

Tim's Juicing Recipe

MY "GO TO" RECIPE

1 leaf KALE	1 slice GINGER
1 small bunch SPINACH	½ RED PEPPER
1 small bunch PARSLEY	½ SWEET POTATO
2 leafs DANDELION GREENS	1 CARROT
2 OKRA	½ medium BEET
2 spears ASPARAGUS	½ APPLE

*This nutrient dense juice is packed with vitamins, minerals, antioxidants and phytonutrients!!! I juice the veggies in the order provided.

BEST

Arugula	Okra
Asparagus	Parsley
Cabbage (red)	Red Pepper
Carrots	Spinach
Chard (any)	Sweet Potato
Dandelion Greens	Tomatillo
Ginger	Tomato
Kale	Zucchini

*I include these vegetables on a daily basis. Too much ginger can be spicy. Too many leafy greens can cause loose bowels. **Bolded veggies are the superstars!**

GOOD

Apple	Cilantro
Beets/Beet Greens	Collard Greens
Bok Choy	Cucumber
Broccoli	Lettuce (leaf)
Celery	Wheat Grass

* Limit the amount of apple, carrot and beet root to control calories. I prefer eating these vegetables so I get enough fiber. They tend to be better in salads or steamed, but it is fine to juice them as well. Grapes can be a good sweetener if you need them, but limit the amount to just a few.

AVOID

Beans/Peas	Mushrooms
Cauliflower	Mustard Greens
Chive/Green Onion	Onion
Garlic	Radish
Green Peppers	Squashes

*I generally avoid these vegetables because they cause digestive irritation, gas or contain toxins that are harmful to the body, while some vegetables are impractical.

TIPS

- Don't worry too much about recipes and amounts, juice what you have.
- Juice more of the leafy greens in the beginning of the week so they don't go bad.
- Don't mix fruits and vegetables together, the enzymes conflict and cause digestive irritation.
- Try and juice about a half glass of juice every morning.
- Juicing doesn't take the place of eating vegetables, you need fiber too!
- Don't peel your vegetables; most nutrients are located in the skin.
- Drink the juice right away! It will go bad very quickly and doesn't store well in the fridge.