

5 Day Juice Cleanse Reboot Recipes  
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Beet, Apple and Blackberry

Juice 3 small beets  
2-3 apples  
8 oz. blackberries  
1/2 inch fresh ginger

Sunshine Special

3 Carrots  
1-2 Apples  
2 Celery stalks  
1/2 Lemon

Green Lemonade

3-4 large stalks Kale  
1-2 handfuls Spinach  
2 Apples  
1/2 Lemon

Red Devil

1/2-1 Orange, peeled  
2 Carrots  
1/2-1 Beet  
Ginger (thumb sized piece)  
1 tsp cayenne pepper

Mean Green Juice

3-4 stalks of kale  
Handful of spinach  
1 cucumber  
1-2 apples  
1 in. piece of ginger

Collard Apple

4 large collard leaves  
Handful of spinach  
1-2 apples  
1/4 to 1/2 lemon

Spicy Veg

2 tomatoes  
1/2 red pepper  
1 cucumber  
3 stalks of celery  
handful spinach  
handful parsley  
1/4 tsp cayenne pepper

Sleepy Time

4 stalks celery  
1 cucumber  
1 in. piece of ginger

Pear Perfect

2 apples  
1 pear  
1 in. piece of ginger

Pineapple Berry

1 cup of blueberries  
1-2 pineapple spears  
3-4 stalks of kale  
1 cucumber

Pineapple Pepper

4 spears pineapple  
1 yellow pepper  
2 handfuls of spinach  
1 in. piece of ginger

Sunburst

1 orange  
1 red pepper  
3 carrots  
1/2 lemon

Optional Potassium Broth Recipe

2 onions, 2-3 stalks celery with leaves, 2 medium potatoes, 1 garlic bulb  
Bring to a boil and simmer for at least 2 hours, then strain.