

FIT BODY CHALLENGE

JUICING & SMOOTHIE GUIDE





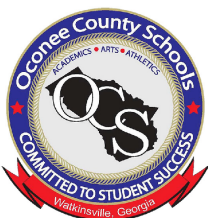
FIT BODY CHALLENGE

JUICING GUIDE

TIPS

Tips for Juicing

- 1. Watch the sugar!** We are trying to detox from sugar, so make your juices at least 70% low sugar vegetables and no more than 30% high sugar ingredients. Low sugar vegetables are leafy greens (like kale, spinach, arugula, beet greens, collard greens, herbs, etc.), cruciferous vegetables (such as broccoli, cauliflower, asparagus, cabbage, etc.), celery, cucumbers, bell peppers, onions, radishes, tomatoes and zucchini. High sugar ingredients are fruits (apples, oranges, grapefruit, melon, peaches, pears, etc.) and starchy vegetables (such as beets, carrots and sweet potatoes).
- 2. Go green, baby!** Green apples have less sugar than other varieties, so use these to sweeten your detox juices. If you have a favorite juice recipe that has several high-sugar ingredients (such as carrot-apple-ginger-beet), just balance it out with a green juice for the next choice!
- 3. Balance the bitter!** Many ingredients in detox juices are highly alkaline (such as celery and kale), which can taste very bitter. Use small amounts of lemon juice, ginger or garlic to balance the bitter taste of alkaline vegetables. Don't use them all at once! Half of a lemon, an inch of garlic root OR a few cloves of garlic are generally all that is needed.
- 4. Organic, please!** Most of us are on a budget, and (hopefully!) part of that budget is reserved for organically grown foods. Here is the place to splurge on the organic varieties over the conventional. At the very least, it is strongly advised to buy organic leafy greens (kale, spinach, etc.) for juicing. These vegetables have a large surface area and can collect lots of pesticides if conventionally grown.
- 5. Beneficial oils optional!** For increased nutrient absorption and even more health benefits, consider adding a tablespoon of organic oil to your juice. Coconut oil, extra virgin olive oil and flaxseed oil are excellent choices. These oils help your body absorb nutrients from the juice while providing heart-healthy fatty acids. Don't overdo it! Limit this addition to no more than two juices per day. Rotate the oils – use coconut oil one day and olive oil the next!
- 6. Experiment, have fun!** If you are new to juicing, green juices may be shocking to your palate. Do what you can, but don't force yourself to gulp down something you hate. Juicing should be an enjoyable way to enhance your health and experience foods and flavors in a new manner. Don't let any of these guidelines inhibit you from trying a new juice recipe – all juices containing a mix of fresh vegetables and fruits will provide healthful nutrients to your body!



FIT BODY CHALLENGE

SMOOTHIE GUIDE

TIPS

Tips for Smoothies

** Smoothies are incredibly easy to make and clean up, and modern products are making it even easier!*

** The modern kitchen is more likely to be equipped with one of these blending products than a juicer, making smoothies a very popular alternative to juicing. Unlike juices, smoothies contain all of the fiber from the fruits and vegetables from which they are made.*

1. Keep it simple! There are three basic components to any detox smoothie

- A. Greens (such as kale, spinach, chard, celery, cucumber, etc.) provide vitamins, minerals, fiber and chlorophyll, a powerful detoxifying component of plants.
- B. Liquid (such as water, green tea, coconut water, or almond milk) is used to thin out the smoothie.
- C. Fruit balances the greens, adds vitamins, minerals and fiber, and enhances the texture. Fruit may be fresh or frozen.

2. The freezer is your friend! You may find it convenient (and less expensive) to buy frozen fruits. A handful of frozen mixed berries, frozen diced mango or pineapple, or any other frozen chopped fruit is about half of a cup. The frozen fruit will be cooling and add a creamier texture to your smoothie!

3. Add some pizzazz! There are many additions you may sneak into any smoothie to increase the nutrient content. Try one at a time to keep from getting overwhelmed!

- A. Lemons, limes and ginger can help offset the bitter alkaline taste of greens and celery.
- B. Half of an avocado will boost vitamins, minerals and healthy fats while providing a creamy texture.
- C. Nuts, such as almonds, almond butter, and flax meal will increase fiber, mineral and healthy fats in your smoothies.
- D. Cilantro, mint, fennel, watercress or arugula can add a little spice!
- E. Spirulina packs protein and chlorophyll, a powerful detoxification agent!
- F. Raw cacao powder adds a chocolaty flavor, plus essential minerals like magnesium. Try some with almond butter for a heavenly post-workout recovery shake!
- G. A tablespoon of organic oil, such as coconut, extra virgin olive oil or flaxseed oil, will provide healthy fats and help your body absorb more of the nutrients in the smoothie. This addition is most beneficial if you are using water or tea as your liquid, as almond milk already contains beneficial fats.

H. Protein powder is an excellent addition to your post-workout recovery shake!

4. Experiment, have fun! Don't let these guidelines keep you from trying something new! As long as you make sure your smoothies contain some vegetables, some fruit, a non-dairy base and no added sugar, you can't go wrong. If you do have a smoothie that doesn't comply, just have a green smoothie next time to balance it out. Be realistic! Don't try to force yourself to drink a smoothie that you really don't like – this should be an enjoyable way to get your nutrients!



FIT BODY CHALLENGE

JUICING

RECIPES

Detox Green Juice

2 stalks celery
1 bunch kale leaves (preferably lacinato)
1 green apple
1 big handful of flat leaf parsley
1 lime
1 lemon
1 inch of fresh ginger root
1 tbsp organic coconut oil (optional,
for additional health benefits)

Directions:

Process all ingredients through juicer. Pour in
melted coconut oil, if using.

Shake or stir and serve.





FIT BODY CHALLENGE

JUICING

RECIPES

Original V-8 Recipe

1/2 medium bell pepper
2 large carrots
3 large celery stalks
1/2 cucumber
2 handfuls parsley
1 cup spinach
3 medium tomatoes

Directions:

Process all ingredients through juicer. Shake or stir. Serve over ice (if desired).

Recipe: <https://juicerecipes.com/recipes/original-v-8-recipe-17>





FIT BODY CHALLENGE

JUICING

RECIPES

Beet-it-Up!

1.5cm fresh ginger
3 beets
3 carrots
3 stalks celery

Directions:

Process all ingredients through juicer.

Shake or stir. Serve over ice (if desired).

Recipe: [http://
www.mindbodygreen.com/0-183355/
13-detox-juices-to-drink-yourself-clean.html](http://www.mindbodygreen.com/0-183355/13-detox-juices-to-drink-yourself-clean.html)





FIT BODY CHALLENGE

JUICING

RECIPES

Carrot Cleanser

4 carrots
1cm fresh ginger
1 green apple
½ lemon
Green Treat:
2 stalks celery
½ cucumber
1 kiwi fruit
½ lemon
½ cup parsley
½ cup sprouts



Directions:

Process all ingredients through juicer.

Shake or stir. Serve over ice (if desired).

Recipe: <http://www.mindbodygreen.com/0-18335/13-detox-juices-to-drink-yourself-clean.html>



FIT BODY CHALLENGE

JUICING

RECIPES

Kale & Pear

2 stalks kale
1 cup spinach
1 pear
½ lime
3 stalks celery
½ cucumber

Directions:

Process all ingredients through juicer.

Shake or stir. Serve over ice (if desired).

Recipe: <http://www.mindbodygreen.com/0-18335/13-detox-juices-to-drink-yourself-clean.html>





FIT BODY CHALLENGE

SMOOTHIE RECIPES

Green and Clean

1/4 Cucumber
1/2 handful Spinach or Other Leafy Green
1/2 Avocado
1 Celery stalk
2 sprigs Fresh Mint
1 Kiwifruit
1 cup Purified Water
1/2 of apple
Squirt of lemon

Directions:

Blend everything together in your blender.

If you're using organic cucumber (recommended) you can leave the peels on for added nutritional value.

Recipe: <http://bembu.com/detox-smoothie-recipes>





FIT BODY CHALLENGE

SMOOTHIE

RECIPES

All About the Berries

1 1/2 cups Berry Mix
(Blueberries, Raspberries, Blackberries)
1/2 cup Coconut Milk
1 cup Purified Water
1/8 cup rolled oats

Directions:

Blend everything together until you reach a smoothie consistency.

The beauty of berries is their easy prep. Fresh berries need a rinse before going in, while frozen you just pop right in.

When detoxing organic produce is always recommended.

Recipe: <http://bembu.com/detox-smoothie-recipes>





FIT BODY CHALLENGE

SMOOTHIE RECIPES

Kale It Up Smoothie

1 handful Kale
1/2 apple
1 cup Coconut Water

Directions:

Blend everything together until you reach a smoothie consistency.

If you use curly kale make sure you cut off the hard and stringy ribs that run down the middle of the leaf.

Most blenders will have a tough time with these, and even if you use a professional grade blender it might still leave bits behind. We recommend baby kale, since you can just grab it and toss it in.

Recipe: <http://bembu.com/detox-smoothie-recipes>





FIT BODY CHALLENGE

SMOOTHIE RECIPES

Lemon Lime Detox

1/2 medium lemon, peeled and deseeded.
1/2 medium lime, peeled and deseeded.
2 medium bananas, peeled.
Juice from 1 large orange.
1-2 cups chopped dandelion greens, kale or spinach (optional)*

Directions:

Add the greens to your blender last.

Blend everything together until you reach a smoothie consistency.

This green smoothie combines the sour flavor of lemon-lime with the sweetness of banana and orange for a delicious blend. Added to the mix are dandelion greens, believed to be one of the top cleansing greens you can eat. If you don't have access to dandelion greens, simply use a different leafy green such as kale, chard, collards or even spinach.

Since this is a detox smoothie recipe, I recommend that you use only organic ingredients since conventional produce may have pesticide residues.

Recipe: <http://www.incrediblesmoothies.com/recipes/lemon-lime-detox-smoothie-recipe/>





FIT BODY CHALLENGE

SMOOTHIE RECIPES

Blueberry Lemon Detox

1 cup frozen blueberries
½ medium banana
¾ cup plain nonfat Greek yogurt
1 tsp grated lemon peel
½ cup cold water

Directions:

Blend everything together until you reach a smoothie consistency.

Thanks to blueberries, banana and lemon, you'll flood your body with anti-aging and disease-fighting phytonutrients and bloat-fighting potassium and water—and those phytonutrients will help to mop up damage caused by free radicals and toxins from processed foods, pollution and stress!

This smoothie feels light in your stomach and its' nutrients help to fight inflammation, calming your insides and battling bloat.

And although this smoothie feels light, it fills you up and is satisfying, preventing the urge to snack and helping to get you back to eating clean. It's simple, so it makes starting your day off feeling rejuvenated, light and on the healthy track easy!

Hello, recharged, cleansed body!

Recipe: <http://nutritiontwins.com/blueberry-lemon-morning-detox-smoothie/>





FIT BODY CHALLENGE

SMOOTHIE RECIPES

Kiwi Apple

1 1/2 oz collard greens
1 kiwi - peeled
1 persian cucumber - chopped
1 apple - chopped
1 meyer lemon - peeled
1/2 inch ginger
1 cup water
1 cup ice

Directions:

Blend everything together until you reach a smoothie consistency.

Start off on a fresh, healthy foot with this high fiber, immune boosting smoothie that has exactly zero grams of fat. First introduced to the US from China in the 20th century, meyer lemons are sweeter than regular lemons, and are thought to be a cross between a mandarin orange and typical lemon.

Because they're a hybrid, they're sweeter, and don't have the traditional acidic tang of classic lemons. Give your body a healthy dose of vitamins C, A, K, as well as iron, fiber, natural hydration and anti-inflammatories, while still maintaining a focused diet.

Recipe: <https://greenblender.com/smoothies/recipes/kiwi-apple-detox-smoothie>





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SMOOTHIE RECIPES

Spicy Pineapple Detox

1+ cup water
1 banana (ideally frozen)
1 cup pineapple chunks
1 tablespoon fresh ginger
2 tablespoons lemon juice
1-2 dashes cayenne pepper
1 tablespoon flaxseed (optional)
1 teaspoon maca powder

Directions:

Start with 1 cup of water and add a little more if the smoothie is too thick.

Blend everything together until you reach a smoothie consistency.

Reserve 2 tablespoons of pineapple, diced, for a garnish. Ideally, start with frozen banana and frozen pineapple chunks. You can use fresh banana or pineapple, but the texture won't be quite as creamy as if frozen.

Top with the diced pineapple and a few pinches of cayenne pepper.

Recipe: <http://www.oneingredientchef.com/pineapple-detox-smoothie/>





FIT BODY CHALLENGE

SMOOTHIE RECIPES

Belly Soother

1 cup papaya
1 cup coconut kefir, coconut yogurt or cultured coconut milk
Juice from ½ lime
1 tbsp raw honey

Directions:

Blend everything together until you reach a smoothie consistency.

Treat your tummy to a healthy dose of probiotics, found in tangy kefir.

Recipe: <http://www.prevention.com/food/25-delectable-detox-smoothies/slide/7>

