

JUICY JULY CHALLENGE

WEEK FOUR - JUICE 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!

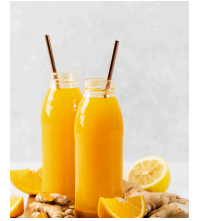
LEMON WATER

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



G-FORCE SHOT

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



Day 22 - BEET BOOST BLISS



- 1 Green Apple
- 2 Beetroots
- 4 Carrots
- 1 Lemon (leave peel on)
- 1 Handful Fresh Mint or Parsley

Day 23 - CHOUFLEUR AMOUR



- ½ Pineapple - peeled
- 1 Handful Fresh Mint
- ½ Cauliflower - Florets & Stalk
- ½ Cucumber
- 3cm Fresh Ginger Root
- 1 Lime (leave peel on)

Day 24 - ENERGY ELIXIR



- ½ Pineapple - peeled
- 1 Large Handful Spinach / Kale
- 1 Large Handful Watercress
- 1 Courgette
- ½ Cucumber
- ½ Lime (leave peel on)

*Week 4 – V4 Vitality:
Vitamins, minerals and raw enzymes galore!
By now you should be feeling revitalised
and raring to go.*

BOOSTING ENERGY & VITALITY WITH FRESH FRUITS, VEGETABLES & HERBS

Incorporating fresh fruits, vegetables, nuts, seeds and herbs into your daily diet is a natural and effective way to boost energy and vitality. Their nutrient density, natural sugars, hydration benefits, fibre content, and anti-inflammatory properties work together to enhance your overall health and well-being.

Nutrient Density

Fresh fruits, vegetables, nuts, seeds and herbs are powerhouses of essential nutrients that contribute significantly to energy and vitality. These foods are rich in vitamins such as A, C, and E, minerals like potassium and magnesium, and antioxidants, all of which play crucial roles in maintaining optimal body function. These nutrients help in cell repair, immune system support, and protecting the body from oxidative stress, which in turn boosts overall energy levels and vitality.

- Rich in essential vitamins (A, C, E)
- Contain vital minerals (potassium, magnesium)
- High in antioxidants



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WEEK FOUR - JUICE RECIPES



Day 25 - RADIANT RECHARGE



- 2 Pears
- 1 Large Handful Spinach / Kale
- ½ Cucumber
- 3cm Fresh Ginger Root
- ½ Lime

Day 26 - SUNSHINE ENERGISER



- 5 Celery Stalks - chopped 4cm
- 1 Large Handful Spinach / Kale
- ½ Pineapple - peeled
- 1 Handful Fresh Mint
- 1 Handful Fresh Parsley Leaves
- 1 tsp Wheatgrass powder

Day 27 - VITALITY VIBES



- 1 Green Apple
- 1 Pear
- 3 Celery Stalks - chopped 4cm
- ½ Cucumber
- 1 Large Handful Spinach / Kale
- 1 Handful Fresh Parsley Leaves
- 1 tsp Wheatgrass powder

Day 28 - BEET THE HEAT



- 2 Beetroot
- 1 Pink Grapefruit - peeled and seeded
- 1 Lemon (leave peel on)
- 3cm Fresh Ginger Root

Natural Sugars and Carbohydrates

Fresh whole foods provide natural sugars and complex carbohydrates, which are excellent sources of sustained energy. Unlike processed sugars, the natural sugars found in fruits release energy slowly, preventing spikes and crashes in blood sugar levels. This gradual release helps in maintaining consistent energy throughout the day, keeping you active and alert.

- Natural sugars for sustained energy
- Complex carbohydrates prevent energy crashes
- Steady release of energy

Hydration and Detoxification

Many fruits and vegetables have high water content, which aids in keeping the body hydrated. Proper hydration is essential for maintaining energy levels, as even mild dehydration can lead to fatigue and decreased alertness. Additionally, the natural detoxifying properties of certain fruits and vegetables, such as cucumbers and leafy greens, help in flushing out toxins from the body, further enhancing vitality.

- High water content for hydration
- Natural detoxifying properties
- Prevents fatigue from dehydration

Fibre for Digestive Health

The fibre in fresh fruits, vegetables, and herbs is essential for good digestive health. Fibre aids in the proper functioning of the digestive system by promoting regular bowel movements and preventing constipation. A healthy digestive system ensures that nutrients are efficiently absorbed, which supports overall energy and well-being.

- High fibre content promotes digestion
- Prevents constipation
- Enhances nutrient absorption

Phytochemicals and Anti-inflammatory Properties

Phytochemicals, found abundantly in fruits, vegetables, and herbs, have powerful anti-inflammatory properties. Chronic inflammation can drain your energy and affect your vitality. Consuming a diet rich in anti-inflammatory foods like berries, beets, and leafy greens can help reduce inflammation and promote a sense of well-being and energy.

- Abundant in phytochemicals
- Anti-inflammatory properties
- Promotes overall well-being



WEEK FOUR - 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

- 4 Beetroot - medium
- 4 Carrots
- ½ Cauliflower
- 8 Celery Stalks
- 1 Courgette
- 2 Cucumbers
- 1 Large Bag of Kale / Spinach
- 1 Small Bag of Watercress

FRUIT

- 2 Green Apples
- 2 Lemons
- 2 Limes
- 3 Pear
- 1½ Pineapple
- 1 Pink Grapefruit

HERBS

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

