

JUICY JULY CHALLENGE

WEEK TWO - 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 8 - CLEAN GREEN FUSION



- 1 Handfuls of Kale
- 1 Handfuls of Spinach
- ½ Pineapple - peeled and cut into chunks - include the core
- ½ Cucumber - cut into pieces
- 1 tsp Wheatgrass Powder
- 250 ml Coconut Water

Over the next seven days, these cleansing juices and smoothies make ideal breakfast replacements. Having a fresh juice or smoothie in the morning will help to balance your blood sugars, minimizing those mid-morning cravings.

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Day 9 - DETOX & GLOW



- 1 Handfuls of Spinach
- 1 Handfuls of Watercress
- 1 Handful Fresh Mint Leaves
- 1 Pear (Large)
- ½ Avocado
- 150 ml Coconut Milk

WHY ARE FRESH JUICES & SMOOTHIES SO HEALTHY?

Cleansing the body with fresh vegetable-based juices and smoothies offers a plethora of health benefits. Here are just some of the key benefits:

Nutrient Density

- **High Nutrient Intake:** Fresh vegetable juices and smoothies are rich in vitamins, minerals, and antioxidants. They can provide a concentrated dose of essential nutrients, which help the body to cleanse on a cellular level...promoting overall health.
- **Improved Nutrient Absorption:** Juices and smoothies can enhance nutrient absorption by breaking down the fibre in the produce, making it easier for the body to absorb vitamins and minerals.

Day 10 - TROPICAL CLEANSE



- 1 Banana
- 1 Large Handful Spinach
- 1 Cup Mango - Fresh / Frozen
- 2 tsp Chia Seeds
- 300ml Coconut Water / Non-Dairy Milk



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Day 11 - VIBRANT VITALITY



- 1 Handful Fresh Mint Leaves
- 1 Banana
- 2 Cups Frozen Berries
- 1 tsp Wheatgrass
- 300ml Almond Milk / Non-Dairy Milk

Day 12 - SURFER'S DREAM



- 1 Large Handful of Spinach
- 500gm Watermelon - remove seeds
- 3cm Fresh Ginger Root - peeled and chopped
- 1 tsp Chia Seeds
- *Splash of water if your smoothie is too thick*

Day 13 - PINA COLADA



- ½ Pineapple - peeled and cut into chunks - include the core
- 2 Celery Stalks
- ½ Avocado
- 1 Large Handful of Spinach
- 250 ml Coconut Water

Day 13 - CAROTENE BOOST



- 1 Large Handful of Spinach
- 1 Banana - Fresh / Frozen
- 1 Carrot - Chopped into chunks
- ½ Cantaloup Melon - peeled, seeded, chopped
- 125 ml Green Tea - brewed and cooled

2. Support the Body's Detoxification

- **Natural Detoxification:** Vegetables, especially leafy greens, contain compounds that support the body's natural detoxification processes, particularly in the liver
- **Increased Hydration:** Juices and smoothies are high in water content, helping to keep the body hydrated and supporting the kidneys in flushing out toxins.

3. Digestive Health

- **Improved Digestion:** Juices and Smoothies provide both soluble and insoluble fibre which aids in digestion and promotes healthy bowel movements.
- **Gut Health:** The fibre in vegetables acts as a prebiotic, supporting the growth of beneficial gut bacteria.

4. Weight Management

- **Low-Calorie, Nutrient Dense Source:** Vegetable-based juices and smoothies are typically low in calories but high in nutrients, making them a safe and easy choice if you're looking to lose weight
- **Satiety:** The nutrient density can help balance your blood sugars and stop cravings.

5. Immune Support

- **Immunity Support:** Fresh fruit and vegetables are high in vitamins, minerals and living enzymes which support and strengthen the immune system.
- **Anti-Inflammatory Properties:** Vegetables contain anti-inflammatory compounds that help reduce inflammation, potentially lowering the risk of chronic diseases.

6. Skin Health

- **Clearer Skin:** The antioxidants and hydration provided by vegetable juices and smoothies can help improve skin health, making it look more radiant and youthful.

7. Energy & Mental Clarity

- **Increased Energy Levels & Mental Clarity:** The nutrients in vegetable juices and smoothies can help improve energy levels and reduce fatigue. Proper nutrition and hydration can lead to better mental clarity and focus.



WEEK TWO - 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 Carrot
- 2 Celery Stalks
- ½ Cucumber
- 1 Large Bag of Spinach
- 1 Small Bag of Kale
- 1 Small Bag of Watercress

FRUIT

- 3 Bananas - Small
- 2 Cups - Mixed Berries (Frozen)
- ½ Cantaloup Melon
- 1 Cup - Mango (Fresh / Frozen)
- 1 Pear
- 1 Pineapple
- 500gm Watermelon

HERBS

- 1 Bunch Fresh Parsley
- 1 Bunch Fresh Mint
- 1 Fresh Ginger Root

LIQUIDS

- 500ml Almond Milk / Non dairy milk
- 750ml Coconut Water
- 150ml Coconut Milk
- 150ml Green Tea

PANTRY

- Wheatgrass Powder
- Chia Seeds

