



Clean & Lean Revolution

3 DAY JUICE FAST CHALLENGE

RECIPES Each recipe makes one serving *dilute each recipe with 50 % filtered water

DAY ONE – BREAKFAST	LUNCH	DINNER
<p>GREEN AND LEAN JUICE</p> <p>1 green apple 3 handfuls of spinach or kale Half lemon (remove peel) 2 stalks of celery with leaves ½ inch ginger root (with peel)</p>	<p>PINK LADY JUICE</p> <p>1 green apple ½ large English cucumber ½ medium red or golden beet ½ inch ginger root (with peel)</p>	<p>EVENING GREENS JUICE</p> <p>2 handfuls of spinach or kale ½ large English cucumber 3 stalks of celery with leaves 2 medium carrots 1/2 green apple</p>
DAY TWO – BREAKFAST	LUNCH	DINNER
<p>PINEAPPLE MORNING JUICE</p> <p>One-quarter pineapple ½ large English cucumber Half lemon (remove peel) 6-8 sprigs of mint</p>	<p>ORANGE LADY JUICE</p> <p>4 medium carrots 1 cup peeled butternut squash ½ large English cucumber ½ inch ginger root (with peel) sprinkle of cinnamon</p>	<p>GLORIOUS GREENS JUICE</p> <p>1 cup broccoli florets 3 large Romaine lettuce leaves Handful of cilantro (may replace with basil or watercress) Half lime (remove peel) 1 packed cup fresh spinach leaves 1 green apple</p>

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DAY THREE – BREAKFAST	LUNCH	DINNER
<p>COOL CUCUMBER JUICE</p> <p>1 whole English cucumber 1 green apple ½ lemon (remove peel) handful of cilantro (may replace with basil or watercress)</p>	<p>REALLY GREEN JUICE</p> <p>1 green apple ½ large English cucumber Handful parsley 2 handfuls kale or spinach ½ lemon (remove peel)</p>	<p>EVENING DETOX JUICE</p> <p>1 packed cup of Swiss chard (or spinach) 2 stalks of kale leaves, including stalks Handful of parsley ½ large English cucumber 2 celery stalks ½ garlic clove ½ inch of ginger root (with peel)</p>

Each recipe offers one serving and totals between 100-200 calories. If you need to drink more than three juices a day (and I am assuming many of you will), try to repeat the same juice in the same time frame. Meaning that, if you start the first day with the Green and Lean Juice and find that you are still hungry midmorning, have another Green and Lean Juice (see example below). The shopping list reflects the 9 recipes included in this plan: 3 juices per day for 3 days. If you would like to double up on a couple of the recipes to accommodate 5 juices per day instead of 3, simply adjust the shopping list as needed. *Use a juicer and not a Vitamix - the goal is to have only juice, with no pulp.

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Here are two examples – one with three juices per day and the other including five juices per day. *Both of these examples are correct. Simply gauge your hunger before including an additional juice beyond the three juices.

EXAMPLE SCHEDULE INCLUDING THREE JUICES

When you wake: herbal tea and a glass of filtered water

Breakfast: Green and Lean Juice recipe

Midmorning: herbal tea and filtered water

Lunch: Pink Lady Juice

Midafternoon: herbal tea and filtered water

Dinner: Evening Greens Juice

After Dinner: herbal tea and filtered water

EXAMPLE SCHEDULE INCLUDING FIVE JUICES

When you wake: herbal tea and a glass of filtered water

Breakfast: Green and Lean Juice recipe

Midmorning: Green and Lean Juice recipe

Lunch: Pink Lady Juice

Midafternoon: Pink Lady Juice

Dinner: Evening Greens Juice

After Dinner: herbal tea and filtered water