



# FOOD MATTERS<sup>®</sup> GREEN JUICE GUIDE

The ultimate health kickstart guide.  
7 green juice recipe ideas, 7 day grocery list  
and 7 Day Challenge Wall Planner



## Why Green Juice?

- Green juices allow you to add a wider variety of vegetables to your diet and are the perfect way to consume the recommended daily serving of vegetables without feeling over full.
- Green juices promote alkalinity and rapidly help shift your bodies pH from acidic to alkaline.
- Green juice digests in about 10 minutes so your body gets a concentrated dose of nutrition almost instantly!
- Green juices are the ultimate energy and clarity boost!

## Green Juice Tips!

- Where possible, always use organic produce. Otherwise peel produce before juicing, especially apples and celery as they rank top among the produce most sprayed with pesticides.
- Always wash produce thoroughly before juicing to remove dirt, grit and bugs.
- Some fibrous fruits and vegetables that are “stringy” are best pre-cut to a short length before being juiced to prevent the fibers getting wrapped around the juicers internal mechanism.
- Wet leaves and herbs generally do not pass through a juicer as well as when dry, so pat produce dry first before juicing.
- Citrus fruits are best peeled when being juiced.



## Food Matters Perfect Green Juice

*Serves 1*

- 1-2 celery stems
- 1/2 cucumber
- 1 large kale leaf
- 1/8 fennel bulb
- 1 green apple
- 1/2 lemon, peeled (optional)

From Food Matters the Recipe Book



## 2

### Crisp and Clean Green Juice

*Serves 1*

- 1 large wedge green cabbage
- 1 green apple
- 1 large bunch romaine lettuce leaves
- 1" ginger root

*Other optional greens: spinach, kale, chard and dandelion.*

Adapted from Joe Cross

## 3

### Boost Juice

*Serves 1*

- 1/4 medium pineapple
- 1 small handful alfalfa sprouts
- 1 small handful parsley
- 2 large kale leaves
- 1 large broccoli stem
- 1 oz shot of wheatgrass juice or 1 teaspoon of wheatgrass powder (optional)

Adapted from Jason Vale

## 4

### The Nutrient Express Juice

*Serves 1*

- 1/2 punnet berries
- 1 small handful parsley
- 2-3 large kale leaves
- 1 large carrot
- 1 large celery stem
- 1 green apple (optional)

*Berries to try: blackberries, blueberries, strawberries.*

*Other optional greens: romaine, spinach, chard and dandelion.*

Adapted from Mike Adams



# 5

## Make Juice Not War Green Drink

*Serves 1*

- 1 small cucumber
- 1 large kale leaf
- 1 large handful of sprouts (sprouts to try - sweet pea, alfalfa, broccoli, sunflower etc)
- 1 celery stem
- 1 large broccoli stem
- 1/2 pear or green apple (optional)

*Other optional greens: romaine, parsley, spinach and dandelion.*

Adapted from Kris Carr

# 6

## Food Matters Extreme Green Juice

*Serves 1*

- 5 florets of broccoli
- 1-2 celery stems
- 1 small bunch parsley
- 1 green apple

From Food Matters the Recipe Book

# 7

## The Classic Green Juice

*Serves 1*

- 1 medium zucchini
- 2-3 large kale leaves
- 1 green apple
- 1 small handful cilantro
- 1 lemon, peeled
- 1" ginger root (optional)

Adapted from The Gerson Institute

# Food Matters Green Juice Grocery Guide

Take this handy guide with you when you go shopping.

We've included our seven green juice recipes and shopping quantities if you make that juice for the week.

<p><b>1</b> <b>Food Matters Perfect Green Juice</b> 1-2 celery stems 1/2 cucumber 1 large kale leaf 1/8 fennel bulb 1 green apple 1/2 lemon, peeled (optional)</p>	<p><b>2</b> <b>Crisp and Clean Green Juice</b> 1 large wedge green cabbage 1 green apple 1 large bunch romaine lettuce leaves 1" ginger root  Other optional greens: spinach, kale, chard and dandelion.  Adapted from Joe Cross</p>	<p><b>3</b> <b>Boost Juice</b> 1/4 medium pineapple 1 small handful alfalfa sprouts 1 small handful parsley 2 large kale leaves 1 large broccoli stem 1 oz shot of wheatgrass juice or 1 teaspoon of wheatgrass powder (optional)  Adapted from Jason Vale</p>	<p><b>4</b> <b>The Nutrient Express Juice</b> 1/2 punnet berries 1 small handful parsley 2-3 large kale leaves 1 large carrot 1 large celery stem 1 green apple (optional)  Adapted from Mike Adams</p>	<p><b>5</b> <b>Make Juice Not War Green Drink</b> 1 small cucumber 1 large kale leaf 1 large handful of sprouts (sweet pea, alfalfa, broccoli, sunflower etc) 1 celery stem 1 large broccoli stem 1/2 pear or green apple (optional)  Adapted from Kris Carr</p>	<p><b>6</b> <b>Food Matters Extreme Green Juice</b> 5 florets of broccoli 1-2 celery stems 1 small bunch parsley 1 green apple</p>	<p><b>7</b> <b>The Classic Green Juice</b> 1 medium zucchini 2-3 large kale leaves 1 green apple 1 small handful cilantro 1 lemon, peeled 1" ginger root (optional)  Adapted from The Gerson Institute</p>
<p>1 large bunch of celery 4 cucumbers 1 large bunch of kale 1 large fennel bulb 7 green apples 4 lemons (optional)</p>	<p>1 large whole green cabbage 7 green apples 3 heads romaine lettuce (or other greens to the same quantity) 7" ginger root</p>	<p>2 medium pineapples 2 punnets alfalfa sprouts (or similar substitute) 2 large bunches of parsley 2 large bunches of kale 7 large broccoli stems 1 tray wheatgrass juice or wheatgrass powder (optional)</p>	<p>4 punnets of berries 2 large bunches of parsley 3 large bunches of kale (or other greens to the same quantity) 7 large carrots 1 large bunch of celery 7 green apples (optional)</p>	<p>7 small cucumbers 1 large bunch of kale (or other greens to the same quantity) 2 punnets sprouts 1 large bunch of celery 7 large broccoli stems 4 pears or green apples (optional)</p>	<p>3 heads of broccoli 1 large bunch of celery 7 small bunches of parsley 7 green apples</p>	<p>7 medium zucchini 2 large bunches of kale 7 green apples 2 large bunches of cilantro 7 lemons 7" ginger root (optional)</p>



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## 7 Days in May Green Juice Challenge 2013

### Wall Planner

MAY 2013						
SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11

\*Track your progress on the calendar. You could add notes about which juice you made and how it turned out.

#### TO DO LIST

- Like Food Matters on Facebook for daily tips and support during the 7 day challenge and share your experience with the Food Matters community.
- Read the Food Matters Juicer Buying Guide to understand the amazing benefits of drinking fresh green juice.
- Pick your juice for the 7 day challenge (choose 1 for the week or experiment and try a different one every day!)
- Do your grocery shopping.
- Juice your way to better health and track your progress on the calendar.

#### JUICY AFFIRMATIONS:

"I am committed to my health."  
"Every green juice I drink makes my body happier and healthier."