
- 1 Handful Fresh Mint Leaves
- 1 Lime - juice only
- 150 ml Mint Tea - Cooled

Day 17 - MEAN GREEN CLEAN



- 1 Green Apple - peeled and cored
- 1 Large Handful Fresh Parsley
- 1 Large Handful Spinach
- 2 Broccoli Florets
- 1 Celery Stalk
- ½ Cucumber
- ½ Avocado
- 250ml Coconut Water



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Day 18 - TROPICAL SOOTHING



- 1 Banana - Fresh / Frozen
- ½ Pineapple
- 3cm Fresh Ginger Root - peeled
- 1 Fresh Turmeric Root - peeled
- 1 tbsp Chia Seeds
- 1 Large Handful Spinach
- 150ml Coconut Milk

Day 19 - SPINACH & ORANGE



- 1 Large Handful of Spinach
- 2 Oranges - peeled and seeded
- 1 Kiwi - peeled
- 1 tbsp Apple Cider Vinegar (unpasteurised, with Mother)
- *Splash of water if your smoothie is too thick*

Day 20 - MANGO & BANANA



- 1 Large Handful of Spinach
- 1 Banana - Fresh / Frozen
- 1 Cup Frozen Mango
- 300 ml Coconut Water

Day 21 - BERRY BEETS BOOST



- 1 Large Handful of Spinach
- 1 Banana - Fresh / Frozen
- 1 Cup Frozen Berries
- 1 Beetroot - peeled and chopped
- 250 ml Coconut Water

SUPPORTING THE IMMUNE SYSTEM

- **Vitamin C:** Juices from citrus fruits, strawberries, and bell peppers are rich in vitamin C, which boosts the production of white blood cells and improves the immune response.
- **Vitamin A:** Carrot juice and other orange-colored vegetables are high in beta-carotene, which the body converts to vitamin A. This vitamin is essential for maintaining the integrity of skin and mucous cells, the first line of defense against pathogens.
- **Zinc:** Juices from greens like spinach and kale contain zinc, which supports the immune system by maintaining the function of immune cells.

IMPROVING HEALING

- **Enzymes:** Fresh juices contain natural enzymes that aid in digestion and absorption of nutrients, which are crucial for healing processes.
- **Hydration:** Fresh juices help keep the body hydrated. Proper hydration is vital for the transportation of nutrients and oxygen to cells, which aids in faster healing.
- **Amino Acids:** Certain vegetable juices, such as those from leafy greens, contain amino acids which are the building blocks of proteins necessary for tissue repair and regeneration.
- **Anti-Microbial Properties:** Some juices, like those from garlic and ginger, have natural anti-microbial properties that can help prevent infections and support the healing process.

SPECIFIC EXAMPLES

- **Turmeric and Ginger:** Known for their strong anti-inflammatory and immune-boosting properties.
- **Citrus Fruits:** High in vitamin C, which is crucial for immune function and skin health.
- **Leafy Greens:** Packed with vitamins A, C, K, and iron, which support blood health and healing.
- **Beetroot:** Contains nitrates that improve blood flow and support healing by delivering more oxygen and nutrients to tissues.



WEEK THREE - SHOPPING LIST

SMOOTHIES



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 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 Avocado
- 1 Beetroot
- 2-3 Broccoli Florets
- 1 Celery Stalk
- 2 Cucumbers
- 1 Fennel Bulb (small)
- 1 Large Bag of Spinach

HERBS

- 1 Bunch Fresh Parsley
- 1 Bunch Fresh Mint
- 1 Fresh Ginger Root
- 1 Fresh Turmeric Root
- Cayenne Pepper

PANTRY

- Wheatgrass Powder
- Chia Seeds
- Apple Cider Vinegar

FRUIT

- 3 Bananas - Fresh / Frozen
- 1 Cup - Mixed Berries (Frozen)
- 3 Green Apples
- 1 Kiwi
- 1 Lime
- 1 Cup - Frozen Mango
- 2 Oranges
- ½ Pineapple

LIQUIDS

- 800ml Coconut Water
- 150ml Coconut Milk
- 150ml Mint Teabag

