

Sample 3 Day Juicing Plan

courtesy of
LindaGRiddle.org

A key to sustaining a juice fast is simplicity and variety. Below you will find a sample of what a 3-Day Juicing Plan looks like. This includes a preselected menu which offers 3 days worth of a good variety of basic juices. Each recipe has been modified to yield 3 - 16oz juices, which is equivalent to a serving. (Yield may vary based on produce selected, etc.)

I recommend drinking the juices in the order they are listed each day, starting with a Daily Green no more than 2 hours after waking up. After that, aim to drink a juice every 2 1/2 to 3 hours and never go longer than 3 hours without a juice. Also, be sure to drink plenty of water. As with any change to your diet, please be sure to check with your doctor if you have any health concerns.

3 Day Juicing Menu:

- (3) Daily Green Juices
- (3) Carrot - Apple - Lemon - Ginger Juices
- (3) Beet - Grapefruit - Carrot - Orange Juices
- (3) Mango - Carrot - Lemonade Juices
- (3) Hulk Green Juices
- (3) Citrus Cayenne Kicker Juices

Grocery List:

- 6 large cucumbers
- 2 stalks celery
- 2 bunches kale
- 2 bunches parsley
- 15 red apples (gala, honeycrisp, fuji)
- 3 Granny Smith apples
- 11 large lemons
- 10 lb carrots
- 1 ripe avocado
- 1/2 bag green grapes
- 1 bag frozen mango
- 3 large bags pre-washed spinach
- 2 large limes
- 9 oranges
- 5 large grapefruits
- 2 bunches red beets
- 2 thumb-sized pieces of ginger
- Cayenne pepper

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3-Day Juice Recipes

With the exception of citrus produce, avocado, and frozen mango, process the ingredients of each juice through your juicer. Citrus produce should be processed with a citrus juicer or maybe run through a regular juicer if rinds are removed. In the recipe calling for avocado and frozen mango, blend these items in to your juice in a blender.

Daily Green Juice

3 cucumbers
1 bunch celery
1 1/2 bags spinach
2 bunches parsley
2 bunches kale
4 red apples
2 lemons

The Hulk Green Juice

3 cucumbers
1 bunch celery
1 1/2 bags spinach
1 avocado
1/2 bag green grapes (stems removed)
2 limes
3 green apples

Carrot-Apple-Lemon-Ginger Juice

4 pounds carrots
3 red apples
2 lemons
1 thumb ginger

Mango-Carrot Lemonade

4 pounds carrots
1 bag frozen mango
4 lemons

Beet-Carrot-Grapefruit-Orange Juice

2 bunch red beets (greens included)
2 pounds carrots
5 grapefruits
3 oranges

Citrus Cayenne Kicker

8 red apples
6 oranges
3 lemons
1 thumb ginger
2 dashes cayenne pepper