

JUICY JULY CHALLENGE

WEEK FIVE - 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!

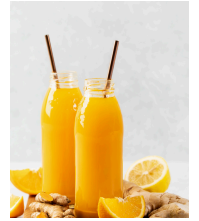
LEMON WATER

- 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 29 - MEDITERRANEAN SUMMER



- 3 Tomatoes
- 3 Celery Stalks - chopped 4cm
- ½ Cucumber
- 1 Red Pepper - deseeded
- 1 Lemon - leave peel on
- 1 Handful Basil Leaves
- ½ tsp Chilli Powder (optional)

Day 30 - SUMMER SPRITZER



- 2 Pears
- 2 Lemons
- 1 Cup Raspberries / Mixed Berries
- 3cm Fresh Ginger Root
- 250ml Sparling Water

Juice all of the fruit and then pour into sparkling water to enjoy!

Day 31 - PINEAPPLE MOJITO



- ½ Pineapple - peeled, leave the core
- 2 Limes
- 3cm Fresh Ginger Root
- 250ml Sparling Water
- Mint Leaves to garnish

Juice all of the fruit and then pour into sparkling water to enjoy!

*Celebrate Summer:
Let's celebrate the summer and all that new energy with some fabulous summer mocktails.*

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STAYING HYDRATED

Here are my top five for why we need to stay well hydrated especially when it's hot and sunny:

1. Optimizes Physical Performance

- Hydration helps muscles work more efficiently - it provides the necessary electrolytes, prevents cramps, and supports proper muscle function.

2. Supports Cognitive Function

- Hydration is linked to better concentration, alertness, and short-term memory. Staying hydrated can prevent headaches and fatigue.

3. Aids in Digestion and Detoxification

- Water helps to breakdown food and dissolve nutrients, making them accessible to the body and it also helps prevent constipation. The kidneys require water to filter toxins and waste products from the blood, which are then excreted in urine.

4. Regulates Body Temperature

- Water plays a crucial role in regulating body temperature through sweating and respiration.

5. Supports Skin Health

- Well-hydrated skin appears more plump, elastic, and less prone to dryness and wrinkles - water can also improve the skin's ability to heal and resist environmental damage.



WEEK FIVE - SHOPPING LIST

JUICES



Below are all the fresh goodness you'll be enjoying over the next three days... as always, wherever possible I strongly recommend buying organic produce to minimise the chemical toxins entering the digestive system. Although we are drawing to a close this week just think how many nutrients your have been flooding your body with... and how you have been supporting your digestive system and your detoxification pathways. When you do your shopping this week think about how you can continue to nourish and energise your body!

VEGETABLES

- 3 Celery Stalks
- ½ Cucumber
- 1 Red Pepper
- 3 Tomatoes

FRUIT

- 1 Cup of Raspberries /
Mixed Berries - Fresh / Frozen
- 2 Limes
- 3 Lemons
- 2 Pears
- ½ Pineapple

HERBS

- 1 Bunch Fresh Mint
- 1 Bunch Fresh Basil
- 2 Fresh Ginger Roots

PANTRY

- 500ml Sparkling Water

