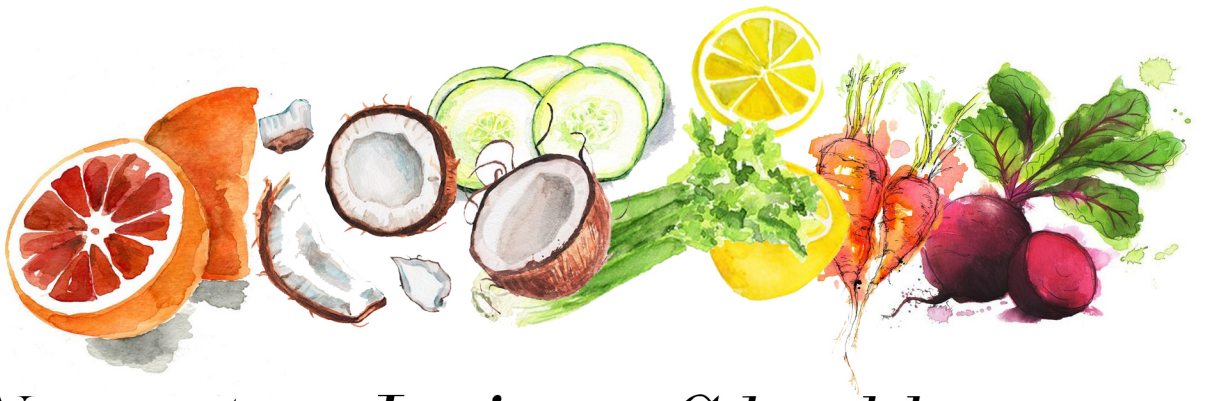




The Modern Life Mrs
NEW TO JUICE CHALLENGE





New to Juice Challenge **ARE YOU READY?**

Things to prepare:

1. Grocery List

Organic of the following:

*1 red cabbage, celery stalks, ginger root
3 granny smith apples, 2 beets, 2 tomatoes
black pepper, cayenne pepper,
1 package of spinach, 4 large carrots,
1 cucumber, 1 sweet potato, head of lettuce,
coconut water, jar of honey*

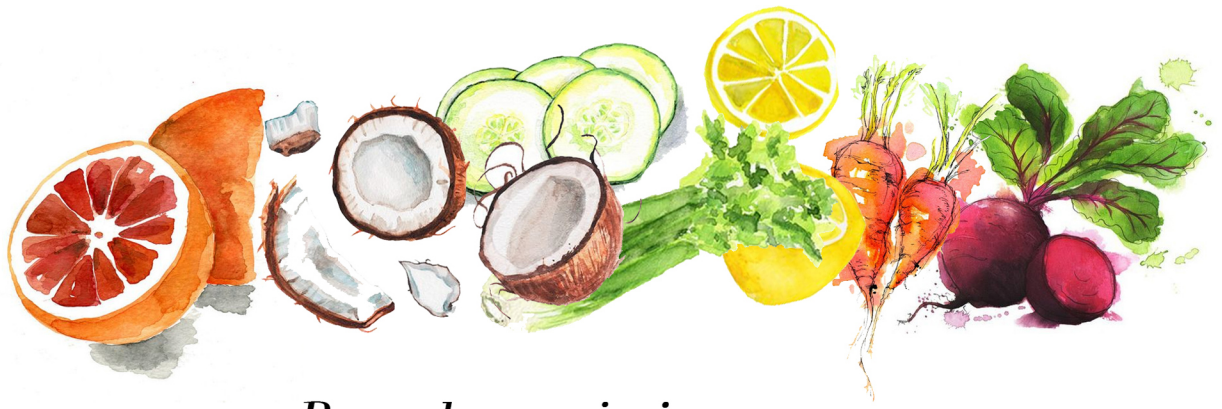
Non organic or organic of the following:

5 lemons, 2 oranges

2. Purchase juicer

I use the Pro Juicer Express (on amazon)

*3. Use #MLMjuicechallenge on
your juice photos to be featured on the
MLM instagram story!*



Purchase juicer

*I use the Jack LaLanne Power Juicer Express
(on amazon)*



Organic of the following:

*1 red cabbage, celery stalks, ginger root
3 granny smith apples, 2 beets, 2 tomatoes
black pepper, cayenne pepper,
1 package of spinach, 4 large carrots,
1 cucumber, 1 sweet potato, head of lettuce,
coconut water, jar of honey*

Non organic or organic of the following:

5 lemons, 2 oranges



New to Juice Challenge TIPS FOR SUCCESS



Juicing 101

- 1. Drink juice RIGHT after making it*
- 2. Always drink juice on an empty stomach*
- 3. Juice right away in the morning is best*
- 4. Keep ingredients and juicer out
at night for next morning*
- 5. Buy organic whenever possible*



New to Juice Challenge
DAY ONE

Unicorn Juice:

1/3 head of red organic cabbage

1 organic granny smith apple

4 cubes of ginger

1/2 lemon



New to Juice Challenge

DAY TWO



‘Orange’ You Hydrated?

1 orange

2 cups lettuce

1/2 cucumber

2 celery stalks

1 granny smith apple

The lettuce, cucumber, and celery will help
hydrate you from the cellular level.
Apple will help ease dehydration headaches.



New to Juice Challenge

DAY THREE



Immune Boost:

1 small red apple

1 beet

8 medium carrots

3 cubes ginger root

1 sweet potato

1 orange

Carrots and orange are known to boost levels of Vit. C and increase performance of white blood cells. Sweet potato is great for fighting infection



New to Juice Challenge

DAY THREE

BONUS - GLOWING JUICE

1 Cup coconut milk

1/2 tsp tumeric

1 cube ginger

pinch of black pepper

1/2 Tbsp honey

No juicer need!

Mix all ingredients other than honey in a bowl.

Transfer the mixture to a saucepan,
and place it over low heat. Cook it for 5 minutes,
add honey at end.

Treats the symptoms of indigestion,
like acid reflux and heartburn,
Will help you sleep and can improve skin.



New to Juice Challenge

DAY FOUR

Wake Me Up:

1 beet

1/4 head of red cabbage

3 medium carrots

1/2 lemon

2 handfuls of spinach

1 orange

Beet root cleanses the liver
and improving exercise stamina.

Lemon aids in detoxing.

Carrots aid in boosting immunity.

Spinach is great for skin, hair, and bone health



New to Juice Challenge

DAY FIVE



TGIF:

3 cups shopped tomatoe

2 cups diced cucumber

1 celery stalk

1/2 tsp ground black pepper

1/4 tsp cayenne pepper

Juicing bloody mary style!

The tomato curbs appetite, aids in detox,
and stabilizes blood sugar.

Cucumber and celery hydrates.

Pepper boosts metabolism.