



Juicing Recipes

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"All recipes are in the amount of a single serving. If you want to make enough juice to last you for an afternoon or multiple people, It is suggested to make 2 to 3 times the amount listed."

For more information on Juice Fasting Benefits and to Learn the Difference between Juicers and Blenders Visit <https://aplantbaselife.com/recommends/ikaria-juice/> to learn more.

“Can't Beet It”

½ - Thumb Ginger Root

½ - Cucumber

3 - Stalks Celery

4 - Carrots

1 - Beet(Red)

2 - Apples

“Sweetness Morning”

1 - Broccoli Bunch

1 - Cucumber

2 - Oranges (Peeled)

2 - Carrots

“Summer Lift”

3 - Cucumbers

10 - Stalks Celery

5 - Green Apples

3 - Kale Leaves + Stem

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“Popcorn”

3 - Broccoli (Crown+Stem)

1 - Cucumber

5 - Carrots

3 - Oranges(Peeled)

1 - Handful Parsley

2 - Apples

“Respect Your Roots”

1 - Beet(red)

10 - Carrots

1 - Full Sweet Potato

“Mangold”

2 - Carrots

1 - Mango(Seed Removed)

1- Golden Beet

1 - Thumb Turmeric

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“Gradew”

1 - Cucumber

½ - Grapefruit

½ - Honeydew

4 - Kale Leaves+Stem

½ - Lemon(Peeled)

“Grape Stalker”

2 - Beets

2 - Stalks Celery

1 - Cup Grapes

1 - Cup Blackberries

½ - Cucumber

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“SunSet Blend”

2 - Apples

1 - Beet

1 - Carrot

1 - Whole Orange(peeled)

1 - Whole Sweet Potato

“Liver Scrubber”

1 - Apple

3 - Beet Green Leaves(Rinsed Thoroughly)

4 - Carrots

1 - Stalk Celery

½ - Thumb Ginger Root

“Heart Beet”

1 - Apple

1 - Whole Beet(Orange)

12 Carrots

½ - Lemon

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2 - Oranges(peeled)

“Beet Nik”

1 - Bunch Spinach

2 - Stalks Celery

8 - Carrots

1 - Whole Beet

1 - Medium Apple

“WingMan”

3 - Apples

3 - Stalks of Celery

1 - Cucumber

½ - Thumb Ginger Root

4 - Kale Leaves+ Stem

1 - Whole Lemon

1 - Whole Orange(peeled)

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“BB-USA Lemonade Bliz”

- 1 - Bunch Spinach
- 1 - Whole Lemon
- 4 - Kale Leaves+Stem
- 1 - Cucumber
- 2 - Apples

“Any-Time Fat Loss”

- 2 - Apples
- 2 - Stalk Celery
- 1 - Cucumber
- 5 - Kale Leaves+Stem
- ½ - Lemon
- 2 - Whole Oranges(peeled)
- 1 - Handful of Parsley

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“Beets and Treats”

1 - Beet(red)

2 - Leaves Cabbage(red)

3 - Carrots

½ - Lemon

1 - Whole Orange(peeled)

¼ - Fresh Pineapple

1 - Handful Spinach

“Green Aid”

4 - Apples(Red-Sweet/Green-Tangy)

3 - Stalks Celery

2 - Kale Leaves+Stem

1 - Lemon(peeled)

1 - Bunch Spinach (4-Cups)

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“Morning Glory”

1 - Whole Beet

2 - Medium Carrots

2 - Whole Oranges

“Red Tangy Spice”

1 - Bunch Spinach(2 Cups)

½ - Lime

1 - Whole Jalapeno

2 - Stalks Celery

5 - Carrots

1 - Beet

“Rock The Beet”

1 - Whole Beet

½ - Lemon

3 - Pears

1 - Cup Raspberries(frozen)

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