

PURE JUICE

FRESH & EASY RECIPES



SARAH CADJI

PURE JUICE

FRESH & EASY RECIPES



SARAH CADJI

PURE JUICE

FAST & FRESH RECIPES

SARAH CADJI

PHOTOGRAPHY BY KRISTIN PERERS





CONTENTS

INTRODUCTION

JUICING: THE BASICS

THE JUICES

THE SHOTS

JUICING+: THE BASICS

THE SMOOTHIES

THE NUT MILKS

THE NUT BUTTERS

JUICING JARGON

THE JUICE PLAN

MOTIVATION

INDEX

INTRODUCTION

THE RAW VEGETABLE FOOD DIET IS THE MOST POTENT,
CONCENTRATED, AND NUTRIENT—RICH WAY
OF LIFE FOR HUMAN BEINGS. A WAY OF LIVING
THAT IS SIMPLE, CONTROLLABLE, AND CLEAN.

I grew up in Athens, Greece, where the weather is warm throughout the year, with no harsh winters and an incredible climate that enables fresh produce to grow naturally. As a child, my grandmother and I would always buy our fresh food from stalls in the market, where we held conversations with the farmers who grew the produce themselves. We always had a very personal relationship with the food that we put inside our bodies.

In my twenties, I moved to London and started working in finance. Life was great: I was productive, surviving in a big city all by myself and creating a life that was all mine. I was constantly rushing around trying to get everything done, without leaving any time to think about the choices I was making about my diet and my long-term health. Inevitably my body, gave way and I crashed. I started waking up exhausted, feeling nauseous throughout the day, and more importantly I started feeling depressed. I had no energy to get out of bed in the mornings and I felt my body had turned into a lifeless piece of matter.

I went to tens of doctors who prescribed medicine, which I refused to take. Eventually, I decided to take matters into my own hands. I tried to be rational and reasonable and use my common sense and give my way of life a lot of thought. It became very clear to me that if I wanted to get better and feel different, I would need a long-term solution. I looked at my lifestyle, my eating habits, my exercise routine, and I realized I had never properly considered the impact what I put inside my body on a daily basis was having on my well-being. I had to do something about it. This was my life and if I didn't look out for myself, I would never be able to carve my own path. My health journey had started.

I studied hundreds of diets, I read various books about food and ingredients, and I met a lot of experts in the field of medicine and nutrition. One common thread that weaved throughout all of my findings and has now become my golden rule is that a "raw vegetable-based diet prevents and resolves body deficiencies and lack-of-nutrient-based illnesses in our world today".

I realized I needed to focus on the benefits of raw, green, and leafy vegetables; as organic and locally sourced produce contains at least twice the nutritional mineral content of regular produce.

The raw vegetable food diet is the most potent, concentrated, and nutrient rich way of life for human beings. A way of living that is simple, controllable, and clean.

I started thinking about "balance" and how essential it is to live a long, healthy life. The key was to find a way of eating more greens and the rest in moderation. I recognized the power of adding in the good stuff, instead of taking out the bad. There simply isn't any sustainability in crash juice diets, instead it is all about finding a way of juicing every day and finding your own "balance."

I was making and drinking fresh, raw, and organic vegetable juice every day, while carefully analyzing my other food choices. I used nutritional common sense and exercised balance. After a year, I was alert, focused, and happy. Vegetable juices were feeding my body with intense concentrated nutrition and it was all down to the choices I had made. I felt so empowered, ready to take on the world with an inner strength that could not be measured.

This is what a consistent, balanced approach to your health will do for you too. The healing powers of raw juicing are too many to mention, but if I can do it, you can do it.

Juicing makes your daily diet more understandable and much more manageable. Raw vegetable juicing is so self-explanatory, all you need is a willingness to try and the courage to take the leap that will guarantee you a better life.

I left my finance job and opened the first vegetable and organic juice and food bar in London. I have never in my life felt better, healthier, more cleansed, and more importantly happier.

I know you can get there too, all I want to do is show you how easy it is. I can't wait to start this journey with you.

Sarah Cadj

owner and proprietor
of Roots & Bulbs





JUICING: THE BASICS

JUICING FOR LIFE

So, you have heard about juicing and how it can change your life, make you skinnier, give you a healthy, natural boost, and dramatically change your life for the better. You have decided to give it a go, but you don't really know where to start or more importantly—how and what to juice ...

This introduction is filled with the most important principles of juicing. Hopefully, it will kick-start your eagerness and your willingness to begin juicing for life. Let's start!

VEGETABLES & FRUITS

Fresh vegetables and fruits are the basis of any healthy diet as they are the source of nearly every nutrient the human body requires for optimum function. But fruit juice won't help you feel better or heal your body. This doesn't mean that fruit isn't good for you, it is, but it has too much sugar. Drinking fruit juice will result in having an internal insulin spike, which will leave your body craving more sweet food or liquid.

Instead, we should be drinking vegetable juices which have a small amount of fruit in them. Green vegetable juices are essential to establishing a healthy body and immune system. They build your internal system and strengthen your blood. They are very high in calcium, magnesium, iron, potassium, phosphorus, zinc, and vitamins A, C, E, and K. They are also loaded with folic acid and chlorophyll and purify the blood, prevent diseases, improve circulation, strengthen your immune system, and boost your energy levels. Clearly, the facts speak for themselves, vegetable juices are superior to fruit juices. Allowing a bit of fruit in your juices and smoothies is fine and will help your palate turn greener and healthier. But be careful, never add more than one or two fruits inside your juice, as it's simply too much sugar.

It is always better to eat your fruit and drink your vegetables. Fruits eaten whole, contain the fiber which will slow down the release of sugar into your body, whereas juiced vegetables release all the goodness and essential missing vitamins quickly back into your body, without insulin spikes.

JUICING YOUR VEGETABLES

Why juice your vegetables? The answer is very simple: it's all to do with how quickly the nutrients reach your body. Solid foods such as a carrot or a big chunk of broccoli require hours of digestive activity before their vitamins reach your cells. With solid food, we get fiber and although fiber is good, it does slow down the process of digestion. On top of this it tires the whole system and it results in our bodies working hard to assimilate those much-needed miraculous vitamins. I did an experiment some months ago while juicing, where I amassed all the solid food

I would have eaten and put it in a clear garbage bag. The result was over 8 pounds of solid food that my body would have had to digest in one day. The body works so hard every day to process all kinds of junk that we put inside of it that it makes sense to give it a break. If you think about it in terms of time, your body takes five to seven hours to digest a bowl of vegetables and fruits whereas it takes just 15 minutes to digest the same ingredients when they've been juiced.

I am not suggesting a diet solely consisting of juices, as that would be completely unhealthy and unsustainable. Instead, I am advocating a balance between drinking vegetable and fruit juices and eating solid meals and snacks. Strive for a balanced, composed, and long-term approach to your health.

JUICING & BLENDING

Is it better to use a juicer, which removes the pulp and gives you a very thin consistency juice or blend your vegetables in a blender, so all the fiber remains and you are left with a thicker smoothie?

FRESH RAW JUICES relieve the digestive system of much of the energy required to process the solid food. The nutrients get absorbed into the bloodstream and you will feel the benefits much more quickly.

BLENDING JUICES/SMOOTHIES retain the fiber, which acts as an intestinal sweep and will help your colon remain in constant movement and in health. Some ingredients such as seeds, nut milks, nuts, and powders are best used for smoothies (blends).

THE RULE: Drink more juices than smoothies. Both are good for your body in different ways. Use your vegetable juice for instant nourishment throughout the day and incorporate smoothies into your diet for a healthy maintenance of your internal systems.

NATURAL & PROCESSED SUGAR

The main thing to remember about sugar is the difference between natural and processed. Natural sugars can be found in vegetables and fruits. Processed sugars are manufactured products, created by intense heat, and are damaging for your system. Avoid all processed sugars.

But what about the natural ones? The truth is that fruits contain more natural sugars than vegetables, and when we juice fruits they turn into glucose. This is a problem because the fruits have now become sugars (with juice you get no fiber, and fiber slows down the digestive process) and goes straight into your bloodstream which causes insulin spikes. Continuous insulin spikes create stored fats in your body and start causing inflammations and then diseases.

CRAVINGS

The body is amazing, it knows when to go to sleep, when to wake up, and even when to repair itself when it's wounded. Your heart never misses a beat and your lungs are always breathing. So, when you have a craving, something, somewhere, is required. A craving is not a weakness, it is an important message to help you find the all-important balance. You need to ask yourself, what does my body need and why? Almost 95% of the time the reason for cravings is a lack of nutrients: if the body is depleted from the nutrients it needs, it will produce cravings for non-nutritional forms of energy, such as sugar.

BALANCE

Balance is a seven letter word, with a deep spiritual meaning and a hard to reach attainable value. It is not easy to be balanced, but it is very important to find an equilibrium when it comes to the food we put into our bodies. Juice diets that last for five, seven, or 21 days are too extreme for our bodies and will only cause havoc to our system. Some people may have lost weight on them, but was it weight that they have kept off, or has it crept back into their lives? Diets just don't work. They are too extreme, not long-term orientated, and most of the time leave our bodies undernourished. They create unrealistic goals, that are doomed to fail, leaving the dieter unhappy.

"Balance" offers a sustainable approach to food and health. One juice a day increases the amount of nutrients in your body, while allowing you to go on with your everyday life. Most importantly, one juice a day over a long period of time offers an incomparable injection of health into your body that is approachable, easy, and workable.

RAW FOOD

It's time to examine the protagonists of our juices and smoothies: the raw ingredients. Raw and living foods are a clean, simple, and controllable source of nutrients and they offer incredible amounts of detoxification, immunity, and cleansing. A raw food is an uncooked produce such as vegetable, root, nut, flower, seed, or sprout. Live foods contain enzymes which act as catalysts for detoxification and absorption of nutrients.

You don't want to cook anything that goes into your juices or smoothies as you want to preserve the nutritional content of each of your ingredients. Raw foods will give you a different kind of energy and feeling, as they are pure and untouched. Processing and cooking your ingredients takes away most of the pure goodness of your produce, and although it feels natural to cook and eat, it makes sense to start thinking about increasing the percentage of raw food into your daily intake.

FRESHNESS & ORIGIN

Think of where each product has come from. If it comes from another country, think of all the traveling, the extreme temperature variances, the extended transit

times, and the complex logistics it has gone through to reach your grocery store shelf.

THE JUICE INGREDIENTS

When you are juicing, there are some ingredients that you'll use more than others. These specific ingredients will become the central characters of your juice. These ingredients break down into four categories: Vegetables, fruits, spices, and herbs.

VEGETABLES

SPINACH is high in vitamins A and K, so it helps maintain healthy eyesight and increases resistance to infection. It also helps with blood clotting and bone health.

CELERY is a great source of soluble fiber which helps maintain a healthy digestion, and is high in vitamin C, which keeps the circulation flowing and lowers the cholesterol.

CARROTS are rich in vitamin A, specifically a form called beta-carotene. They are also full of antioxidants and help maintain a healthy heart. The vitamins from carrots are absorbed better when juiced.

CUCUMBER is great for sustaining hydration due to its high water content. The skin of a cucumber contains silica, which forms the collagen we need to maintain healthy skin and glossy hair.

BEET is high in potassium which helps maintain healthy blood pressure. It also helps to detoxify and cleanse the liver. It has lots of antioxidants and helps prevent prostate cancer.

SWEET POTATO is abundant in vitamin A. It's also key in maintaining a healthy immune system, healthy skin, and allowing cells to grow properly.

KALE is one of the best sources of bone-protecting vitamin K which allows the body to properly absorb calcium for strong, healthy bones. It also helps reduce acidity and inflammation externally and internally, while detoxifying the body.

FRUITS

APPLE aids the digestion process as it contains lots of enzymes which help break down food and speeds up the metabolism. Apples are low in fructose and high in vitamin C which helps collagen formation. The skin should always be left on the apple as it contains lots of powerful antioxidants.

PINEAPPLE is a very concentrated source of vitamin C. It is filled with antioxidants and manganese which helps increase the metabolism.

MELON has a high water concentration so it is very hydrating, as well as being high in vitamins A and C and antioxidants. It also helps fight cardiovascular disease.

LEMON is rich in vitamin C, so it helps us fight off illness. It also helps cleanse the blood due to its high potassium content and it fights off signs of aging.

SPICES

CAYENNE PEPPER is an anti-inflammatory spice that stimulates digestion, muscle movement, and ensures healthy circulation.

GINGER contains potent anti-inflammatory gingerols which relieve the pain of arthritis as well as helping with weight loss and helps combatting illness.

HERBS

DANDELION is high in vitamins A, C, iron, and calcium. It also helps lower cholesterol levels and stimulates the growth of friendly bacteria which is essential for a strong digestion and immune system.

MINT is a calming herb that helps digestion and soothes the insides, as well as being antibacterial, which helps fight off infection.

PARSLEY is high in folate, antioxidants, and vitamins C and K which protect the immune system and helps create strong bones.

LEMONGRASS is highly antibacterial and helps remove unwanted bacteria from the digestive system.

INGREDIENT MEASUREMENTS

All the measurements are designed to be home-friendly. Nobody wants to sit at home and weigh their spinach out before juicing it, it's not time-efficient and it's not going to help incorporate juicing into your life! However, I have included more exact weights and measurements, just in case you want to double-check the amounts.

½ HANDFUL—½ OUNCE

1 HANDFUL—1 OUNCE

2 HANDFULS—2 OUNCES

A SMALL PINCH—½ TEASPOON

A PINCH—1 TEASPOON

LEMON JUICE MEASUREMENTS There are two ways of adding your lemon in the juice recipes: if you want your juice to taste really citrusy, juice the lemon in your juicer. If you like your juices more subtle, squeeze the lemon on top of your juice (make sure you cup your hand underneath, to catch any seeds).

*All spoon measures are level unless otherwise stated.

ORGANIC

Juicing relies heavily on fresh fruit and vegetables as its core components. However, unfortunately for us juicers, fruits and vegetables are the most pesticide-ridden food produce out there, so it is important to be mindful of the choices we make. As it's expensive to buy everything organic, this section allows you to assess the ingredients that are the most important to buy pesticide-free.

Pesticides pose a real risk to our health. They can cause serious complications and us juicers are exposed to these horrific chemicals, as leafy greens are one of the most pesticide-rich produce. Food that is grown without pesticides is really the best diet nourishment you can put into your body. However, there are cost implications with buying organic and sometimes it's not easy to find organic produce without having to spend time getting to the source.

Here is a list of the six dirtiest foods (full of chemicals) and a list of six of the cleanest foods (lowest in pesticides). Write this out and keep it on your refrigerator or in a small pocket in your bag. The next time you're in front of the vegetable and fruit isle in the grocery store, I suggest you spend your money going organic on only the most pesticide-ridden fruit and vegetables.

DIRTY LIST

1. Apple
2. Celery
3. Cucumber
4. Spinach
5. Strawberry
6. Kale

CLEAN LIST

1. Papaya
2. Avocado
3. Cabbage
4. Cantaloupe melon
5. Pineapple
6. Sweet potato

JUICING EQUIPMENT

WHAT JUICER TO BUY?

There are four types of juicers on the market. Centrifugal, masticating, triturating, and cold pressed. All four types are different in terms of the end product, price, and time allocated to juicing.

CENTRIFUGAL

These machines are the most common and the least expensive. The centrifugal machine throws the vegetable product against a blade, and then strains the juice while retaining the pulp (to discard).

PROS Quick to use, easy to clean, low cost.

CONS Less effective in extracting the nutrients from the produce as the pulp remains unused. Inefficient in juicing leafy greens as too much heat is generated and so the juice gets oxidized too quickly with too much foam and not an intense enough flavor.

MASTICATING

These machines grind the vegetables and extract the juices in one much slower step than the centrifugal machine. They chew the produce slowly, hence the word mastication, pushing it through a drill and squeezing out the juice.

PROS The juice is richer in nutrients than a centrifugal juice and it produces a good amount of flavor. Also, not that much heat is involved in the process and you get more juice from your produce. Additionally, you can juice wheatgrass.


CONS Typically more expensive, takes a longer time to juice, more time to prepare the produce and takes a longer time to clean.

TRITURATING

This machine has two interlocking augers (gears) which slowly crush the produce as it passes through them and separates the liquid from the drier pulp.

PROS Can juice any type of vegetable, herb, and grass, and produces more juice than your masticating machine. Also, the slower process prevents oxidization so the juice does last longer.

CONS More expensive and slower than centrifugal and masticating.



If you are a beginner, start by buying a centrifugal juicer. It is a tool that will get you juicing without having to spend too much money.

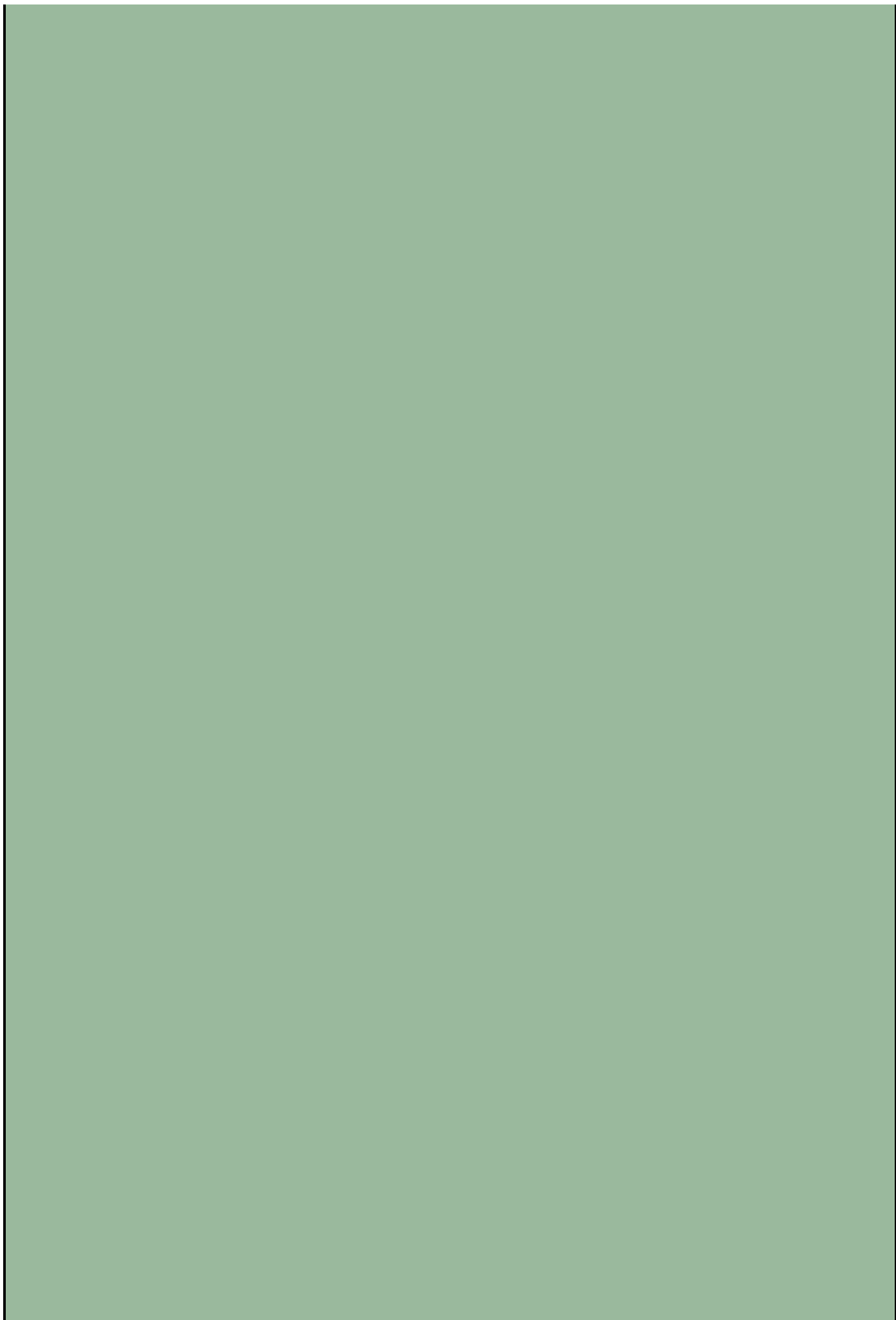
HYDRAULIC/COLD PRESSED

Most people believe that cold pressed is the same as masticating juicers, but actually they are very different. A cold-pressed machine has two separate components and steps to making the juice: a grinder to grind the vegetable into a fine, moist pulp and a cold press to extract the juice from the pulp against two metal plates. To us, the best cold pressed juicer is the Norwalk, which is what we use in our stores.

PROS Juice produced by this method contains 25 times more nutrients and a more full-flavored end result than juices made from a centrifugal juicer. It's a fact that 50% more juice will be produced with the Norwalk than any other machine.

CONS Extremely expensive, very heavy, and it takes a long time to prepare, juice, and clean.





ESSENTIAL TOOLS

1. **JUICE EXTRACTOR** choose your machine carefully, do your research, and read reviews before you buy.
2. **LARGE CUTTING BOARD** it's really useful to be able to chop all your vegetables and fruits on the same surface and it also saves both time and cleaning.
3. **STRAINER** probably the most important tool you need, for when you wash your fresh produce.
4. **STANDARD KNIFE** don't buy anything special. However, avoid cutting raw ingredients too much because steel oxidizes produce.
5. **SMALL SCRUB BRUSH** for thoroughly washing all vegetables and fruits (especially ones which are not organic).
6. **PEELER** a home kitchen peeler will do.
7. **SET OF PORTABLE SPEAKERS** there's nothing better than listening to your favorite music, while juicing.
8. **GOOD-QUALITY GLASS CONTAINER** which fits underneath the funnel of your machine (with an airtight seal).
9. **SPATULA** you will need this when you are maneuvering your pulp.
10. **MIXING BOWL**
11. **THREE KITCHEN CLOTHS** to place under your juicer, cutting board, and produce, for easy clean up.
12. **SPRAY CONTAINER** for your wash formula.

PREPPING

You have your tools, you have your knowledge, and you have your willingness. Now it's time to start prepping.

No matter how big or small your kitchen is, start by allocating a space for your new juicer. The location is key, as it needs to be accessible. Leaving it in eyesight will get you closer to your goal of incorporating juice into your life. If you put it inside a cupboard, the hassle of taking it out every day is reason enough not to make it a consistent part of your day. Here are some simple tricks to prepping before you start juicing, which will save you time and ultimately make it easier to incorporate juicing into your life.

1.MUSIC have a pair of speakers or a small radio next to your juicer, to motivate you.

2.KEEP THE SPACE CLEAN place one towel under your juicer and one under your cutting board. When you are done, all you need to do is shake the towels and wash them.

3.CHOOSE THE SIZE OF YOUR STEEL MIXING BOWL depending on how much juice you need, you will need to select the correct sized bowl. When you have set up your juicer, take your bowl and head to the refrigerator. Place your juice ingredients into it and move to the sink for washing.

4.USING BIG BOWLS WILL MAKE YOUR LIFE EASIER as it will save you lots of time walking between your juice station and your refrigerator. If you have too many ingredients for your bowl, throw them in a sink halfway full of water or if you don't have that many ingredients, put water in your bowl, and soak them for three minutes.

5.WASHING IS THE MOST IMPORTANT STEP as the taste of your juice will vary massively if you don't wash the produce properly. Take your homemade wash formula (see [page 23](#)) or your biodegradable produce wash, and spray your vegetables with it. Quickly scrub them with your brush, rinse them, and put them on your cutting board. Wash your ingredients thoroughly if they are not organic, as you need to wash off all pesticides.

6.DECIDE THE SIZE depending on your juicer and its chute, you will need to decide the size you need to chop your ingredients. (The less you use a steel knife, the better, as steel oxidizes the produce.)

7.PLACE YOUR GLASS container underneath your juice funnel and turn it on.

CLEANING

This is possibly the only element of juicing that may irritate you, but here are some time-saving tips that should make your juicing life much easier.

Have you considered juicing at the same time as you are cooking meals? You don't have to separate the two functions—that way the cleaning part is one and the same. Try doing it simultaneously, and use the leftover juice ingredients in a salad or fruit plate. The most important lesson about cleaning: do it straightaway.

CLEANING YOUR JUICER

1. Take out the parts of your juicer, stick them in the dishwasher together with your other dishes.
2. Deconstruct the machine, rinse the components under warm water, place them next to the device, and let dry. This is surprisingly much quicker than the first step.

CLEANING YOUR PRODUCE

If you don't buy organic ingredients it is essential that you thoroughly scrub them with a small scrub brush before you juice them. This will hopefully wash off any residual pesticides on the surface of your fruits and vegetables. You can either use biodegradable produce wash or elect to make your own.

HOMEMADE PRODUCE WASH FORMULA

Mix it all together.

Juice of 2 lemons

2 tablespoons vinegar

1 tablespoon baking soda

Grapeseed extract

Generous 1 cup water



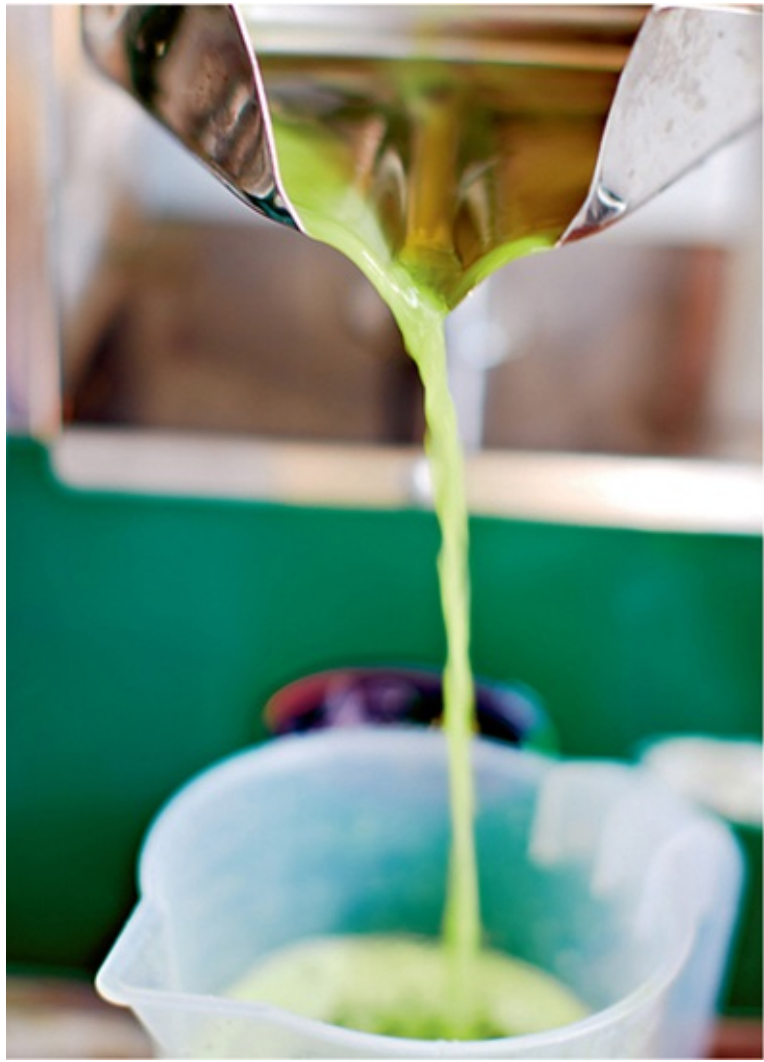
THE JUICES

The juice recipes are separated into three meal zones: breakfast, lunch, and dinner. Certain ingredients are much more useful to our bodies at specific times of the day. However, that doesn't mean you can't mix and match. Experiment with these recipes to make them your own!

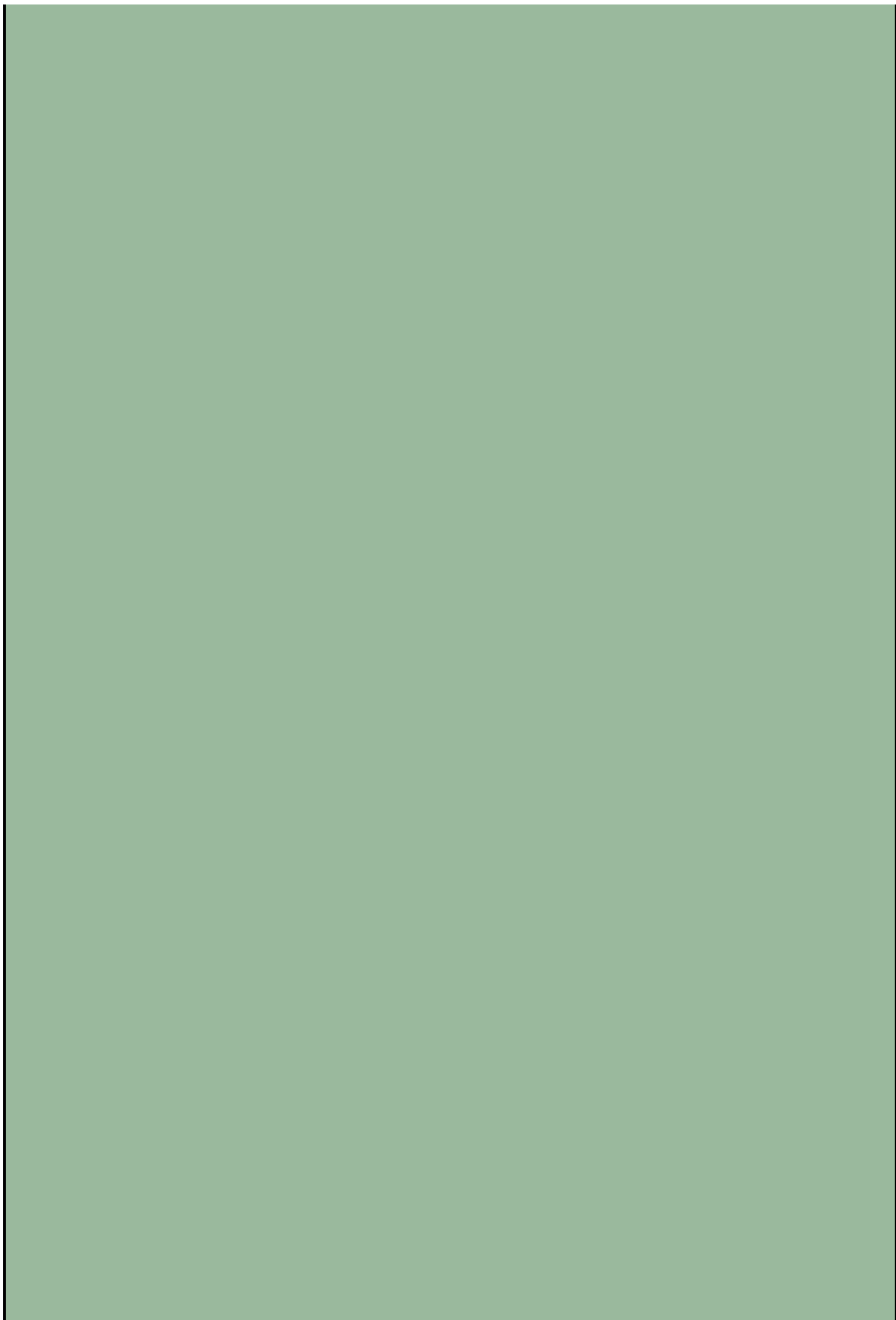
All the juice recipes are designed for one person (1 1/2 cups or 12oz). Hopefully, this should make it easy for one, but equally so if you are making in for more than one person or want to store extra in the refrigerator. All you need to do is multiply your quantities by the amount of glasses you need.











THE BREAKFAST JUICES

The most essential juices are the breakfast juices, as your body has been resting and fasting for at least eight to nine hours, so it's literally starving for nutritional goodness. The base ingredients in all the breakfast juice recipes are green, leafy vegetables as the health-giving properties in these vegetables will benefit and stimulate your system throughout the day.

GREEN WAKE UP

KALE FOUNDATION

SPINACH DYNAMO

GREEN POWERHOUSE

HERBAL RETREAT

ALOE VERA HEALER



GREEN WAKE UP

Drink this juice first thing! It really will wake up your system as cucumber is such a strong diuretic. It is also a very hydrating ingredient, so it will give you the much needed goodness your body is craving in the morning.

3 medium-size cucumbers, unpeeled

a handful of spinach (stalks removed)

1 green apple, unpeeled

a handful of parsley

1 lemon (squeezed or juiced, according to taste, see [page 18](#))

SERVES 1 (1½ CUPS)

Always juice the most liquid vegetables first. Start by adding in half your cucumbers, then add your spinach, the rest of your cucumbers, your apple, your parsley, and finally your lemon.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.



KALE FOUNDATION

Kale is the powerhouse of vitamins and that's why it's the main ingredient in this breakfast recipe. Although it's a bit bitter, it tastes incredibly cleansing. It will help combat internal inflammations (which can cause many illnesses) and the glucosinolates in it will add an extra boost of detoxification. Don't forget to layer your vegetables while juicing. Mixing the most juicy with the more leafy greens will get the greatest amount of juice from both.

1 medium-size cucumber, unpeeled

2 handfuls of kale (stalks removed)

1 apple, unpeeled

a small handful of mint

1 lemon (squeezed or juiced, according to taste, see [page 18](#))

SERVES 1 (1½ CUPS)

Start by juicing the cucumber and the kale together and then add your apple, mint, and lemon. It's important to always stir your juice while you are making it and before you drink it.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

TIP

Grate a little lemon zest on top of your glass to finish.



SPINACH DYNAMO

This recipe contains one of the healthiest ingredients, spinach, both for its taste and also for its health benefits. Spinach will cleanse your body if you drink it first thing and it will also stimulate your peristaltic motion. (This is a series of contracting and relaxing nerves and muscles that jump start your internal system.) However, be careful with spinach, if you add too much, the taste will be too bitter and if you add too little, you won't be able to taste it at all.

1 medium-size cucumber, unpeeled

1 green apple, unpeeled

2 handfuls of spinach (stalks removed)

1 thumb-sized piece of fresh ginger root, unpeeled

a handful of parsley

1 lemon (squeezed or juiced, according to taste, see [page 18](#))

a pinch of cayenne pepper

SERVES 1 (1½ CUPS)

Start by juicing the cucumber, apple, and spinach together. Then add a small piece of ginger and the parsley and finish it off with lemon. Finally, add a pinch of cayenne pepper on top of the juice, to give it an extra tang.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.



GREEN POWERHOUSE

Apple is a magnificent fruit. If you start your day with one fruit, let apple be it. It is extremely low in fructose, so it helps slow down the break up of carbohydrates. If you are eating breakfast alongside your juice, add an apple to your juice, as it will help your body manage its blood sugar levels. You will also feel more balanced throughout the day.

2 green apples, unpeeled

1 celery stalk

a thumb-sized piece of fresh ginger root, unpeeled

a handful of cilantro

1 lemon (squeezed or juiced, according to taste, see [page 18](#))

SERVES 1 (1½ CUPS)

Add your apple, celery, ginger, and cilantro all together and finish by adding the lemon into your juice.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

TIP

Remember to always juice your apples unpeeled. But, please be sure to wash them thoroughly before juicing, especially if they aren't organic.



HERBAL RETREAT

This juice pays homage to herbs! You've got to love herbal juice not only for its taste, but also because it helps break down the fats formed from our abusive relationships with sugar.

a handful of mint

a handful of Thai basil

a handful of cilantro

a handful of tarragon

a thumb-sized piece fresh ginger root, unpeeled

3 medium-size cucumbers, unpeeled

1 lemon (squeezed or juiced, according to taste, see [page 18](#))

a pinch of cayenne pepper

SERVES 1 (1½ CUPS)

The important thing to remember with this recipe is to juice all the herbs and ginger with the cucumbers. Don't leave the herbs until the end, because they will get stuck in your juicer and go to waste. Add the lemon and a small bit of cayenne pepper to finish.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.



ALOE VERA HEALER

This recipe focuses on the magical and medicinal plant, aloe vera. If you can, do go out and buy a fresh aloe vera plant as it is sensational. However, if you don't have the time, you can use bottled organic aloe vera as a substitute. This incredible ingredient contains all eight essential amino acids we need, is high in vitamins and minerals and most importantly, is an adaptogen. (An adaptogen is something that boosts the body's natural ability to adapt to external changes and to resist illness.) It also aids your digestion, detoxification, and does wonders for your skin. This is one ingredient you will definitely fall in love with.

4 teaspoons fresh aloe vera or 4 teaspoons liquid aloe vera

2 medium-size cucumbers, unpeeled

a handful of spinach (stalks removed)

1 green apple, unpeeled

a handful of cilantro

1 lemon (squeezed or juiced, according to taste, see [page 18](#))

SERVES 1 (1½ CUPS)

Start by scooping the aloe vera from the leaves and putting it through your juicer with one cucumber. (However, if you are using liquid aloe vera, run it through at the end with your last ingredients.) Continue by adding your second cucumber and your spinach and finish off with your apple, cilantro, and lemon.

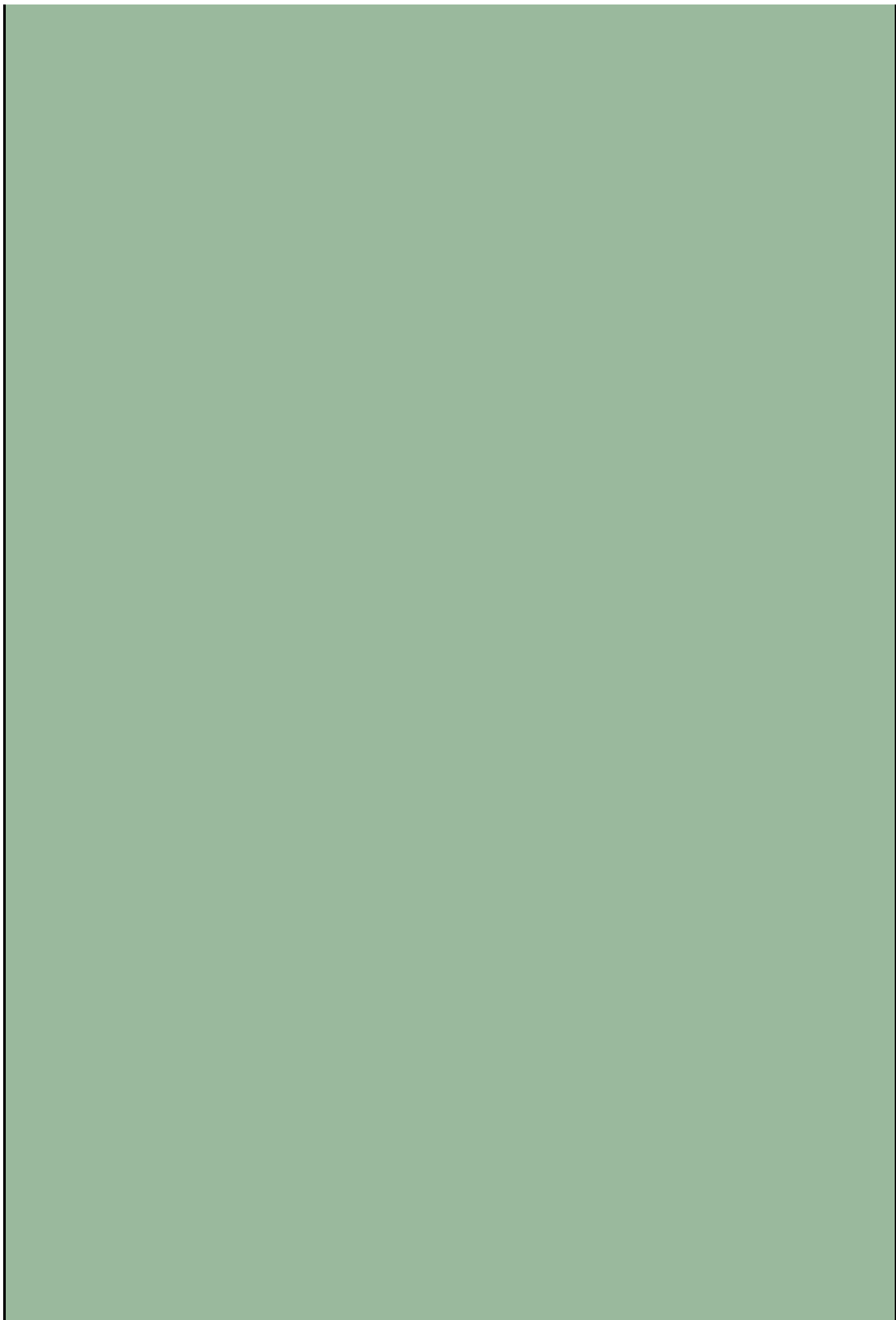
Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.











THE LUNCH JUICES

While the breakfast juices are mostly vegetable based, the lunch recipes contain a much greater mixture of greens and fruits. This is because, just as the breakfast recipes are aimed at cleansing and injecting nutrients, lunch juices are aimed toward sustaining your vitality, vigor, energy, and regulating the system. Lunch juices are an essential nutrient injection you need in the midst of your busy day. Although most people are out of the house at this time, if you prepare these juices in the morning, you can take them to work or keep them with you on the go.

The key to a great lunch is to start with a juice and then continue with a light meal, allowing your body to absorb the goodness from the juice, followed by the much needed carbohydrates and protein from the food afterward.

CARROT ENERGIZER

LEAF LUNCH

BEET TONER

LEMONGRASS DE-STRESS

KALE POWER

E3 LIVE JUICE



CARROT ENERGIZER

A rapid infusion of carrot juice into the system can leave you feeling more energized than drinking an espresso. Carrots help normalize and stabilize our whole system and are the richest vegetable in vitamin A. They help keep our bones and teeth healthy, resist infections, and increase our overall vigor and vitality. What else could you want from a midday juice? A lot of people discuss the high sugar content of carrots. These are natural sugars and they absolutely don't pose any adverse risks to our health. In fact, fresh carrot juice takes away our cravings for really unhealthy, processed sugars.

4 large carrots, peeled

a thumb-sized piece of fresh ginger root, unpeeled

a pinch of turmeric

SERVES 1 (1½ CUPS)

Juice half the carrots with the ginger, and then add the rest of the carrots. Finally, add a pinch of turmeric on top.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

TIP

Usually you should avoid peeling your carrots, instead you should wash and scrub them carefully and intensely, but this is timely.



LEAF LUNCH

This recipe mixes the goodness of carrots with the strength of green, leafy vegetables to make the perfect pit stop lunch juice that will leave you feeling both energized and full.

4 carrots, peeled

2 handfuls of spinach (stalks removed)

1 celery stalk

a small handful of mint

2 medium-size cucumbers, unpeeled

SERVES 1 (1½ CUPS)

Start by juicing the carrots with the spinach. Then add the celery with the mint and finish off with the cucumbers.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

To serve, add some ice.



BEET TONER

It's beet time! Another restorative ingredient perfect for a lunch juice. Beets increase your blood flow by toning your blood and lowering your blood pressure. They have been proven to increase your stamina, which is exactly what you need midday, if you feel that your energy levels are dropping. At the same time, the betalin pigments inside the beet help detoxify our livers and break down the toxins that are stored in our bodies.

2 carrots, peeled

1 whole beet with greens, well scrubbed and unpeeled

1 green apple, unpeeled

a handful of watercress

SERVES 1 (1½ CUPS)

Never throw away the greens from your fresh beet! The green leaves contain so many amazing nutrients and have an intense amount of flavor.

Juice your carrots first, add the beet along with its greens, and finish off with the apple and watercress. Remember to always stir your juice while juicing, because the flavor will be stronger and fuller.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

TIP

When you are juicing the beet be careful not to wear something you love. If it stains, it won't come off.



LEMONGRASS DE-STRESS

The star ingredient in this juice is lemongrass. Lemongrass contains two polyphenol oils; limonene and citral, which both have antibacterial properties. It's important to feed the body with lemongrass at lunchtime, so it can eliminate and kill all the toxins and bacteria the body has built up. It also has powerful pain-relieving properties, so if you are suffering from a cold or muscle ache this is a great ingredient to add into your juices. Finally, it also has the ability to alleviate stress, so it's beneficial in stress-related conditions (especially in the midst of your busy day).

3 carrots, peeled

3 stalks of lemongrass

2 thumb-sized pieces fresh ginger root, unpeeled

1 green apple, unpeeled

a pinch of sea salt

SERVES 1 (1½ CUPS)

Start by juicing your carrots and lemongrass, so that you can infuse your main ingredient in the juice from the start. Continue with the ginger and the apple and then add a pinch of sea salt for added flavor.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.



KALE POWER

Kale is unbelievably good for you, it is the queen of vegetables. It is just so perfect for your body and well-being at lunchtime. It fills you up and keeps you going sometimes even until dinner.

2 handfuls of kale (stalks removed)

1½ medium-size cucumbers, unpeeled

a handful of cilantro

1 celery stalk

a tiny piece of jalapeño pepper

1 lime, halved

SERVES 1 (1½ CUPS)

Start by juicing the kale and the cucumber together. Continue with the cilantro and the celery, add the jalapeño. Finish by squeezing the juice of a lime, while stirring your juice.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.



E3 LIVE JUICE

E3 Live is a superfood—a powerful form of algae, which contains over 65 nutrients, amino acids, and essential fatty acids. It is a great superfood to keep in your pantry and to add into any of your juices and smoothies. This recipe is perfect for lunch, as it contains all you need to keep you energized and strong for the rest of the day, without making you feel lethargic or bloated. This juice will help you repair from within and will keep you coming back for more.

1 tsp E3 Live

½ glass of mineral or filtered water

2 green apples, unpeeled

2 handfuls of spinach (stalks removed)

1 medium-size cucumber, unpeeled

a handful of mint

1 lime, halved

SERVES 1 (1½ CUPS)

This is one of the only juices using a powder supplement. The trick with E3 Live is always to add it to half a glass of mineral or filtered water first and stir well. Then juice your apples and spinach, with the cucumber and mint into the glass. Finish by squeezing the juice of a lime, while stirring your juice.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

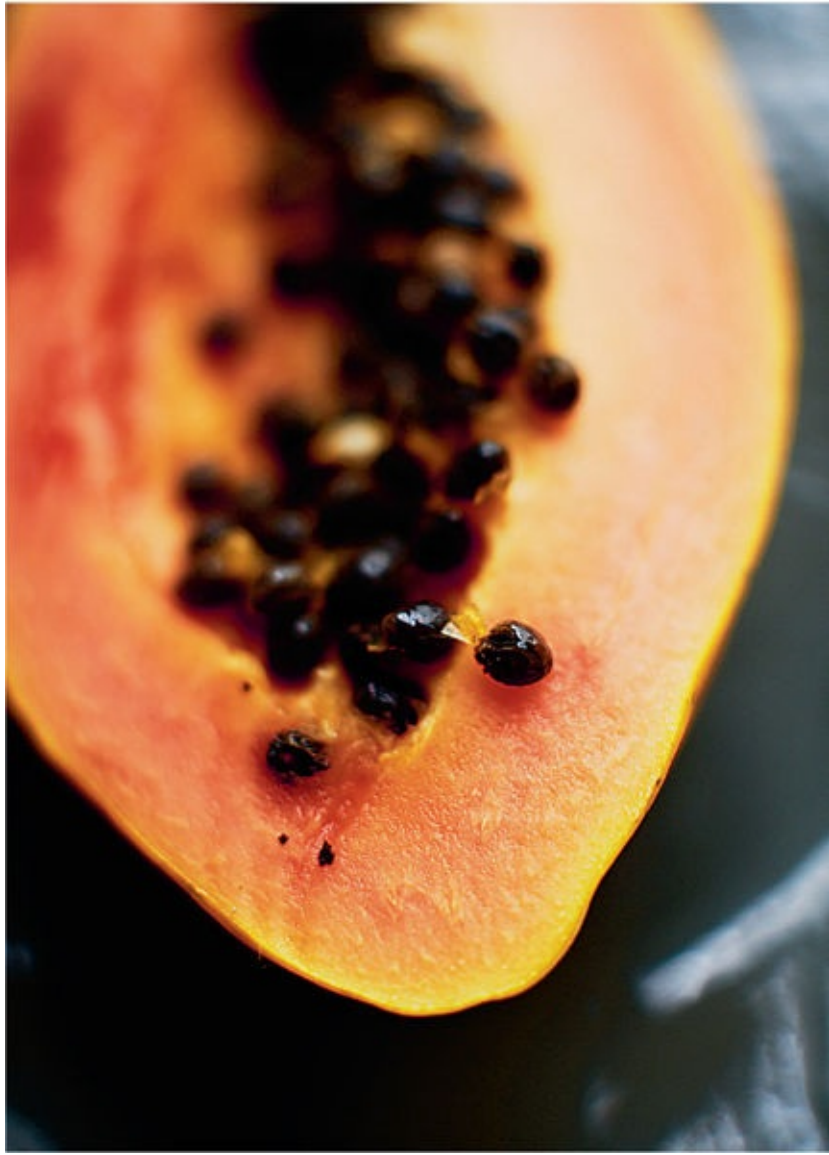
TIP

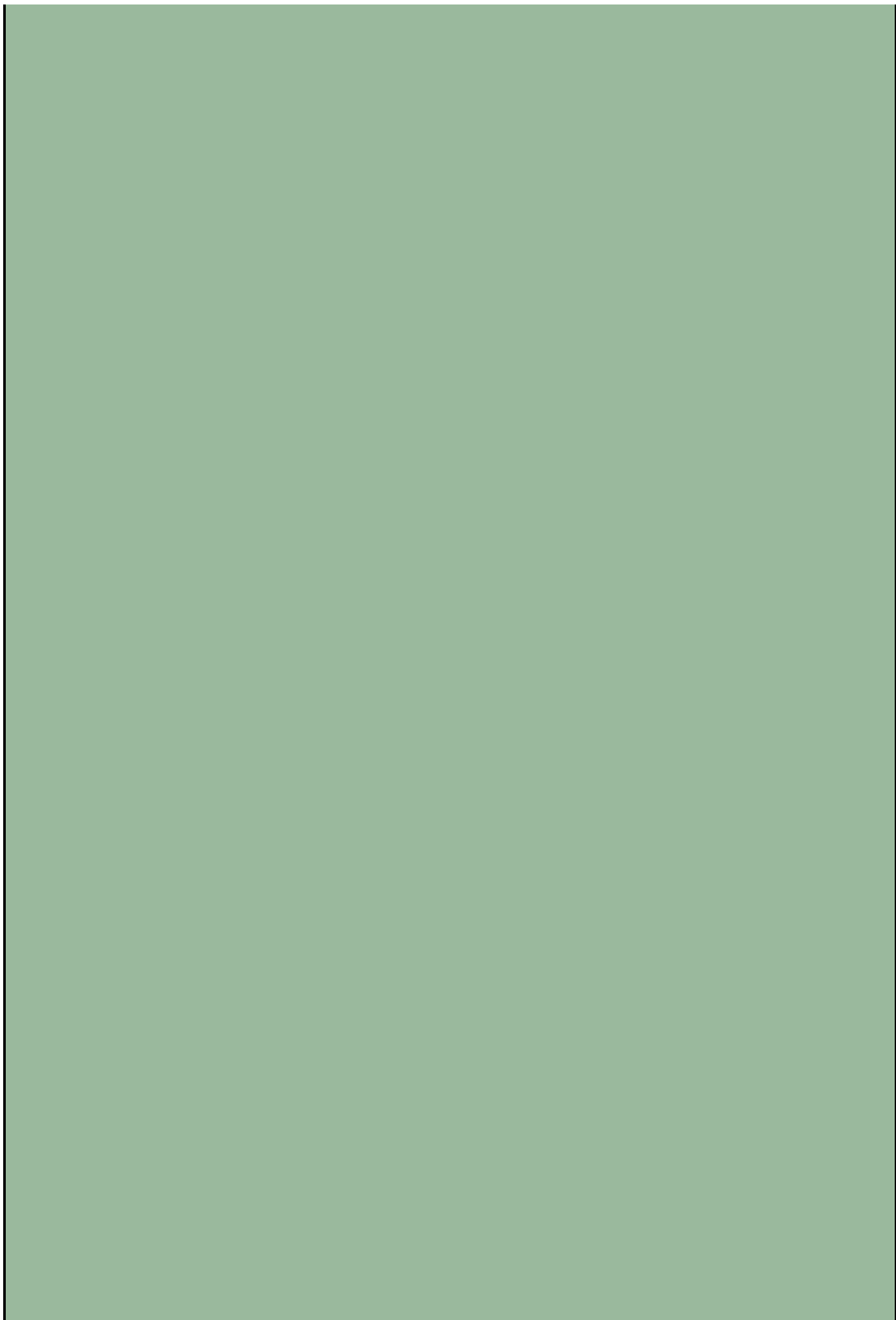
E3 Live is available online or from any good-quality health food store.











THE DINNER JUICES

Dinner is an essential time of the day to feed your body nutrition. Simply speaking, your body has been heavily burdened by the food choices you made, the drinks you consumed, and the snacks you ate during the course of the day. Your body at this stage is longing to rest, recoup, and restore, before it has to start all over again tomorrow.

This is the time to be careful about what you put into your body and not deprive yourself of a meal. You need food to love and nourish yourself. This is the moment where you need to look at your food choices and make sure you are giving your body exactly what you need. Injecting a wide variety of nutrients into your system will carry it through to the next morning. The important thing to ask yourself is “Have I given my body the best nourishment at a time when it’s working hard to replenish itself for the next day?”

SEA MINERAL SUPPLEMENT

PAPAYA CLEANSER

PINEAPPLE DIGESTIVE

SWEET POTATO WEIGHT LOSS

SLEEP ENHANCING HONEYDEW

“TULSI” BASIL JUICE



SEA MINERAL SUPPLEMENT

This dinner juice contains kelp. Kelp is a gorgeous seaweed found at the bottom of the sea. It contains a myriad of minerals that we can't possibly access unless we eat this ingredient. Indeed, many of us turn to sea minerals in our daily supplements to help us support our complex systems. This fresh ingredient is a rich source of iodine, a mineral that supports us, and keeps our thyroid glands functioning healthily. This recipe is a brilliant dinner juice, as it also helps with weight management by improving our metabolism.

½ handful of fresh kelp (or 1 tablespoon powdered kelp)

2 cucumbers, unpeeled

a handful of spinach (stalks removed)

½ handful of parsley

1 lemon (squeezed or juiced, according to taste, see [page 18](#))

SERVES 1 (1½ CUPS)

Be careful how you juice this ingredient as kelp can be tricky. Mix it with the cucumbers and spinach and make sure you don't leave any behind. Add the parsley and lemon at the end, to ensure a great tangy taste.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

TIP

Fresh kelp is available online and in good organic stores. If you can't get hold of fresh kelp, buy kelp granules and add 1 tablespoon to the top of your juice.



PAPAYA CLEANSER

Papaya is an exotic fruit, with an incredible color and butter-like consistency, which has a vast array of intense nutritional benefits. It's a healing fruit, very high in antioxidants, and it has been proven to heal intestinal and cardiovascular disorders. It's also very useful in digestion as its fiber binds with any bad toxins and keeps them away from our healthy colon cells. Most importantly, papaya contains papain which heals inflammation. This is fantastic as it has been proven that internal inflammations are one of the first causes (not symptoms which come much later) of illnesses. Preventing internal inflammation can help keep your system in peak condition and drinking this juice in the evening ensures that all the goodness from the papaya will stay in the body undisturbed, so that it can do what it is supposed to do, heal.

1 green (unripe) papaya, peeled, and seeded

1 medium-size cucumber, unpeeled

1 green apple, unpeeled

a handful of mint

1 teaspoon raw honey

1 teaspoon ground cinammon

SERVES 1 (1½ CUPS)

Always buy your papayas green and juice them before they have ripened. Don't let them ripen, as most of their healing benefits are found during their unripe phase. Juice the papaya together with the cucumber and the apple and add the mint at the end. Finish off by adding the raw honey and cinnamon.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.



PINEAPPLE DIGESTIVE

Another ingredient that you will fall in love with while juicing is pineapple. Its benefits exceed any expectations and are best saved for dinner so your body can absorb them throughout the night. Pineapple's fame as a healthy ingredient is due to its star component called bromelain. This enzyme digests food by breaking down protein (perfect for a dinner juice recipe) and at the same time it's rich in anti-inflammatory and anticancerous properties. Consumed at dinnertime, pineapples will help you absorb the most important nutrients and will fight the free radicals which destroy your healthy cells.

scant ½ cup of camomile tea

½ pineapple, peeled

2 handfuls of kale (stalks removed)

1 baby lettuce head

a handful of mint

SERVES 1 (1½ CUPS)

Before you do anything make a small cup of camomile tea and set it aside.

The secret to pineapple is that most of its nutrients hide in its core stem, so make sure you juice the whole fruit with the rest of your ingredients. Mix your pineapple with the kale, then juice your lettuce with your mint. At the end, add the cup of camomile along with one ice cube, as this will allow it to all come together evenly at one temperature.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.



SWEET POTATO WEIGHT LOSS

You might find the addition of sweet potato in a juice a bit peculiar, but it's perfect for a dinner juice because although it's filling it's also very nutritious. It's a wealthy source of beta-carotene (which is a powerful antioxidant) and it contains vitamin B6 which will keep your heart healthy. In the meantime, this ingredient is perfect if you are trying to cut down on carbohydrates, lose weight, or gain muscle. This is undoubtedly a nutritional powerhouse of a juice!

1 sweet potato, peeled

2 medium-size cucumbers, unpeeled

1 green apple, peeled

a thumb-sized piece of fresh ginger root

1 stalk of lemongrass

SERVES 1 (1½ CUPS)

Start by juicing your sweet potato and one cucumber, then add the apple and ginger together with the lemongrass, and finish off with your last cucumber. Don't forget to stir it continually.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.



SLEEP ENHANCING HONEYDEW

This juice recipe is sweet enough to replace any dessert and it contains a vast amount of vitamin C (the juice of a honeydew provides 35% of the daily recommended dosage our body needs). It also prepares us for a good night's rest, with an incredible amount of hydration for our skin. Enjoy!

1 medium-size cucumber, unpeeled

1 handful of spinach (stalks removed)

½ small honeydew melon, rind removed

½ handful of cilantro

1 stalk of lemongrass

SERVES 1 (1½ CUPS)

Start juicing your cucumber with the spinach. Then add the honeydew and the herbs.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.



“TULSI” BASIL JUICE

Tulsi, otherwise called India’s “Queen of Herbs,” has many nutritional benefits. One of the most important facts is that the “Holy Basil” can really help relieve symptoms of a cold, such as fever and the shakes. It purifies your blood, helps alleviate stress, and is proven to eliminate kidney stones naturally if consumed daily for six months (in homeopathic treatments). This beautiful herb will enhance your overall well-being, while keeping you calm and peaceful.

2 medium-size cucumbers, unpeeled

a handful of tulsi or basil

1 red apple, unpeeled

1 teaspoon fresh aloe vera or bottled aloe vera juice

SERVES 1 (1½ CUPS)

A great way to start juicing this recipe, is to wash and chew four to five tulsi (or basil) leaves. The taste will liven up your palate and prepare it for the juice. Mix your cucumbers with your tulsi (or basil), add your apple, and then the aloe vera and stir.

Drink immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

TIP

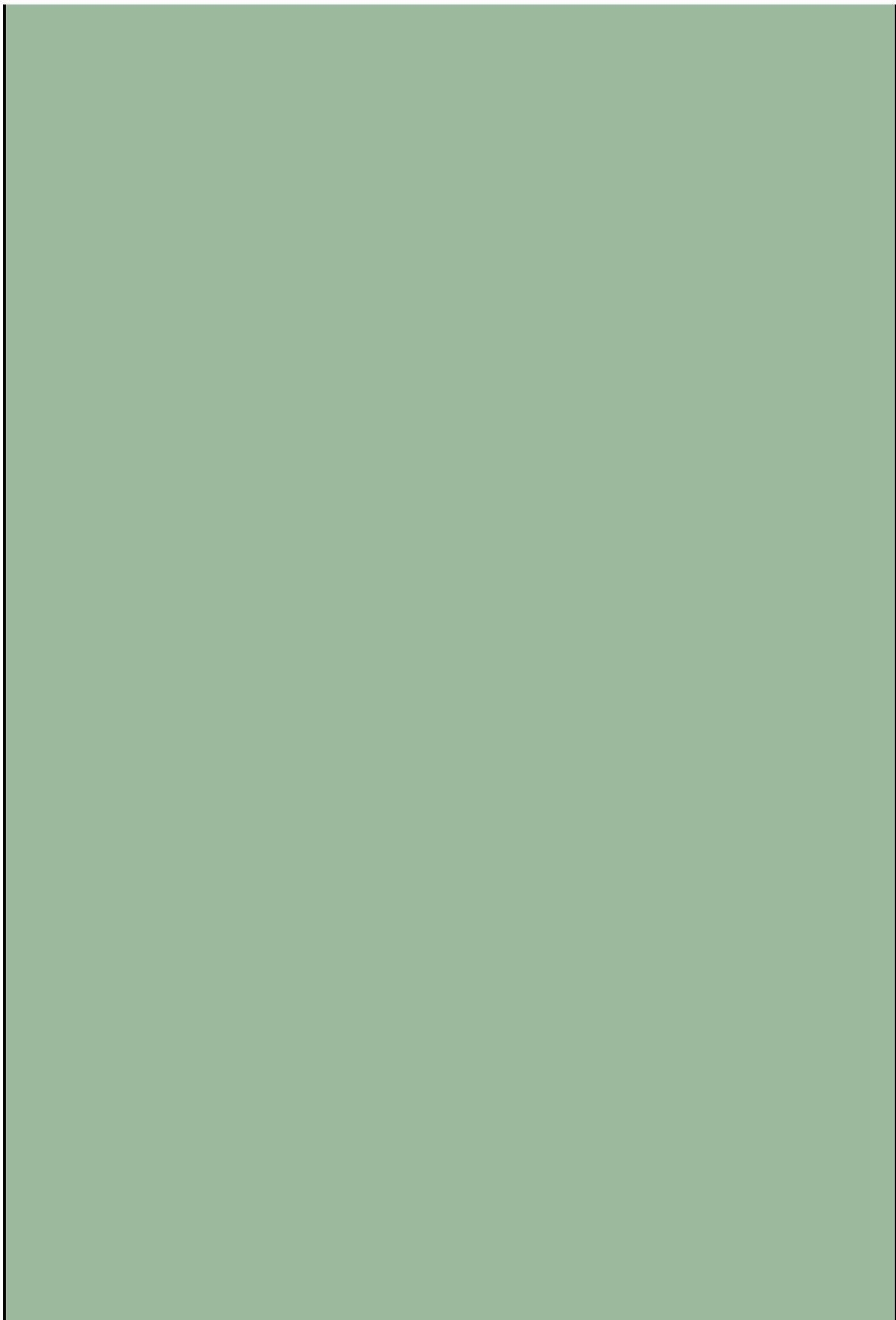
If you can't get a hold of tulsi, substitute it for basil, it is still fantastically good for you.











THE TARGET JUICES

These juices have been designed to target specific parts of your body, system, or well-being, as the ingredients within them have been scientifically proven to aid their targeted causes. These juices are ideally drunk when you want to target a particular aspect of your daily life.

- * Drink all these juices immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

STRENGTH

ACTIVE

WEIGHT LOSS

GLOWING SKIN

DE-STRESS

SHINE FROM THE INSIDE



STRENGTH

2 carrots, peeled

½ whole beet with greens, well scrubbed and peeled a handful of kale (stalks removed) 1 green apple, unpeeled

1 lemon (see [page 18](#))

a pinch of turmeric

SERVES 1 (1–1¼ CUPS)

Start by juicing your carrots, beet, and kale and then continue with your apple. To finish off squeeze the lemon and add a pinch of turmeric.



ACTIVE

3 large slices of watermelon, rind removed

a handful of mint

SERVES 1 (1-1¼ CUPS)

Juice half of your watermelon, add your mint in the middle, and then add the rest of the watermelon. While making this juice, chew some mint leaves, they will prepare your body and taste buds for what is coming.



WEIGHT LOSS

2 large slices of watermelon, rind removed

1 carrot, peeled

a thumb-sized piece of fresh ginger root, unpeeled

1 slice of honeydew melon, rind removed

1 lemon (see [page 18](#))

½ tsp cayenne pepper

SERVES 1 (1–1¼ CUPS)

Juice your watermelon, with your carrot and ginger and the honeydew melon. Finish off by squeezing the lemon and sprinkling with a little bit of cayenne pepper!



GLOWING SKIN

1 teaspoon chia seeds

1 tablespoon fresh or bottled aloe vera

1 orange, peeled

1 medium-size cucumber, unpeeled

SERVES 1 (1-1¼ CUPS)

Place the chia seeds in the base of your bowl so they can soak up the juice. Pour the fresh or bottled aloe vera on top, and then juice the orange and cucumber to finish off.



DE-STRESS

generous 1 cup fresh coconut water 1 green apple, unpeeled

½ teaspoon ground cinnamon

SERVES 1 (1-1¼ CUPS)

Pour the coconut water into your glass and then add your juiced apple on top and stir. To finish, add a pinch of cinnamon. (Please try and use water from a fresh, young coconut, it will transform the flavor of the juice!)



SHINE FROM THE INSIDE

½ medium-size cucumber, unpeeled 1 green bell pepper

1 tablespoon fresh or bottled aloe vera

1 green apple, unpeeled

SERVES 1 (1–1¼ CUPS)

If you are using fresh aloe vera, juice your cucumber, pepper, aloe vera, and apple together and enjoy. If you are using bottled aloe vera, add it to the base of your glass and then pour your juice over it.

THE SHOTS

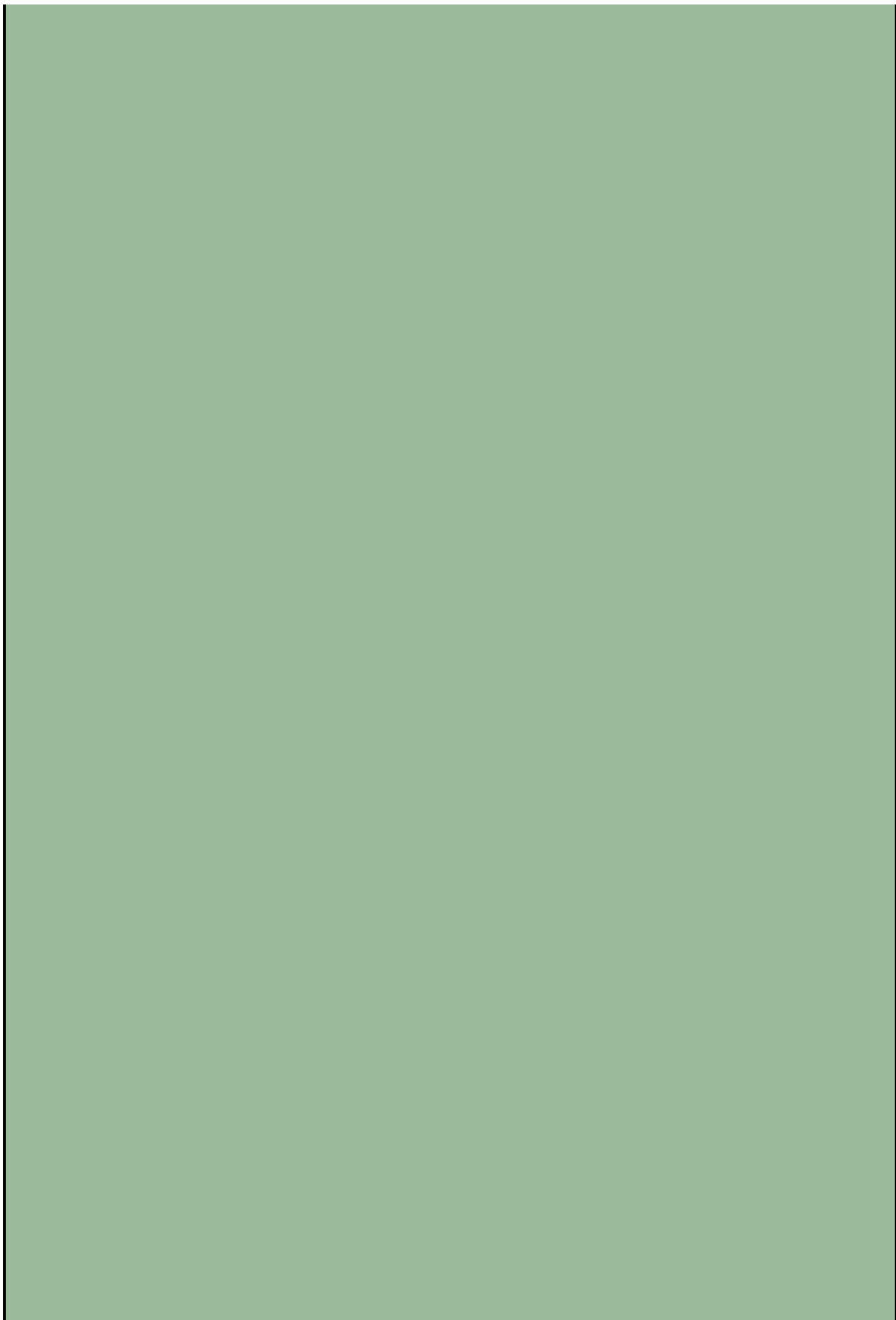












THE SHOTS

Shots are ideally drunk in the morning, before your first juice, but they actually do work equally well when drunk at any point of the day. Due to their potency and concentrated ingredients they are perfect if you need a direct energy pick-me-up or even if you feel unwell and want an injection of healing nutrients straight into your system. They are super-easy to make, as they don't contain many ingredients and are designed for seven specific purposes.

* Drink all these juices immediately or pour into an airtight container and keep in the refrigerator for up to 12 hours.

CLEANSE

CLEANSE+

DETOXIFICATION

ENERGY

REDUCING INFLAMMATION

OXYGENATING

ANTIBACTERIAL

HEALING



CLEANSE

a thumb-sized piece of fresh ginger root, unpeeled

1 lime

½ lemon a pinch of cayenne pepper

MAKES 1 SHOT

Juice all together and mix well.



CLEANSE+

1 slice of honeydew, rind removed a handful of cilantro

1 lime ½ handful of dandelions (or herb equivalent i.e. Thai basil, tarragon, cilantro, and mint)

MAKES 1 SHOT

Juice all together and mix well.



DETOXIFICATION

a handful of dandelions (or Thai basil, tarragon, cilantro, and mint)

a thumb-sized piece of fresh ginger root, unpeeled

a pinch of cayenne pepper

MAKES 1 SHOT

Juice the dandelions (or herbs) and the gingerroot together and add the cayenne pepper at the end.



ENERGY

½ medium-size cucumber, unpeeled

1 teaspoon maca powder (see [page 93](#))

½ teaspoon raw cacao powder

MAKES 1 SHOT

Juice the cucumber and then blend it in a blender with the maca and the cacao powder.



REDUCING INFLAMMATION

½ medium-size cucumber, unpeeled

3 cups alfalfa sprouts

MAKES 1 SHOT

Juice both the cucumber and the alfalfa sprouts.

Mix well.



OXYGENATING

4 handfuls of wheatgrass

MAKES 1 SHOT

Juice and drink up.



ANTIBACTERIAL

1 green apple, unpeeled

1 teaspoon fresh oregano

MAKES 1 SHOT

Juice the apple and add the oregano on top.



HEALING

½ green (unripe) papaya, peeled, and seeded

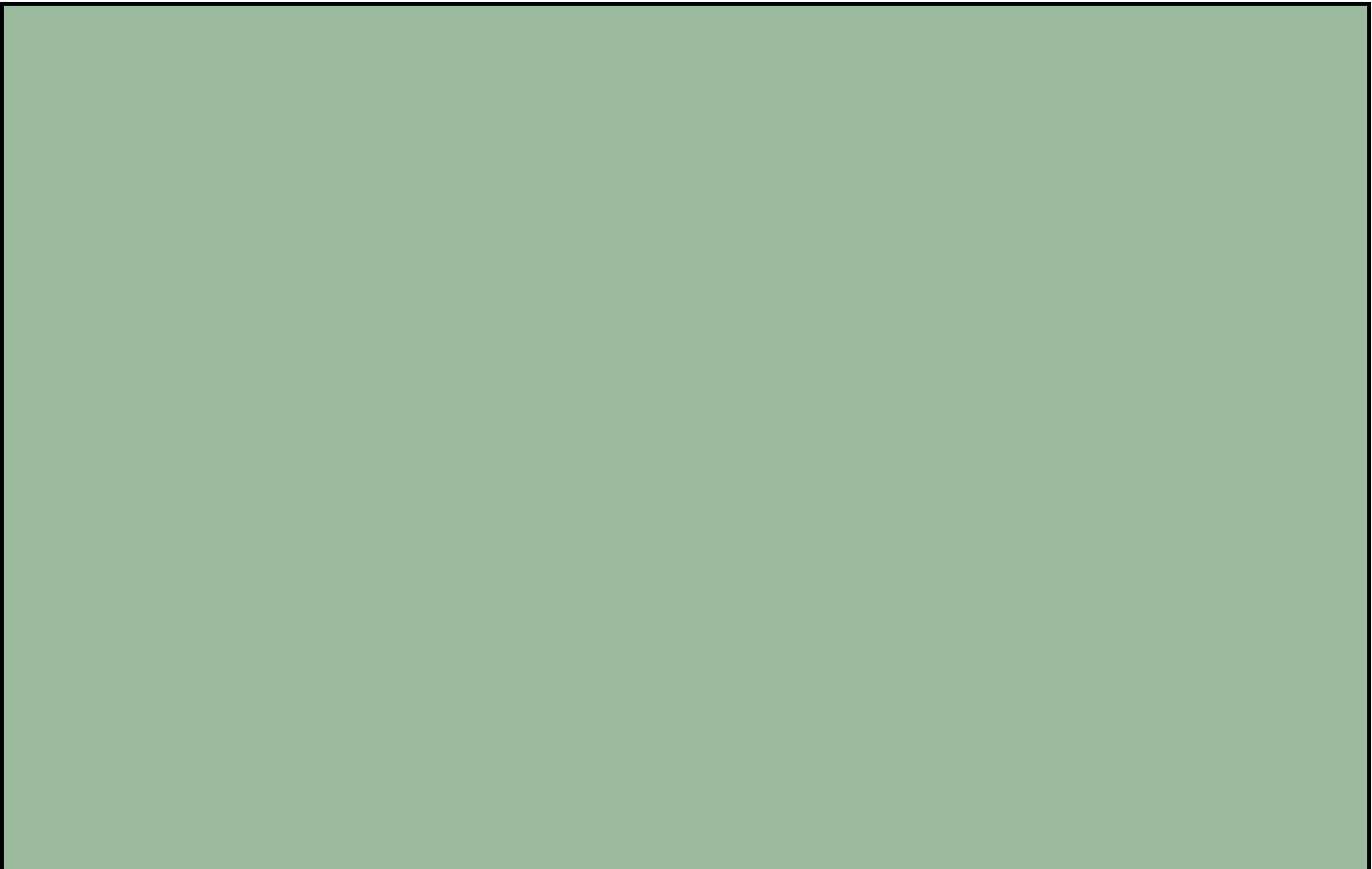
1 teaspoon fresh or bottled aloe vera

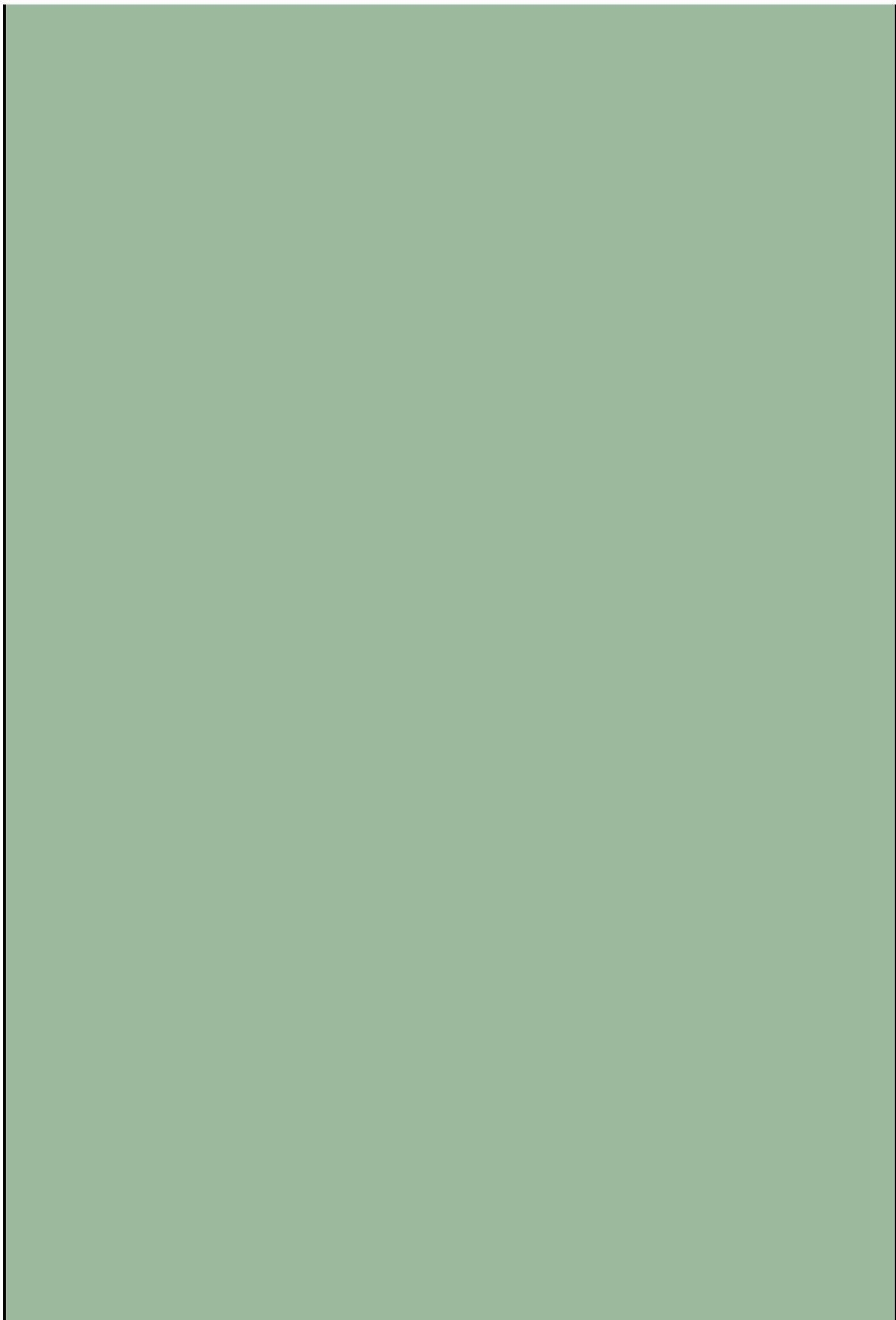
MAKES 1 SHOT

While you juice the papaya, add the aloe vera through your juicer so it comes out in one shot and has a unified taste.



JUICING+





JUICING+: THE BASICS

This section of the book is all about maintaining your healthy lifestyle alongside your juices. Obviously juices are extremely important, but it's also vital that they are consumed alongside smoothies, infused waters, milks, and butters. It is all about finding the right **PURE** "balance."

The most exciting part of adopting the juicing lifestyle is how often you will find new ways of adding healthy ingredients into your diet. **Juicing+** is all about beginning to find and add new, amazing superfood ingredients into your daily regime which will further enhance your energy and existence.

Eating healthily is something that needs to happen every day and it takes a lot of effort and a realignment of your mindset to begin with. But ultimately, it gives you back the most precious present: a life full of energy, stamina, and happiness without ailments and obstacles, so you can really achieve exactly what you want out of life.

THE JUICING+ INGREDIENTS

FRUITS

AVOCADO is rich in fats, but because they are monounsaturated they have plenty of benefits, not least for the cardiovascular system. Avocado is also rich in vitamin B5, which plays an important role in generating energy from food. B5 is also required to support our adrenal output, which is incredibly useful in times of stress. Despite the fat content, avocado can also help reduce our cholesterol as it contains its own sterols that block absorption of the unwanted form.

BLUEBERRIES are notable for their anthocyanin content, a plant pigment that gives them their blue-purple color. These have powerful antioxidant properties but they offer many other antioxidant nutrients as well including resveratrol, often cited as the reason why red wine is a healthier choice than white wine. Blueberries are remarkably useful and research suggests that they can have a wide range of benefits from reducing muscle soreness after exercise to improving cognitive function when juiced.

DATES are a rich source of vitamins and minerals, while providing plenty of fiber. They are completely free from cholesterol and contain very little fat, while being high in antioxidant vitamins A and C. They are also rich in potassium, which is critical in managing our body's salt and water content. This is particularly important in our modern day diets which are high in processed foods that contain a lot of salt. All sugars are completely natural, so the body is able to digest more of them and use them for energy—however, don't have too many as too much of any sugar isn't good for you.

SUPERFOODS

ACAI is a small purple berry which comes from the acai tree in Brazil. High in antioxidants, Acai berries help protect you against heart disease, arthritis, and premature aging. They have a great blend of omega 3 and 6 (the same as olive oil), which is important for our cardiovascular health. They are also high in fiber that is key to maintaining a healthy digestion and lowering our cholesterol.

BEE POLLEN is made by honeybees and contains nearly all nutrients required by humans. It is high in protein (40%) as well as amino acids, vitamins, including B-complex, and folic acid. Bee pollen helps reduce levels of histamine which helps hay fever sufferers, its anti-inflammatory properties aid breathing, and it helps with both immunity and energy levels.

CACAO NIBS have the same nutritional benefits as cacao powder (as it's still a raw product). However, the difference is that these tasty little nibs have a great texture and add a crunch to your smoothie, while still being really good for you.

CHIA SEEDS are South American seeds which were used as a currency by the Aztecs, now they are used as a protein-, calcium-, vitamin-, and fiber-rich superfood. The omega 3 content in chia seeds has been associated with the cellular health of our brain and relief from depression. The mix of B vitamins is key in converting food to energy and helping muscles work properly—so they're very important for anyone who likes to exercise, while the incredibly high calcium content is important for bone health.

GOJI BERRIES contain all essential amino acids, vitamin C, 21 trace minerals, and are high in fiber. They have 15 times the amount of iron found in spinach, as well as calcium and zinc, which helps give bone, brain, and cell strength. They are filled with antioxidants and also have compounds rich in vitamin A that protect against skin damage and benefits the immune system.

MACA is a Peruvian plant that Inca warriors used to give them strength before battle. The main benefit of maca is that it is a carbohydrate, which is a vital energy source for active people; it helps with growth, repair, and endurance. It also has high iron content, which helps combat anemia, important for anyone on a low-meat diet. Additionally, its high vitamin C count helps heal wounds and support the immune system, while also being an antioxidant which fights off free radicals.

RAW HONEY is honey that has not been heated, pasteurized, or processed in any way. It contains antibacterial and antifungal properties, while being highly alkaline, which neutralizes the acidity in our bodies. It promotes digestive health and is a powerful antioxidant, strengthens the immune system, eliminates allergies, and is an excellent remedy for skin wounds and infections. Raw honey can also stabilize blood pressure, balance sugar levels, relieve pain, calm nerves, and it has been used to treat ulcers.

POWDERS

LUCUMA POWDER is a fruit known to have been eaten by the Incas. It has a delicious, sweet caramel flavor, while being very high in antioxidants, fiber, and vitamin A. Fiber helps lower cholesterol, stabilizes our blood sugar, and aids our digestion. Lucuma is great for digestion, as it's easily digested while still giving the benefits of fiber. It's high in antioxidant vitamin A which we need for eyesight as well as reproduction of cells and a strong immune system.

RAW CACAO POWDER not to be confused with cocoa powder, it's the raw, uncooked base for chocolate manufacture and is packed with antioxidants that neutralize free radicals and prevent cell damage. These antioxidants also help metabolize sugar, avoiding issues with high blood pressure and diabetes. Almost 50% of cacao's mass is made up of three types of fat, none of which are harmful to us. Oleic acid is the fat found in olive oil, a monounsaturated fat that the body breaks down easily, and the others stearic and palmitic acids are believed not to build cholesterol. Additionally, cacao contains a lot of magnesium which is critical to our nervous health, because lacking it can lead to increased stress.

SUPER-GREEN POWDERS are typically made up of wheatgrass, barley, grass, and spirulina, all of which are high in chlorophyll (the dark green pigment that gives plants their color). Chlorophyll is a superfood that gives us energy and detoxifies our bodies while being a powerful antioxidant that protects us from inflammation, bad skin, and aids our digestion. It also provides us with magnesium, vitamin K, vitamins B and C, folic acid, iron, calcium, and protein which helps build, repair, and maintain our muscle tissue. The high number of amino acids found in these super-green powders is particularly important to anyone who follows a plant-based diet, as they often lack these acids in their diets.

PROTEIN SUPPLEMENTS

HEMP PROTEIN is a great alternative for anyone who is intolerant to lactose or glucose. It has a range of phytonutrients (nutrients from plants) and is a rare food that provides all 20 amino acids, so it's a great way for vegetarians or vegans to get their daily dose. It's high in zinc which is critical for brain function and has been closely linked to high cognitive ability. Its high protein content is one of the reasons it's becoming increasingly popular with sports people (50% of its mass is in fact protein).

WHEY PROTEIN is the protein contained in whey, the watery portion of milk that separates from the curds when making cheese. It is used for improving athletic performance as it is a great source of protein which regulates our weight and increases our muscle mass.

EQUIPMENT FOR JUICING+

Juicing+ requires some basic equipment that will give you an incredible variety to your daily diet. If you decided to buy the equipment for the Juicing section, you will already own a strainer, a knife, a cutting board, a steel mixing bowl, and a spatula. So, the only remaining pieces of equipment you need are:

A BLENDER

You probably already own a blender at home. But for nut butters, you will need a strong, durable machine which can grind nuts, fruits, and vegetables to a pureed or ground consistency. As you will be making nut milks, butters, and incredible smoothies, you do need to use a machine that's powerful and durable. It's important that you don't go for the cheapest gadget on the market, as the process will take longer and will ultimately make you feel demotivated. Go for power, quality, and most importantly, stainless-steel blades or grinders. Think about investing in something that will last a long time, with a guarantee, which will ultimately take the hassle out of blending your raw ingredients.

NUT MILK BAG OR CHEESECLOTH

To strain and make your nut milks.

COLANDER

To strain your agua fresca/smoothie bases.

JAM JARS

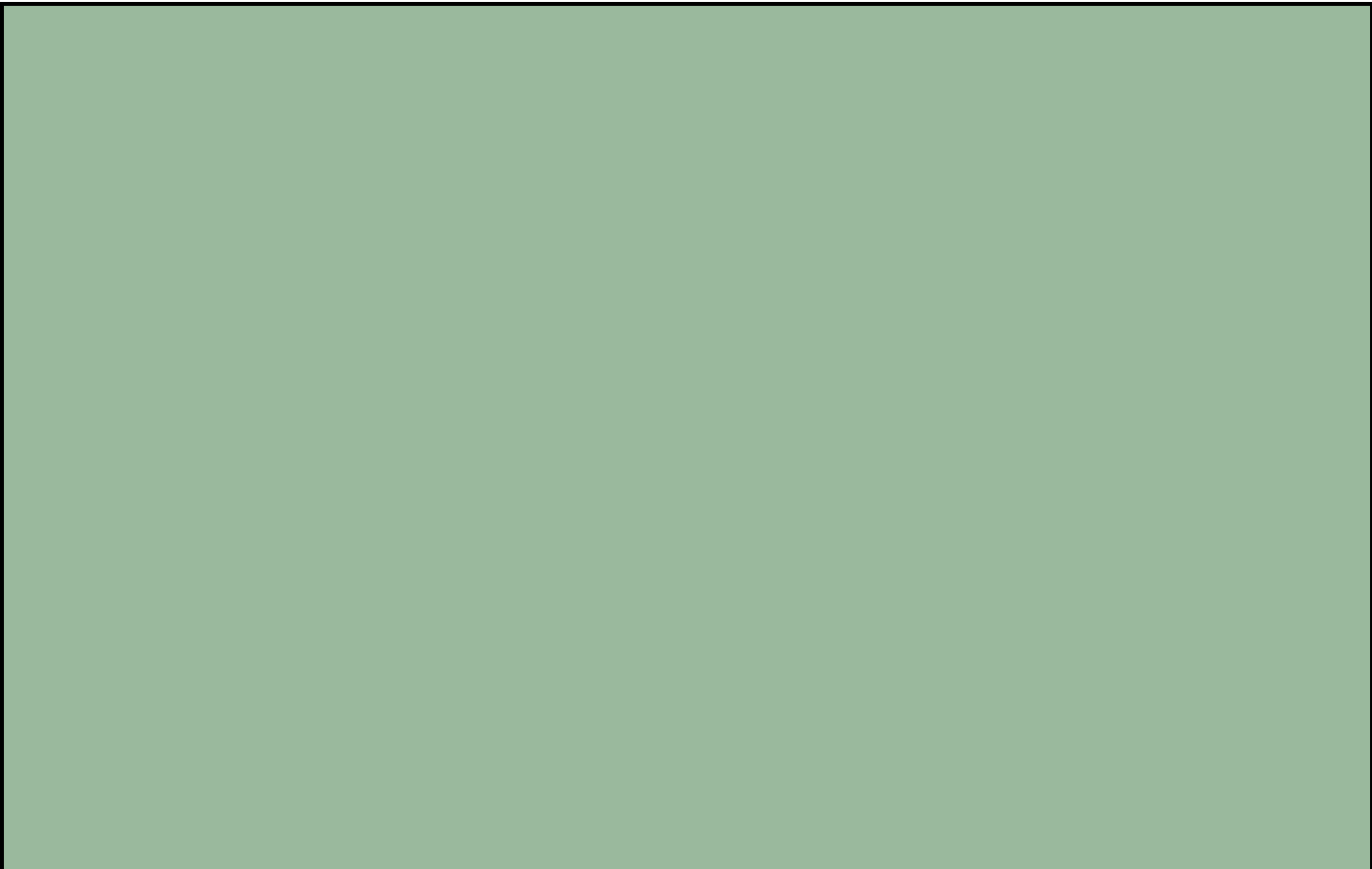
To store your homemade nut butters.

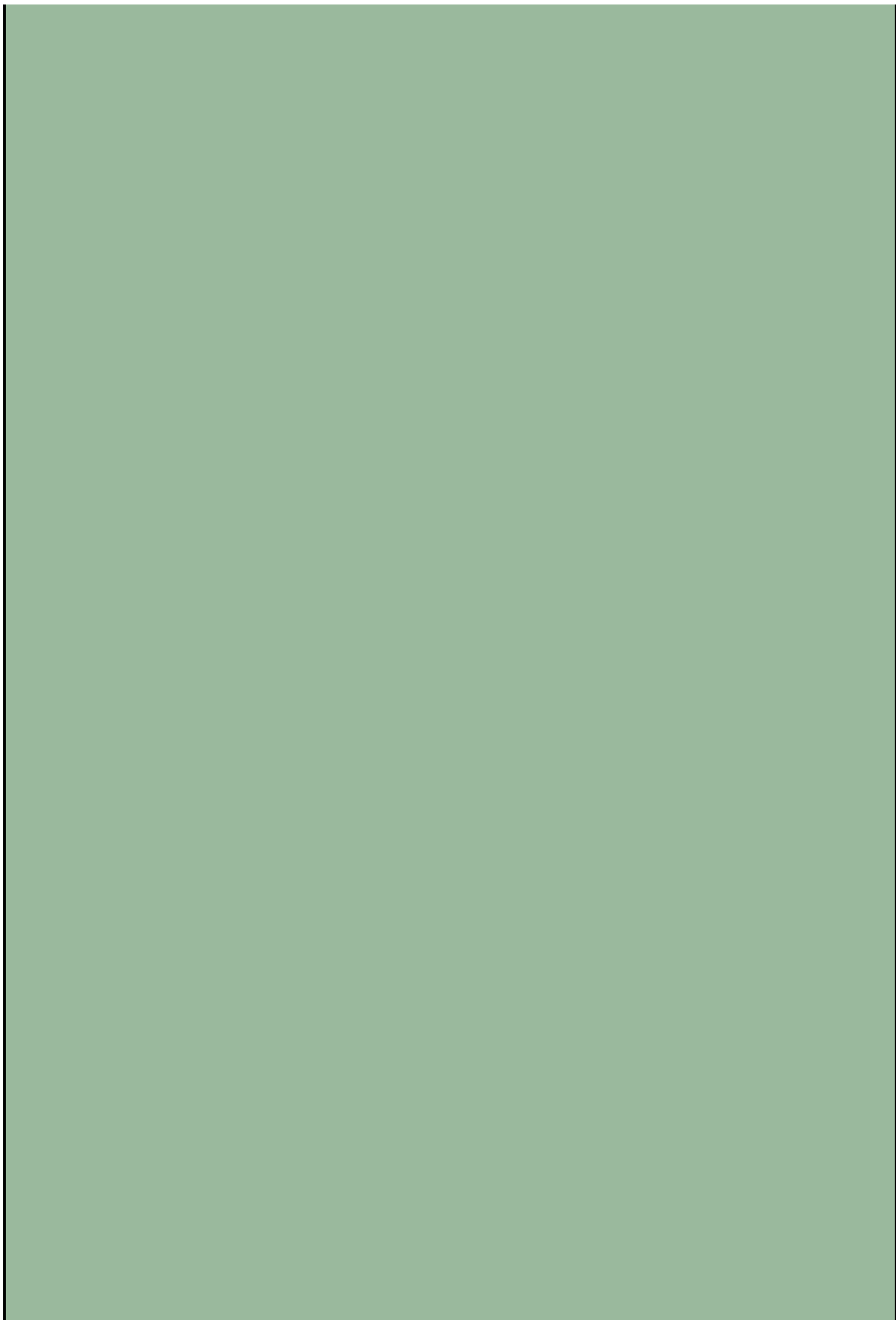
THE SMOOTHIES











THE SMOOTHIES

SMOOTHIES HAVE THREE LAYERS:

1. A base
2. Fruit and/or vegetables
3. Superfoods, seeds, and rest of the ingredients

THE CHOICE OF BASES:

Homemade juice (see [pages 28–75](#))

Agua fresca (see [pages 116–123](#))

Nut milk (see [pages 126–129](#))

Fresh coconut water

THE ALL-DAY BREAKFAST

THE BIG BOY

THE BEE

THE GYM FREAK

THE COCONUT HYDRATOR

THE SMART ONE

THE ULTIMATE CHOCOLATE SMOOTHIE

THE AGUA FRUIT SMOOTHIE



THE ALL-DAY BREAKFAST

This is an essential morning smoothie, as it contains raw oats. Remember how good it is to eat your food in its original, raw form? The oats will keep you going until lunchtime, and you won't crave anything unnecessary during the day. On top of that, the seeds contain lots of protein and the cacao nibs are packed full of antioxidants, both of which you need to kick-start your day.

1 cup homemade almond milk (see [page 127](#))

1 banana, peeled

3 tablespoons oats

1 tablespoon almond butter (see [page 132](#))

2 tablespoons sesame seeds

1 tablespoon cacao nibs

SERVES 2 (GENEROUS 1 CUP EACH)

Blend all your ingredients together.



THE BIG BOY

This is an ideal meal replacement drink for when you are on the go. The combination of seeds will give you the perfect amount of essential fats and the cacao powder will help metabolize all the bad sugars your body contains. Even the blueberries will give you the perfect brain boost for when you need it the most!

- 1 cup homemade almond milk (see [page 127](#))
- 1 teaspoon organic vanilla extract or small piece of vanilla bean
- 1 tablespoon Mixed Nut Butter (see [page 132](#))
- 1 tablespoon cacao powder
- 10–12 blueberries
- 1 banana, peeled
- 1 teaspoon oats
- 1 tablespoon flaxseeds
- 1 tablespoon pumpkin seeds

SERVES 2 (GENEROUS 1 CUP EACH)

Blend all your ingredients together.



THE BEE

Honestly, this smoothie is a godsend. The bee pollen contains nearly all the nutrients we need and it's high in protein, amino acids, and vitamins (it's the most important superfood). The raw honey will neutralize the acidity in your body and the dates will help balance your body's salt/water ratio and most importantly will give you tons of energy all day!

1 cup almond milk (see [page 127](#))

1 banana, peeled

½ teaspoon bee pollen

1 teaspoon raw honey

2 dates, pitted

2 teaspoons sesame seeds

a pinch of ground cinnamon

SERVES 2 (GENEROUS 1 CUP EACH)

Blend all your ingredients together.



THE GYM FREAK

By far one of the most popular smoothies at Roots & Bulbs, The Gym Freak does exactly what it says: it gives you energy pre- or post-work out. The Chocolate Hazelnut Butter will give you the right amount of fats (remember some fats are good). The hemp protein powder will give you all of your 20 amino acids and the maca will boost your endurance levels while you are working out!

generous 1 cup Vanilla Almond Milk ([page 127](#))

1 banana, peeled

½ teaspoon peanut butter (see [page 132](#))

½ teaspoon Chocolate Hazelnut Butter ([page 133](#))

1 teaspoon hemp protein powder

1 teaspoon maca powder

1 teaspoon cacao nibs

2 teaspoons sesame seeds

SERVES 2 (GENEROUS 1 CUP EACH)

Blend all your ingredients together.



THE COCONUT HYDRATOR

When you are feeling extremely dehydrated and need a strong dose of electrolytes into your system, this smoothie should be your smoothie of choice. Ideal for a snack or after a work out, this smoothie will heal you from the inside, when you need a helping hand. It's also perfect for boosting skin and hair growth.

1¼ cups fresh coconut water, plus all meat from coconut

1 teaspoon spirulina

1 teaspoon chia seeds

SERVES 2 (GENEROUS 1 CUP EACH)

Blend all your ingredients together.

TIP

Please try and buy a young Thai coconut, cut it open; use the water and the flesh. The taste will be infinitely better than packaged coconut water, which will have been pasteurized.



THE SMART ONE

This smoothie is designed as a pick-me-up for when you are feeling tired or mentally exhausted. It contains coffee and coffee beans, which makes it a smart alternative to a single shot of coffee, which will leave you lethargic and hungry! The fresh coconut water will hydrate your body, the walnuts will give you essential nutrients to help carry you through your day, and the coffee beans will give some bite to your smoothie!

1 cup coconut water, plus 1 teaspoon coconut meat

1 banana, peeled

1 teaspoon raw cacao powder

5 walnuts, shelled

2 dates, pits removed

1 single espresso shot

1 teaspoon coffee beans

SERVES 2 (GENEROUS 1 CUP EACH)

Blend all your ingredients together.



THE ULTIMATE CHOCOLATE SMOOTHIE

Perfect for your heart and in times of stress, the avocado in this smoothie makes it the creamiest and healthiest chocolate snack you will ever have. The rest of the ingredients will fill your body with goodness and health. Incredible for a snack or a meal replacement, this smoothie is highly addictive!

1 cup almond milk (see [page 127](#))

1 whole avocado, peeled

scant ½ cup fresh coconut water

1 teaspoon raw cacao powder

1 teaspoon sesame seeds

SERVES 2 (GENEROUS 1 CUP EACH)

Blend all your ingredients together.



THE AGUA FRUIT SMOOTHIE

If you want some more fruit in your smoothie, this recipe is extremely refreshing on a summer's day. The key to this smoothie is the combination of fruit, superfoods, and spice!

generous 1 cup Watermelon Base (see [page 121](#))

3 ripe strawberries

1 banana, peeled

a handful of mint

1 teaspoon chia seeds

a pinch of ground cinnamon

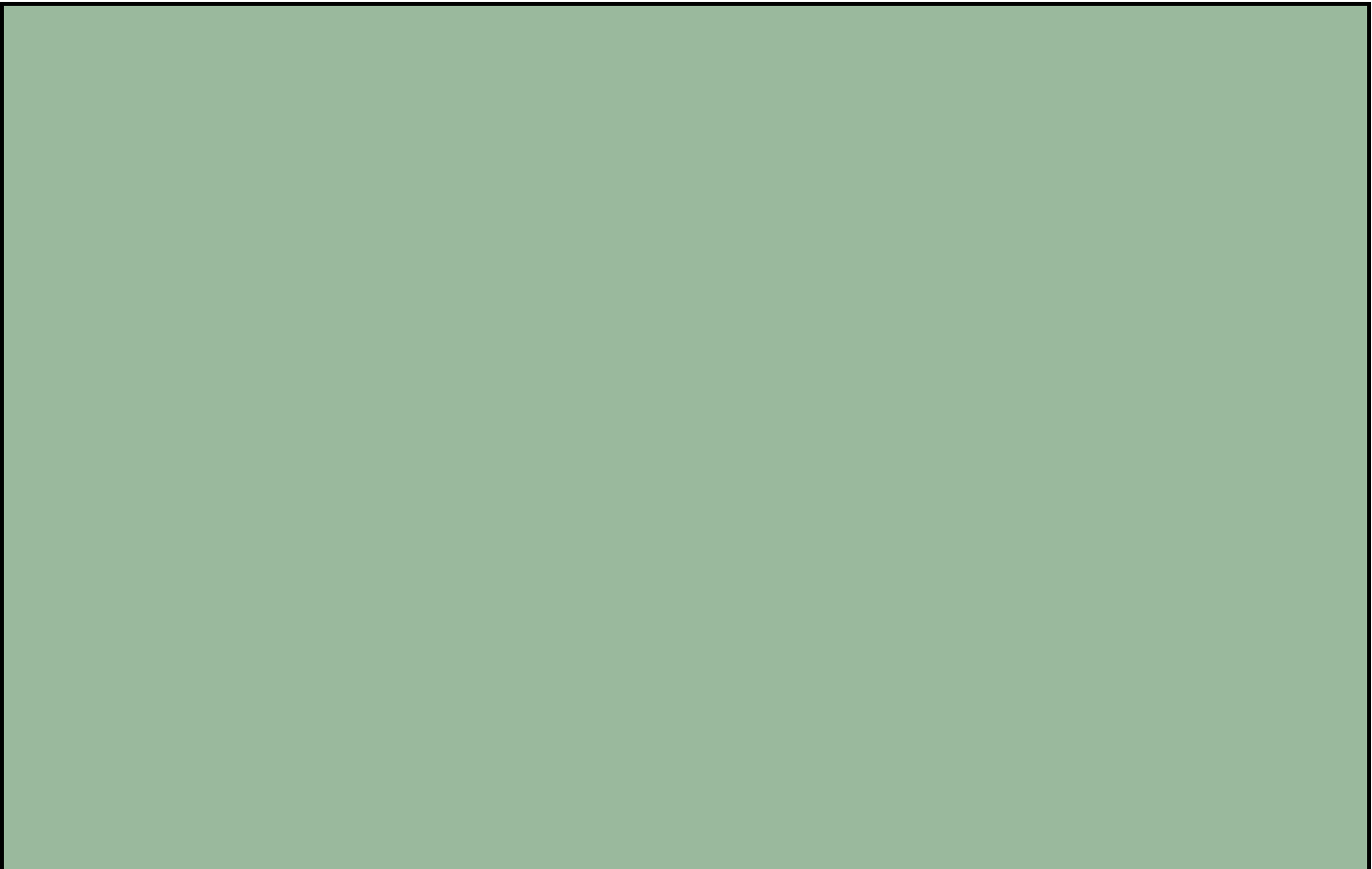
SERVES 2 (GENEROUS 1 CUP EACH)

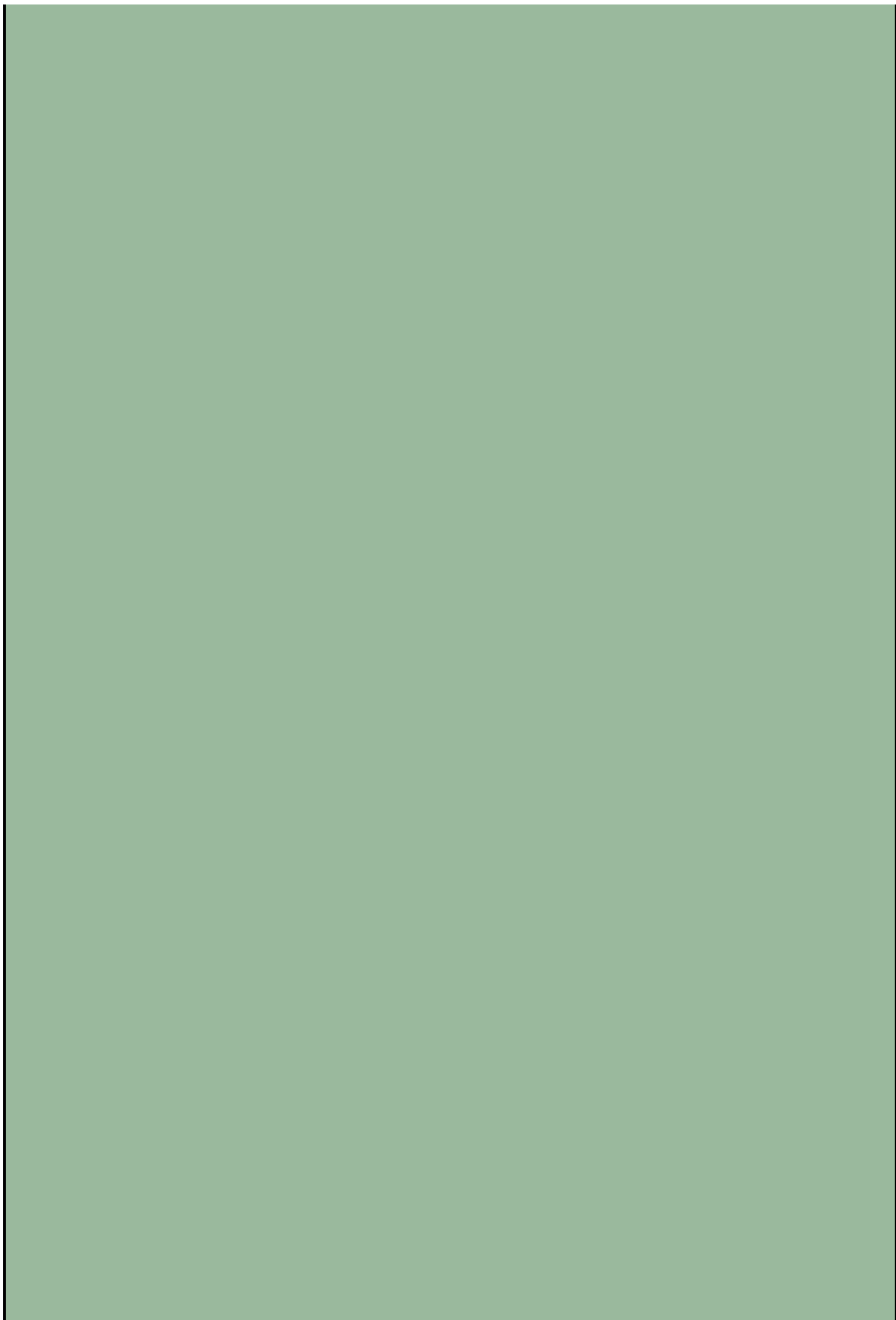
Blend all your ingredients together.











THE AGUA FRESCA / SMOOTHIE BASES

These agua frescas (often called infused waters) are the base for smoothies, and are fresh, nutritious, and tasty. They are also a refreshing way to make your smoothies more flavorsome.

Remember that although these are meant to be bases for your smoothies, there is no reason why you can't drink them on their own, after you have chilled them in the refrigerator!

* Drink all these agua frescas immediately or pour into an airtight container and keep in the refrigerator for up to two days.

ORANGE & GINGER BASE

WATERMELON BASE

BERRY BASE



ORANGE & GINGER BASE

3 organic oranges, peeled and seeded

2 thumb-sized pieces of fresh ginger root, unpeeled

Juice of 2 limes

4 cups filtered or mineral water

SERVES 4 (4 CUPS)

Peel your oranges and cut them into cubes ensuring they are seedless. Place into the base of a pitcher. Then, add both the ginger and lime juice and mash the ingredients together with a spatula. Once thoroughly mixed, add filtered or mineral water.

Let the water sit in the refrigerator completely covered for 2 hours.

Then, strain the agua fresca with a colander (it's okay if some seeds are left in the water) before you drink, or before you add to a smoothie.

WATERMELON BASE

3 slices watermelon, rind removed

a handful of mint

a handful of basil

3 tablespoons raw honey

4 cups filtered or mineral water

SERVES 4 (4 CUPS)

Peel your watermelon and cut into cubes ensuring they are seedless. Place them into the base of a pitcher. Then, add the mint, basil, and raw honey and mash the ingredients with your spatula. Once thoroughly mixed, add filtered or mineral water.

Let the water sit in the refrigerator completely covered for 2 hours.

Then, strain the agua fresca with a colander (it's okay if some seeds are left in the water) before you drink, or before you add to a smoothie.



BERRY BASE

scant 5 cups raspberries, strawberries, and blackberries

4 cups filtered or mineral water

SERVES 4 (4 CUPS)

Wash your mixture of raspberries, strawberries, and blackberries. Place into the base of your pitcher. Then, mash the ingredients with your spatula. Once thoroughly mixed, add filtered or mineral water.

Let the water sit in the refrigerator completely covered for 2 hours.

Then, strain the agua fresca with a colander (it's okay if some seeds are left in the water) before you drink, or before you add to a smoothie.



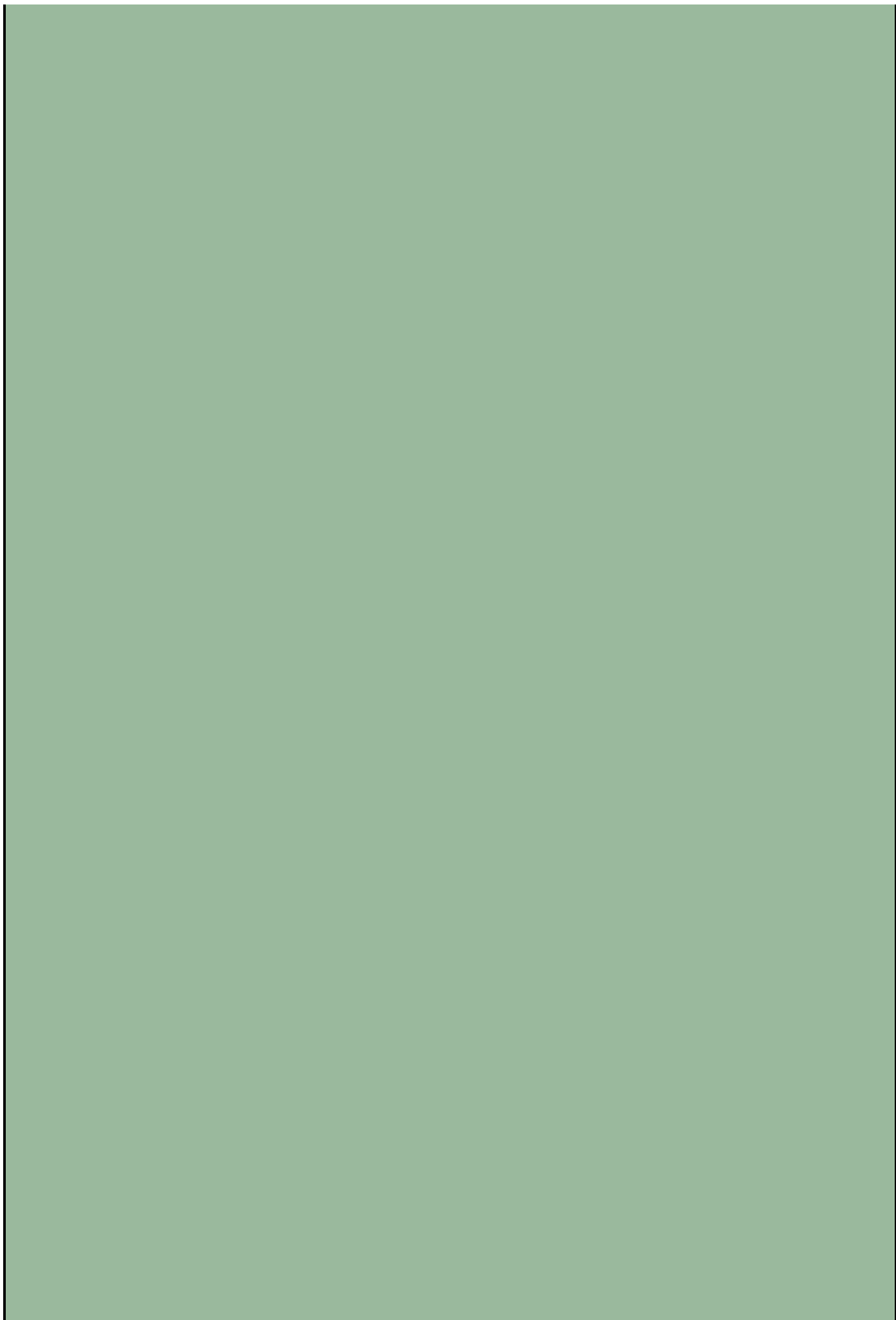
TIP

These agua frescas should be drunk within two days of making.



THE NUT MILKS &
THE NUT BUTTERS





THE NUT MILKS

Nut milks are so easy to make and incredibly nutritious. They add a rich and creamy texture to your smoothies and they contain protein and essential fats, that will keep you energized while you strive to pack as much as possible into your day.

Although you will find lots of packaged nut milks in the grocery store, they contain lots of sugars and additives to extend their shelf life and make them taste sweeter. So that's why it's super important to try and make your own. Although it takes longer, it is much healthier for you and the end result tastes incredible.

We often have customers who come into our stores and ask if we have a secret ingredient we add into our smoothies. They say that they try to replicate them at home and they taste nothing like ours. When we ask them what type of nut milk they use for their drinks, they say they use packaged nut milks from the grocery store. That is exactly why ours taste better, and why yours will too. Make your own nut milks. It is completely worth it.

PREPARING THE NUT MILK

- Soak 2 cups nuts (almonds, cashews, brazil nuts, hazelnuts) or hemp seeds overnight at room temperature in salted water. Don't soak for over 12 hours (cashews only require two hours soaking).
- Drain the nuts or the seeds and throw away the now dirty soaking water.
- Place the swollen nuts into your blender with 4 cups of filtered or mineral water.
- Blend for about a minute. When you see the nut mixture becoming smoother and forming a white creamy surface, it is ready to be strained.
- Place the nut milk bag inside your metal bowl, hold both sides of the bag, and carefully begin to pour the liquid into it.
- You will start seeing your gorgeous milk coming out of the bag into the metal bowl. Start slowly twisting your bag so that you can squeeze all the milk that is leftover in the pulp of your nuts or seeds.
- Place in an airtight container straightaway and store in the refrigerator for up to three days. You should have almost 4 cups of milk. This amounts to three smoothies, and a bit of milk for your coffee. You can also use the milks for your cereal and even for your oatmeal.



GREEN TEA ALMOND MILK

generous 1 cup almond milk (see [page 127](#))

½ tsp organic green tea matcha powder

a pinch of ground cinnamon

SERVES 1 (GENEROUS 1 CUP)

Pour your almond milk into a blender. Then, add your matcha powder and cinnamon. Blend thoroughly.

VANILLA ALMOND MILK

generous 1 cup almond milk (see [page 127](#))

1 vanilla bean (or 4 drops of vanilla extract)

2 dates, pitted

a pinch of ground cinnamon

SERVES 1 (GENEROUS 1 CUP)

Pour your almond milk into a blender, with the vanilla bean or vanilla extract. Then add the dates and cinnamon. Blend thoroughly.

CHOCOLATE HAZELNUT MILK

generous 1 cup hazelnut milk (see [page 127](#))

½ teaspoon raw cacao powder

½ teaspoon vanilla extract

½ teaspoon cacao nibs

SERVES 1 (GENEROUS 1 CUP)

Pour your hazelnut milk into a blender and add your raw cacao powder, vanilla extract, and cacao nibs. Blend thoroughly.

CINNAMON CASHEW MILK

generous 1 cup cashew milk (see [page 127](#))

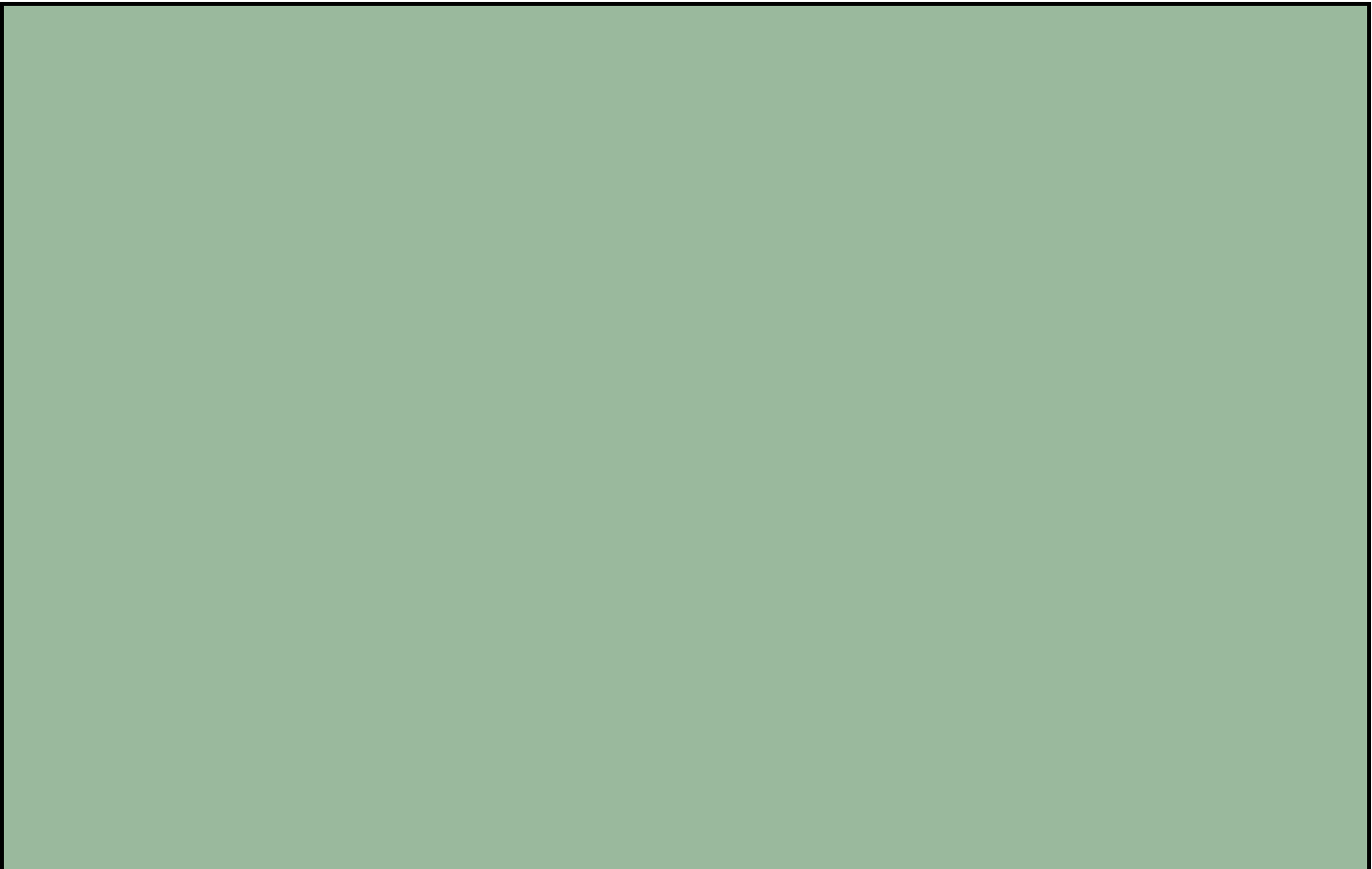
2 dates, pitted

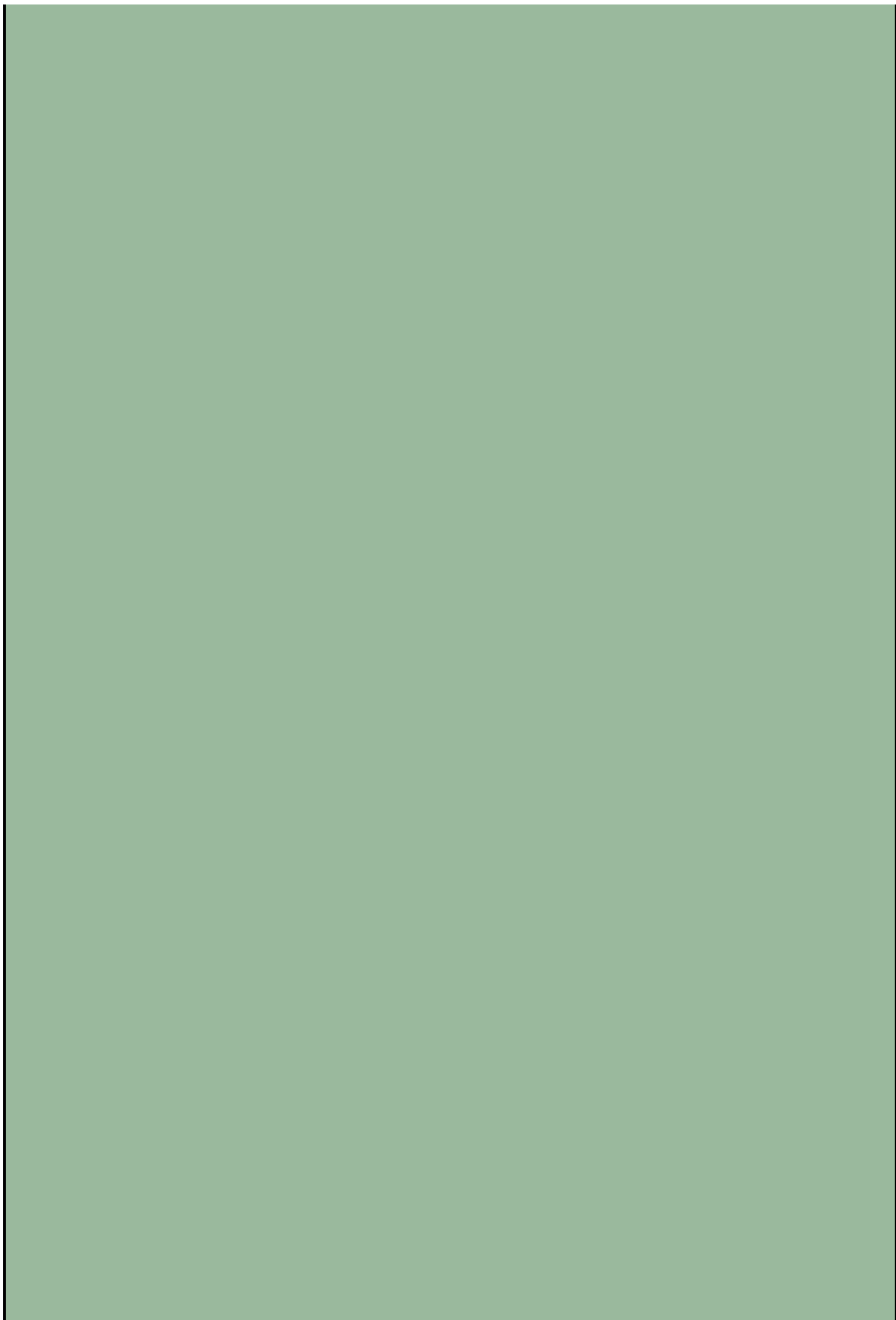
a pinch of ground cinnamon

1 teaspoon raw honey

SERVES 1 (GENEROUS 1 CUP)

Pour your cashew milk into a blender along with the dates, cinnamon, and raw honey. Blend thoroughly.





THE NUT BUTTERS

Nut butters should be used all the time in smoothie making, as they provide essential fats and flavor. They change the whole consistency of the smoothie into a creamy, delightful drink with some bite.

Making your own nut butter ensures that you will always know exactly what has been added to your smoothies. Your nut butters will never include additives, stabilizers, and sugars that grocery store butters contain to extend their butters' shelf life. These homemade butters are the real thing, only containing ingredients that will provide your body with the best nutrition.

These homemade nut butters will keep for a maximum of 10 days, but they are so delicious that they will be long finished before their 10-day expiration date.

[MIXED NUT BUTTER](#)

[CHOCOLATE HAZELNUT BUTTER](#)

MIXED NUT BUTTER

$\frac{2}{3}$ cup almonds

$\frac{1}{3}$ cup cashews

$\frac{1}{3}$ cup pecans

$\frac{1}{2}$ cup walnuts, shelled

1 tsp coconut oil

4 dates, pits removed

1 tbsp ground cinnamon

MAKES 5 OUNCES

Blend all the nuts together for three minutes until they are all smooth. Then, add your coconut oil, dates, and cinnamon.

Continue to blend for a further eight minutes at a slow and steady pace until the texture is soft and creamy. Put in an airtight container and close the lid. Store at room temperature for a maximum of 10 days.

TIP

If you want to make one pure nut butter, replace the weight of the other nuts with your single choice of nut ($1\frac{2}{3}$ cups total). Peanut and almond butters are fantastic!

CHOCOLATE HAZELNUT BUTTER

2 cups hazelnuts, shelled

1 teaspoon coconut oil

3 teaspoons raw cacao powder (untreated and unprocessed)

2 teaspoons cacao nibs

MAKES 5 OUNCES

Blend the hazelnuts and coconut oil slowly for three minutes. Then, add your raw cacao powder and cacao nibs.

Continue to blend for a further eight minutes on a slow and steady pace until the texture is soft and creamy. Put in an airtight container and close the lid. Store at room temperature for a maximum of 10 days.

JUICING JARGON

FIBER is an important part of a healthy diet and helps prevent heart disease, diabetes, weight gain, some cancers, and can also improve digestive health. There are two different types of fiber—soluble and insoluble. Each type of fiber helps your body in different ways, so a healthy diet should include both types. Soluble fiber can be digested by your body and can help reduce cholesterol. Foods that contain soluble fiber include: oats, barley, rye, bananas, apples, carrots, and potatoes. Insoluble fiber can't be digested. It passes through your gut without being broken down and helps other foods move through your digestive system more easily. Insoluble fiber keeps your bowels healthy and helps prevent digestive problems. Good sources of insoluble fiber include: whole wheat bread, bran, nuts, and seeds. While juicing, insoluble fiber is removed so that the nutrients are more readily absorbed as the digestive system doesn't have to separate them from the fiber.

ENZYMES are large proteins that act as catalysts to help speed up digestion and break down foods. There are different types of enzymes, some are specifically for fats, carbohydrates, and proteins. Digestive enzymes are needed to help break down foods so that your gut can distribute the nutrients from food. The number of enzymes that we can produce is limited, which is why it's so important to have the right foods that contain these. Both fruit and vegetables are high in natural enzymes.

ANTIOXIDANTS are manmade or natural substances that may prevent cell damage, caused by an overload of free radicals. Free radicals are caused by an increase of toxins in the body from things such as pollution, cigarette smoking, alcohol, sunlight, and heavily processed foods. Antioxidants are found in many foods, including fruits and vegetables and specifically in foods that contain vitamins A, C, and E. There is good evidence that eating a diet with lots of vegetables and fruits is healthier and lowers your risk of certain diseases.

GLUCOSE is a simple sugar and carbohydrate that comes from food and is essential in the body for all cells and organs. It gives us energy, and without it we wouldn't be able to live. When we eat food, it is broken down into sugar in our stomachs and then absorbed into the bloodstream. Glucose is stored as glycogen in our liver, to be used when we need energy. If we have too much, the glucose is eventually stored as fat so it is essential to have it as part of a balanced diet and to get our glucose from healthy sources such as fruit and vegetables.

FRUCTOSE often referred to as fruit sugar, is found in fruits, honey, and to a lesser extent, in vegetables. It is often thought of in positive terms as it is a "natural" sugar because it comes from fruit. Small doses of fructose are acceptable for the body. However, it should be consumed in small doses and only in its natural form (from fruits and some vegetables). It's often found in large amounts of heavily refined, processed foods, candy, and sodas, and the negative effects of this can include liver damage, increased fat storage, and overeating due to its addictive nature.

VITAMINS are substances that your body needs to grow and develop normally. There are 13 vitamins your body needs. They are vitamin A, B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B6, vitamin B12, and folate), vitamin C, vitamin D, vitamin E, and vitamin K. Your body can make vitamins D and K. People who eat a vegetarian diet may need to take a vitamin B12 supplement. Vitamins A, C, E are also antioxidants that help protect the body from free radicals. Vitamins B and C are water-soluble which means that we lose them daily through bodily processes such as sweat and urination so they must be replaced. Fat soluble vitamins A, D, E, and K are stored in the liver, and to get the full benefits of these vitamins they are best absorbed with some healthy fats such as avocado or olive oil (uncooked). The best way to get vitamins is to eat a varied diet that is not processed. Many processed foods extract vitamins to increase their shelf life.

AMINO ACIDS are chains of chemicals that join together to make proteins. Protein is essential for growth and repair in the body. There are 20 amino acids that combine to make different proteins, and humans can produce 10 of these. The others must be supplied through food, and daily as the body does not store them.

MINERALS are an essential part of a healthy diet. Your body uses minerals for building bones, making hormones, and regulating your heartbeat. There are two kinds of minerals: macrominerals and trace minerals. Macrominerals are minerals your body needs in large amounts while trace minerals are only needed in small amounts. Minerals are found in foods such as meat, fish, milk and dairy foods, vegetables (particularly dark green, leafy vegetables), fruit, beans, and nuts.

You can get all of the minerals that you need from a plant-based diet, as vegetables are an excellent source.

FREE RADICALS are highly unstable molecules and can be formed when oxygen interacts with certain molecules. They are formed from a variety of conditions including when our body is exposed to toxins in our environment, sunlight, cigarette smoke, alcohol, and the food that we eat (processed, fried foods are the worst). Once a free radical is formed, it turns other molecules in the body into free radicals. Oxidative stress is brought on by free radicals and is thought to play a role in a variety of diseases including cancer, cardiovascular diseases, diabetes, Alzheimer's disease, Parkinson's disease, and eye diseases. To prevent the effects of free radicals it is key to have a diet high in antioxidants.

PULP is the part of vegetables and fruit that contains fiber. When juicing, the pulp is extracted from the vegetables and fruit in order to remove the insoluble fiber. Often when juicing using a traditional juicer with a blade there is wet pulp left. Twice cold-pressed juice is free of pulp—it's the purest form of the juice—and the nutrients are easily absorbed as they have been freed from fiber.

SPIRULINA is a type of blue-green algae that is rich in protein, vitamins, minerals, carotenoids, and antioxidants that can help protect cells from damage. It contains

nutrients, including B-complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid). Studies suggest that spirulina may boost the immune system, help protect against allergic reactions, and have antiviral and anticancer properties.

WHEATGRASS is grown from the wheat seed (wheat berries), which is the whole kernel of the wheat grain. It is a healing grass and one of the best natural sources of vitamins A and C. It's a great purifier of the stomach, liver, pancreas, and circulatory system. When juiced it is a powerful, raw food with over 80 enzymes. It has been known to help speed up metabolism, detox the body, help the digestive system, develop a healthy immune system, and aid glowing skin.



THE JUICE PLAN

The Juice Plan is a gentle cleanse, but one with a difference. It's a reboot plan that's been devised to deliver concentrated levels of nutrients along with some fiber, fat, and protein, all of which our bodies need to function on an everyday basis.

This cleanse is different to typical cleanses because it's a short-term plan (one to two days maximum) and because it contains other nutritional elements such as almond milk and nuts. Adding almond milk will offer you protein which stabilizes your blood's glucose levels and chewing the nuts will communicate to your brain that you are still eating, which is super important when you are hungry and craving food.

The Juice Plan shouldn't cut your calories to a level where you feel horrible, instead it should offer a practical short-term focus that gives your body a break, together with the nutrients it needs.

BREAKFAST	2¼ cups Green Wake Up (page 28) + one handful of nuts
MID A.M.	about 1 cup almond milk (page 127)
LUNCH	2¼ cups Kale Foundation (page 30) + one handful of nuts
MID P.M.	about 1 cup almond milk (page 127)
LATE AFTERNOON	2¼ cups Kale Foundation (page 30) + one handful of nuts
EVENING	2¼ cups Green Wake Up (page 28) + one handful of nuts
LATER	2¼ cups Kale Foundation (page 30)

MOTIVATION

More than anything, I believe in a sustainable approach to eating. Nothing works better than approaching your diet with a consistent and balanced point of view. When I started juicing, I would never have felt better if I had expected to see immediate results. We live in a world that is so fast-paced and immediate, that we all want immediate gratification and instant results. Unfortunately, our bodies don't work that way—they need time to heal and restart.

My juicing experience has helped me get to where I am today, healthy, revived, and more energetic than ever and I hope I have motivated you to do it too. It takes a lot of willpower to stay attached to your juicing beliefs and to stick to juicing every day, while continually eating healthier food. I did not opt for a juice diet to get instant results, I knew I needed a long-term plan. I practiced discipline and self-love, two very difficult attributes, so that I could reach my goal. I knew deep inside that juicing would work, because all the nutritional facts made sense. There are no fads, no lies, and no false claims—just the truth: Drinking vegetable juices will heal your body from within.

It worked—it took a year until I started feeling better, but I got there. And that feeling of achievement is one I will never forget, it's what keeps me going, every dark, gloomy London morning, when I have to make my green juice so that I can maintain the incredible feeling of clarity and energy that juicing provides me with.

There will come a time, after you have juiced for a while, when you feel demotivated. I know how much easier it will seem to opt for a snack rather than making your juice. I urge you to not give up! I urge you to trust in me and believe that you will achieve all you want, by drinking small quantities of juice every day. If you get fed up with repetitive juicing, mix it up with shots, target juices, smoothies, and even start creating your own juices with your favorite ingredients. Don't stop until your body is starting to appreciate all the goodness you are feeding it. Don't give up, because that feeling of achievement you will gain when you reach your goal is incomparable!

We have reached the end of our juicing journey together. While writing this book, I have fallen in love with juicing all over again! I feel incredibly lucky that I have been given the chance to write about something I love so much, and I am so grateful to have had you on board with me throughout.

I 100% believe in every word I have written here, and I hope you now do too.

All my love,

Sarah

INDEX

Page numbers listed correspond to the print edition of this book. You can use your device's search function to locate particular terms in the text.

A

acai 92

alfalfa sprouts

reducing inflammation shot 84

almond milk:

the all-day breakfast 100

the bee 104

the big boy 102

green tea almond milk 128

the ultimate chocolate smoothie 112

vanilla almond milk 128

almonds:

mixed nut butter 132

nut milks 127

aloe vera:

aloe vera healer 38

glowing skin juice 73

healing shot 87

shine from the inside juice 75

“tulsi” basil juice 66

apples 16–17, 19, 34

aloe vera healer 38

antibacterial shot 86

beet toner 46

de-stress juice 74

E3 Live juice 52

green powerhouse 34

green wake up 28
kale foundation 30
lemongrass de-stress 48
papaya cleanser 58
shine from the inside juice 75
spinach dynamo 32
strength juice 70
sweet potato weight loss 62
“tulsi” basil juice 66

avocados 19, 92

the ultimate chocolate smoothie 112

B

bananas:

the agua fruit smoothie 114

the all-day breakfast 100

the bee 104

the big boy 102

the gym freak 106

the smart one 110

basil:

“tulsi” basil juice 66

watermelon base 121

bee pollen 92

the bee 104

beet 16, 46

beet toner 46

strength juice 70

blackberries: berry base 104

blueberries 94

the big boy 112

brazil nuts: nut milks 127

C

cabbage 19

cacao nibs 93

- the all-day breakfast 100

- chocolate hazelnut milk 129

- chocolate hazelnut

- butter 133

- the gym freak 106

cacao powder 94

- the big boy 102

- chocolate hazelnut milk 129

- energy shot 83

- hazelnut and chocolate

- nut butter 133

- the smart one 110

- the ultimate chocolate smoothie 112

carrots 16, 42

- beet toner 46

- carrot energizer 42

- leaf lunch 44

- lemongrass de-stress 48

- strength juice 70

- weight loss juice 72

cashew milk, cinnamon 129

cashews: mixed nut butter 132

- nut milks 127

cayenne pepper 17

celery 16, 19

- green powerhouse 34

- kale power 50

- leaf lunch 44

camomile: pineapple sleep aid 60

chia seeds 93

the agua fruit smoothie 114

the coconut hydrator 108

glowing skin juice 73

cilantro: aloe vera healer 38

cleanse + shot 81

green powerhouse 34

herbal retreat 36

kale power 50

sleep enhancing honeydew 64

coconut water: the coconut

hydrator 108

de-stress juice 74

the smart one 110

the ultimate chocolate

smoothie 120

coffee: the smart one 118

cucumber 16, 19

aloe vera healer 38

E3 Live juice 52

energy shot 83

glowing skin juice 73

green wake up 28

herbal retreat 36

kale foundation 30

kale power 50

leaf lunch 44

papaya cleanser 58

reducing inflammation shot 84

sea mineral supplement 56

shine from the inside juice 75
sleep enhancing honeydew 64
spinach dynamo 32
sweet potato weight loss 62
“tulsi” basil juice 66

D

dandelions 17
 cleanse + shot 81
 detoxification shot 82
dates 92
 the bee 112
 cinnamon cashew milk 129
 mixed nut butter 132
 the smart one 110
 vanilla almond milk 128

E

E3 Live juice 52
equipment 20–1, 95

F

flaxseeds: the big boy 102
fruit 12, 14, 16–17, 92

G

ginger 17
 carrot energizer 42
 cleanse shot 80
 detoxification shot 82
 green powerhouse 34
 herbal retreat 36
 lemongrass de-stress 48
 orange & ginger base 120
 spinach dynamo 32

sweet potato weight loss 62

weight loss juice 72

goji berries 93

green tea almond milk 128

H

hazelnut milk, chocolate 129

hazelnuts: chocolate hazelnut

butter 106, 133

nut milks 127

hemp protein 94

the gym freak 106

hemp seeds: nut milks 127

herbs 17

honey 93

the bee 104

watermelon base 121

K

kale 16, 19

kale foundation 30

kale power 50

pineapple digestive 60

strength juice 70

kelp 56

sea mineral supplement 56

L

lemongrass 17

lemongrass de-stress 48

sleep enhancing honeydew 64

sweet potato weight loss 62

lemons 17, 28, 30

cleanse shot 80

lemon juice 18

lettuce: pineapple sleep aid 60

limes: cleanse + shot 81

cleanse shot 80

E3 Live juice 52

kale power 50

orange and ginger base 102

lucuma powder 94

M

maca 93

energy shot 83

the gym freak 106

melons 17, 19

active juice 71

cleanse + shot 81

sleep enhancing honeydew 64

watermelon base 103

weight loss juice 72

mint 17

active juice 71

the aqua fruit smoothie 114

E3 Live juice 52

herbal retreat 36

kale foundation 30

leaf lunch 44

papaya cleanser 58

pineapple sleep aid 60

watermelon base 103

N

nuts: mixed nut butter 132

nut butters 130–3

nut milks 126–9

O

oats: the all-day breakfast 100

the big boy 102

oranges: glowing skin juice 73

orange and ginger base 120

oregano: antibacterial shot 86

P

papaya 19

healing shot 87

papaya cleanser 58

parsley 17

sea mineral supplement 56

spinach dynamo 32

peanut butter: the gym freak 106

pecans: mixed nut butter 132

peppers: shine from the inside

juice 75

pineapples 17, 19

pineapple digestive 60

pumpkin seeds: the big boy 102

R

raspberries: berry base 122

S

sesame seeds:

the all-day breakfast 100

the bee 104

the gym freak 106

the ultimate chocolate

smoothie 112

spices 17

spinach 16, 19

aloe vera healer 38

E3 Live juice 52

green wake up 28

leaf lunch 44

sea mineral supplement 56

sleep enhancing honeydew 64

spinach dynamo 32

spirulina 137

the coconut hydrator 108

strawberries 19

the agua fruit smoothie 114

berry base 122

sugar 14

super green powders 94

sweet potatoes 16, 19

sweet potato weight loss 62

T

tarragon: herbal retreat 36

Thai coconut 116

tulsi 66

“tulsi” basil juice 66

V

vegetables 12–13, 16

W

walnuts: mixed nut butter 132

the smart one 110

watercress: beet toner 46

watermelon: active juice 71

the agua fruit smoothie 114

watermelon base 103

weight loss juice 72

wheatgrass 137

oxygenating shot 85

whey protein 94



ACKNOWLEDGMENTS

I would have never been able to complete this book without the support, love, and constant attention from my husband, Laurent. He kept me going when it all got too much, and carried me when I felt overwhelmed and overworked. The incredible love that he gives me every day has allowed me to open my heart and pour it into this book. I dedicate it to him and to our little girl who is coming into this world in less than 10 weeks.

My editor, Romilly Morgan has been so supportive and lovely along the way and I wish to thank her for her openness and extremely kind way of handling me throughout the process. I would also like to thank Rachael for her hard work and help in writing the book.

Kristin Perers, the most incredible photographer I have come across. This book would never have looked as good without your magic touch.

Most importantly, I thank you for buying this book and for believing in me and what I have to say.

Publishing Director Jane O'Shea

Creative Director Helen Lewis

Editor Romilly Morgan

Designers Gemma Hogan, Emily Lapworth

Photographer Kristin Perers

Prop Stylist Holly Bruce

Food Stylist Camilla Baynham

Production Vincent Smith, Stephen Lang

First published in 2015 by

Quadrille Publishing Ltd

www.quadrille.co.uk

Text © 2015 Sarah Cadji

Photography © 2015 Kristin Perers

Design and layout © 2015 Quadrille

Publishing Limited

The rights of the author have been asserted. All rights reserved. No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, electrostatic, magnetic tape, mechanical, photocopying, recording or otherwise, without the prior permission in writing of the publisher.

Cataloguing in Publication Data: a catalogue record for this book is available from the Library of Congress.

This edition was published by

The Countryman Press,

P.O. Box 748, Woodstock, VT 05091

Distributed by W. W. Norton & Company,
Inc., 500 Fifth Avenue, New York, NY 10110

978 1 58157 310 7