

THE WEEKEND JUICE



CLEANSE WITH JOE CROSS

SHOPPING LIST:

Note this shopping list is only for 1 day on the cleanse

- | | | | | |
|---|--|--|---|---|
| <input type="checkbox"/> 4 Carrots | <input type="checkbox"/> 3 Cucumbers | <input type="checkbox"/> 1 Lime | <input type="checkbox"/> 2 Cups Parsley | <input type="checkbox"/> 8 Leaves Swiss Chard |
| <input type="checkbox"/> 4 Apples | <input type="checkbox"/> 6 Celery Stalks | <input type="checkbox"/> 4 Plum Tomatoes | <input type="checkbox"/> 1 Large Sweet Potato | <input type="checkbox"/> 6 Clementines |
| <input type="checkbox"/> 2 Golden Delicious Apples | <input type="checkbox"/> 12 - 16 Kale Leaves | <input type="checkbox"/> 2 Red Bell Peppers | <input type="checkbox"/> 2 Large Red Beets | |
| <input type="checkbox"/> 2 Pieces of Ginger (1 inch long) | <input type="checkbox"/> 1/2 Lemon | <input type="checkbox"/> 1/4 Small Red Onion | <input type="checkbox"/> 1 Orange | |

DAY 1

BREAKFAST JUICE

Carrot Apple Ginger Juice

3 Carrots
2 Apples
1" Ginger

Juice, Pour over ice, Enjoy



MID MORNING JUICE

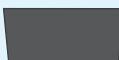


LUNCH JUICE

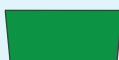
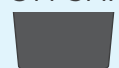
Gazpacho Juice

4 Plum Tomatoes
1 lg Cucumber
2 Celery stalks
1 Red Bell Pepper
1/4 sm Red Onion
2 cups Parsley (roughly chopped)
1 Lime

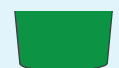
Juice, Pour over ice, Enjoy



AFTERNOON SNACK JUICE



PRE DINNER JUICE



DAY 2

BREAKFAST JUICE



MID MORNING JUICE

Mean Green Juice

1 Cucumber
4 Celery stalks
2 Apples
6-8 leaves Kale
1/2 Lemon
1" Ginger

Juice, Pour over ice, Enjoy



LUNCH JUICE

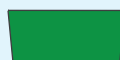


AFTERNOON SNACK JUICE

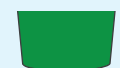
Citrus Inspired Green Juice

6-8 leaves Kale
8 leaves Swiss chard
1 Cucumber
6 Clementines

Juice, Pour over ice, Enjoy



PRE DINNER JUICE



DAY 3

BREAKFAST JUICE



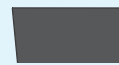
MID MORNING JUICE



LUNCH JUICE



AFTERNOON SNACK JUICE



PRE DINNER JUICE

Sunset Blend Juice

1 lg Sweet Potato
1 med Carrot
1 Red Bell Pepper
2 lg Red Beets
2 Golden Delicious Apples
1 Orange (optional)

Juice, Pour over ice, Enjoy

Instructions: For 3 days, Drink 5 juices (listed above) and eat 1 meal (meals should include only fruits & vegetables)