

New Year New You Juice Cleanse 2014

Juiceology Tip: Try shopping for a few days at a time instead of for the whole cleanse!

Juice #1 Fruit Green Juice <i>(don't forget to buy lemon for your lemon water in the morning!)</i>	Juice #2 Power Green Juice	Juice #3 Herbal Mocktail	Juice #4 Root Veggie Juice	Juice #5 Low Sugar Green Juice	Juice #6 Sweet Treat
<ul style="list-style-type: none"> • green apples 	<ul style="list-style-type: none"> • cucumber 	<ul style="list-style-type: none"> • lemon 	<ul style="list-style-type: none"> • beets 	<ul style="list-style-type: none"> • cucumber 	<ul style="list-style-type: none"> • pumpkin pie spice
<ul style="list-style-type: none"> • oranges/ pineapple 	<ul style="list-style-type: none"> • kale or romaine 	<ul style="list-style-type: none"> • ginger 	<ul style="list-style-type: none"> • carrots 	<ul style="list-style-type: none"> • celery 	<ul style="list-style-type: none"> • carrot juice
<ul style="list-style-type: none"> • kale 	<ul style="list-style-type: none"> • celery 		<ul style="list-style-type: none"> • pineapple 	<ul style="list-style-type: none"> • watercress 	
<ul style="list-style-type: none"> • spinach 	<ul style="list-style-type: none"> • broccoli 		<ul style="list-style-type: none"> • ginger 	<ul style="list-style-type: none"> • lemon 	
<ul style="list-style-type: none"> • romaine 	<ul style="list-style-type: none"> • green apples 			<ul style="list-style-type: none"> • ginger 	

Don't forget:
3:1 ratio of
vegetables
to fruit!

Remember: only use
fruit and vegetables
that you'd eat in your
normal diet!