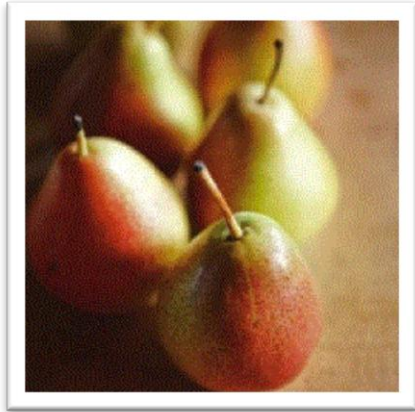


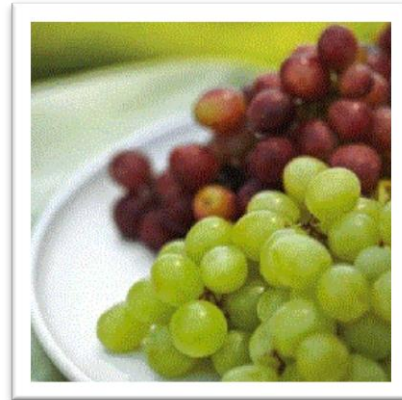
Clean & Lean Revolution

7 Day Juicing Challenge Menus



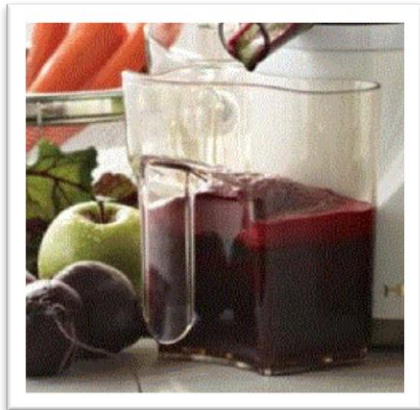
Day 1: ABCs Juice

- 1 Asian pear
- 1 Fuji apple
- 1 beet
- 1 carrot
- 1/2 cup cabbage
- 3 handfuls chard (about 1½ cups)



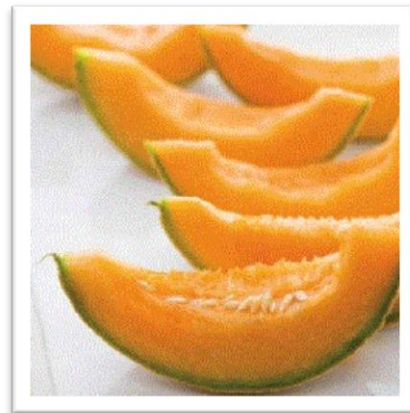
Day 3: Purple Power Juice

- 4 cups Concord grapes
- 1 Golden Delicious apple
- 2 (1-inch) pieces of ginger
- 1/2 cup blackberries
- 2 cups spinach
- 1 handful kale



Day 2: Apple-Beet-Carrot Juice

- 1 Fuji apple
- 2 beets
- 3 large carrots
- 1 (1-inch) piece of ginger
- 1 handful Spinach

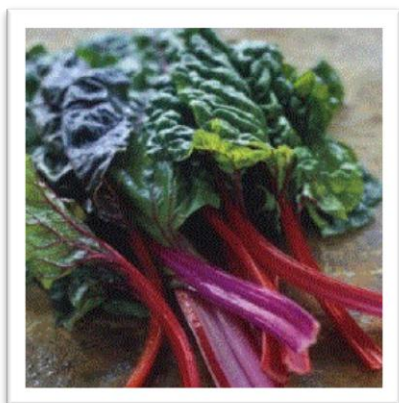


Day 4: Apple-Cantaloupe-Honeydew Juice

- 1 Fuji apples
- 1/2 cantaloupe
- 1/2 honeydew
- 6 to 8 kale leaves
- 6 to 8 Swiss chard leaves

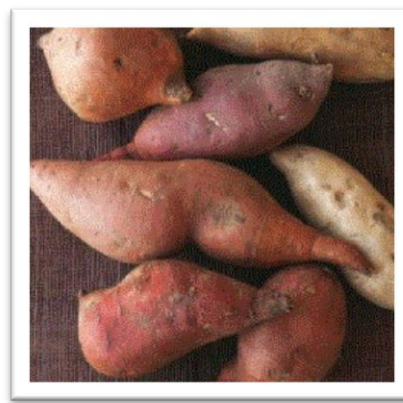
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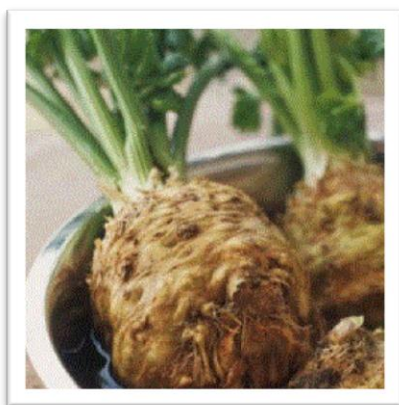
Day 5: Great Green Fruity Mix

2 cups packed beet greens, red Swiss chard, kale, spinach or a combination
1 Golden Delicious apple
1/2 Asian pear
10 strawberries
1 cup coconut water (stir into glass of finished juice)



Day 7: Sunset Blend Juice

1/2 sweet potato
1 carrot
1 red bell pepper
2 red beets
1 Golden Delicious apples
1 orange



Day 6: Beet-Celeriac-Carrot Juice

4 carrots
1/2 to 1 Fuji apple
1/2 celeriac root, peeled
1 beet
1 (1/4-inch) piece of ginger (optional)

This is a *FREE* challenge offered by the Clean and Lean Revolution. If you like what you see, please consider becoming a member! This year round online community website with ongoing challenges, content and recipes will revolutionize how you eat, think, and move!

www.CleanandLeanRevolution.com