

JANUARY JUICING RECIPES

1. Holiday Detox

2 Grapefruits
1/2 Apple
1/2 Lemon
4 Stalks of Celery
1 TBSP of Cinnamon

2. New Year's Glow

3 Stalks of Bok Choy
4 Carrots
1/2 Sweet potato
1 Lemon

3. Lean 2014 Machine

3 Leaves of Kale
1 Stalk of Fennel
1 Handful of Dandelion Greens
4 Stalks of Celery
1 Apple

4. Fresh Gut Repair

1/3 head of Cabbage
1 Apple
1/2 Beet
6 Stalks of Celery

5. Beta Brussel Brain

1/2 Cup of Brussels Sprouts
1/3 Head of Cabbage
1/2 of a Sweet Potato
4 Carrots

6. New Years Chardonay

2 Leaves of Chard
1 Apple
1 Handful of Dandelion Greens
1/2 Beet
5 Stalks of Celery

7. Face Lift

2 Leaves Collard Green
2 Stalks of Fennel
1 Apple
5 Stalks of Celery

8. Lung Repair

1 Handful of Water Cress
1 Beet
4 Stalks of Celery

9. Juice Pack

1 Grapefruit
1 Lemon
1 Apple
3 Stalks of Bok Choy

10. Cauliflower Punch

1/3 of Cauliflower
4 Stalks of Celery
1 Lemon
1 Beet

11. 2014 Glow

1 Sweet Potato
1 Handful of Dandelion Greens
1 Apple
5 Stalks of Celery

12. The Power of Magnesium

2 Handfuls of Cauliflower
2 Handfuls of Broccoli
3 Stalks of Bok Choy
5 Stalks of Celery
1 Apple

13. Brain Stimulator

1/2 cup of Brussels Sprouts
2 Handfuls of Cauliflower
1 Lemon
4 Stalks of Celery
3 Carrots

14. Foot Cramp Alleviation

3 Stalks of Bok Choy
1 Leaf Collard Green
4 Stalks of Celery
1 Apple
1 TSP of Clove and Cinnamon

15. Post Workout Juice

3 Grapefruits
2 Stalks of Celery
1/2 Beet



JANUARY JUICING RECIPES

16. Good Morning

- 1 Lemon
- 1/2 Sweet Potato
- 3 Carrots
- 3 Stalks of Bok Choy
- 2 TBSP of Apple Cider Vinegar

17. 20/20 vision

- 4 Carrots
- 1 Handful of Watercress
- 4 Stalks of Celery

18. Juice N tonic

- 2 Grapefruits
- 1 Apple
- 1 Cup of Kombucha

19. Afternoon Ritual

- 2 Heads of Broccoli
- 1/2 Beet
- 5 Stalks of Celery

22. Recovery

- 2 Stalks of Bok Choy
- 1 Handful of Kale
- 5 Stalks of Celery
- 1/2 Beet

23. ORANGATANG

- 3 Oranges
- 1 Stalks of Chard
- 1 Lemon
- 1/2 Apple

24. I Love My LIFE Shots

- 2 Handfuls of Kale
- 2 Handfuls of Dandelion Greens
- 1 Grapefruit
- 1/2 Apple

25. Sexy Greens

- 2 Stalks of Fennel
- 1 Leaf of Collard Greens
- 5 Stalks of Celery
- 1/2 Apple
- 1 TBSP of Cinnamon

26. LIVER Cleanse

- 1 Beet
- 2 Handfuls of Dandelion greens
- 5 Stalks of Celery

27. Cereal N Juice

- 1 Grapefruit
- 2 Oranges
- 1/2 Apple

28. Estrogen Juice

- 4 Stalks of Fennel
- 3 Stalks of Bok Choy
- 3 Stalks of Celery
- 1/2 Apple

29. Nature's Advil

- 1 Handful of Fennel
- 1 Handful of Dandelion Greens
- 1 Handful of Cauliflower
- 1 Apple

30. B12 Greens

- 1 Handful of Kale
- 1 Leaf of Chard
- 1 Leaf of Collard Greens
- 1 Handful of Dandelion Greens
- 1 Lemon
- 1 cup of Brussel Sprouts
- 1 cup of Kombucha

31. Post Cardio

- 1 Sweet Potato
- 6 Stalks of Celery
- 1 Apple



FEBRUARY JUICING RECIPES

1. Cupid's Six Pack

1 Head of Red Leaf Lettuce
1/2 Beet
7 Stalks of Celery

2. Estrogen Boost

1/2 Inch of Ginger
2 Carrots
2 Stalks of Fennel
5 Stalks of Rhubarb

3. Heart Break Relief

2 Handfuls of Cilantro
1/3 Head of Cabbage
1 Pear
6 Stalks of Celery

4. Glutathione Boost

2 Grapefruits
4 Asparagus
1 Inch of Ginger
4 Stalks of Rhubarb

5. Immunity Shot

2 Lemons
1 Inch of Ginger
1 Grapefruit
1 Dash of Cayenne Pepper

6. Kid'sTANG!

2 Oranges
5 Clementines
2 Tangerines

7. Alpha Brain Juice

1 Handful of Brussels Sprouts
1/3 Cabbage
2 Stalks of Bok Choy
1/2 Beet
6 Stalks of Celery

8. Gut Healing

1/2 Head of Cauliflower
1/2 Sweet Potato
1 Inch of Ginger
4 Carrots
4 Stalks of Celery

9. Green Hulk

1 Handful of Broccoli
1 Handful of Arugula
4 Asparagus Spears
5 Stalks of Celery
1/2 Pear

10. Skin Healing

5 Carrots
1 Sweet Potato
1 Lemon
5 Stalks of Rhubarb

11. Kale Aid

2 Kale Leafs
1 Lemon
1 Pear
5 Stalks of Celery

12. Metabolism Juice

2 Parsnips
1 Head of Red Leaf Lettuce
4 Stalks of Asparagus
2 Carrots
4 Stalks of Celery

13. Clean Machine

1 Handful of Cilantro
1 Shallot
1/2 Beet
6 Stalks of Celery
1 Lemon
1 Pear

14. Beta Breakthrough Juice

1/3 of Cauliflower
1 Handful of Brussels Sprouts
1 Handful of Cilantro
6 Stalks of Celery

15. Bug's Bunny Shot

3 Tangerines
3 Carrots
1/2 Inch of Ginger



FEBRUARY JUICING RECIPES

16. Headache GO AWAY!

4 Stalks of Bok Choy
1 Inch of Ginger
6 Stalks of Celery
1 Grapefruit

17. Liver Cleansing Shots

1 Beet
1 Lemon

18. Beginner's Juice

1 Pear
1 Handful of Kale
1 Stalks of Celery

19. Mandarin Salad

2 Tangerines
1 Head of Red Leaf Lettuce
1 Handful of Brussels Sprouts
1 Lemon
2 Stalks of Bok Choy

20. Green Day!

4 Asparagus Spears
2 Handfuls of Brussels Sprouts
2 Stalks Bok Choy
3 Carrots

21. Anti-Osteoporosis Shot

1 Lime
4 Carrots
1 Handful of Cilantro

22. Beet It Up!

1 Beet
1 Lemon
5 Asparagus Spears
2 Stalks of Fennel
1/2 Inch of Ginger

23. Anti-Cancer Juice

1/3 Head of Cauliflower
1 Lemon
3 Carrots
5 Asparagus Spears
1 Inch of Ginger
6 Celery Stalks

24. Anti-Inflammation Juice Shots

4 Stalks of Celery
1 Handful of Cilantro
1/2 Inch of Ginger

25. Calm ZZZ Juice

4 Stalks of Bok Choy
1/3 Head of Lettuce
2 Stalks of Fennel

26. Pump It Up!

2 Grapefruits
2 Handfuls of Kale
1 Lemon

27. Gut & Headache Healing Shots

1 Broccoli Head
2 Handfuls of Brussels Sprouts
1/2 Head of Cabbage
1 Pear

28. Ultimate Cleansing Machine

1 Handful of Cilantro
5 Stalks of Celery
1 Inch of Ginger
1/2 Pear



MARCH JUICING RECIPES

1. Glowing Skin

- 1 Kohlrabi
- 3 Celery Stalks
- 3 Carrots

2. Lunch Time

- 1 Head of Lettuce
- 2 Celery Stalks
- 1/2 Beet

3. Cool Aid

- 6 Strawberries
- 2 Cucumbers
- 1 Orange
- 1 Lemon

4. Sexy Time

- 3 Passion Fruits
- 1 Cucumber
- 4 Strawberries

5. Chlorophyll Shots

- 1 Head of Broccoli
- 1 Lemon
- 1 Beet

6. Alkalize Your Body

- 2 Lemons
- 1 Handful of Cauliflower
- 2 Cucumbers
- 1/2 Beet

7. Passion Juice

- 3 Blood Oranges
- 2 Passion Fruits
- 1 Cucumber
- 4 Strawberries

8. Field of Greens

- 5 Asparagus Stalks
- 5 Celery Stalks
- 1 Lemon
- 1/2 Beet
- Blend with 1/2 Avocado

9. Carrot Juice for Kids

- 5 Carrots
- 1 Blood Orange (peel skin)
- 3 Stalks of Celery

10. Kid's Glutathione Shots

- 5 Asparagus Spears
- 4 Carrots
- 1 Grapefruit

11. Spring Drink

- 3 Cucumbers
- 2 Strawberries
- 3 Asparagus Stalks

12. Lower That Cholesterol!

- 1 Turnip
- 3 Stalks of Celery
- 1 Lemon
- 1/2 Beet

13. Einstein's Juice

- 1/3 Head of Cauliflower
- 1/3 Head of Cabbage
- 1/2 Beet
- 2 Cucumbers

14. Luck of the Irish

- 2 Cucumbers
- 1 Handful of Broccoli
- 1 Handful of Lettuce
- 1 Lemon

15. Cosmopolitan

- 1 Chard Leaf
- 3 Stalks of Celery
- 1 Grapefruit
- 1/3 of a Beet
- 1/2 Inch of Ginger



MARCH JUICING RECIPES

16. Mother Earth

- 1** Collard Green Leaf
 - 2** Cucumbers
- After juicing, blend with 3 Dates

17. Dance Vitamin C

- 2** Oranges
- 1** Cucumber
- 2** Strawberries

18. Super Smoothie

- Blend the following ingredients
- 3 Stalks** of Celery
 - 1 Handful** of Spinach
 - 1 Handful** of Cauliflower
 - 1 Cup** of Coconut Water

19. Green Puff

- 1 Handful** of Broccoli
- 1 Handful** of Cauliflower
- 4** Celery Stalks
- 1/2** Beet

20. Bugs Bunny's Detox Shots

- 2** Carrots
- 4 Stalks** of Celery
- 1 Handful** of Kale

21. Liver Cleanser

- 2** Green Onions
- 2** Cucumbers
- 1** Lemon
- 1** Beet

22. Work Yo-self

- 3** Grapefruits
- 2 Stalks** of Celery
- 1/2** Beet

23. Orange Fizz Shots

- 6** Kumquats
- 2 Handfuls** of Cauliflower
- 1** Blood Orange

24. Picasso's Juice

- 1** Lemon
- 5** Asparagus Stalks
- 5** Celery Stalks

25. Passion Cleanse Shots

- 2** Passion Fruits
- 1** Lemon
- 1** Collard Green Leaf

26. Gut Elixir

- 2 Handfuls** of Cauliflower
- 1 Cup** of Coconut Water

27. Dozer's Go-To Juicer

- 1 Handful** of Broccoli
- 2** Grapefruits
- 1** Cucumber

28. March Madness Shots

- 4** Carrots
- 1** Green Onion
- 1 Handful** of Cauliflower

29. Kale Aid

- 1** Lemon
- 2 Handfuls** of Kale
- 2** Cucumbers

30. Jazz Juice Shots

- 1/3 Head** of Cabbage
- 5** Carrots

31. Geronimo

- 4 Stalks** of Asparagus
- 1** Lemon
- 1** Beet
- 4 Stalks** of Celery



APRIL JUICING RECIPES

1. BUGS BUNNYS JUICE

- 1 Apple
- 3 Carrots
- 2 Handfuls of Basil
- 2 Cucumbers

2. SPRING CLEANING

- 5 Stalks of Asparagus
- 2 Cucumbers
- 1 Handful of Chard
- 1 Apple

3. COOL BREEZE

- 3 Handfuls of Basil
- 2 Cucumbers
- 1 Lemon
- 1 Apple

4. MIND BLOWER

- 1/3 of Cauliflower
- 1 Handful of Chopped Cabbage
- 1 Lemon
- 2 Handfuls of Raspberries

5. BE MY DATE SMOOTHIE

- 1 Passion Fruit
- 2 Spoonfuls of either Almond Butter or Cashew Butter
- 4 Dates

*Sprinkle Cinnamon to your liking

6. PINK TULIPS

- 3 Handfuls of Cherries
- 3 Stalks of Celery
- 1 Handful of Chard
- 1/2 Apple

7. EASTER JUICE

- 2 Handfuls of Cherries
- 1/3 Head of Cabbage
- 2 Carrots
- 2 Cucumbers

8. SPRING GUT CLEANING

- 3 Peeled Grapefruits
- 1 Lemon
- 2 Apples
- 1 Handful of Chardvocado

9. TURN UP THE BEET

- 1 Turnip
- 1 Beet
- 2 Cucumbers

10. MUSCLE BEACH

- 2 Handfuls of Broccoli
- 3 Stalks of Celery
- 1 Apple
- 1 Handful of Kohlrabi

11. SPRINE-LADE

- 2 Limes
- 1 Passion Fruit

12. THE REAL V-8

- 4 Tomatoes
- 3 Stalks of Celery
- 2 Limes
- 3 Carrots
- 1 Handful of Chard

13. ORANGE AID

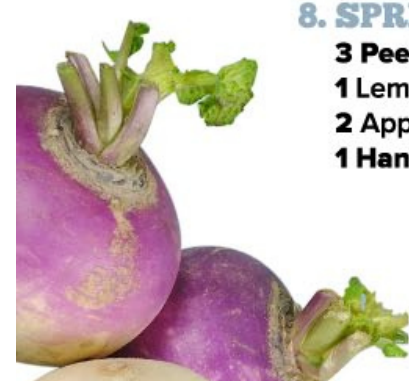
- 3 Handfuls of Kumquats
- 1 Lemon
- 3 Blood Oranges
- 1 Carrot

14. APPLES AND KALE OH MY

- 2 Handfuls of Kale
- 1 Apple
- 2 Cucumbers
- 1 Lime

15. SWEET LOVE JUICE

- 1 Handful of Mustard Greens
- 1 Apple
- 2 Cucumbers
- 2 Carrots



APRIL JUICING RECIPES

16. STRAWBERRY BASILADE

- 2 Lemons
- 1 Cucumber
- 3 Handfuls of Basil
- 3 Handfuls of Strawberries

17. CAULI-DREAM SMOOTHIE

- 1/3 Head of Cauliflower
- 1 Cup of Coconut Water
- 1 Apple

* Sprinkle Cinnamon to your liking

18. IMMUNITY SHOT

- 1/3 Head of Cabbage
- 2 Stalks of Celery
- 1 Handful of Mustard Greens
- 1 Apple

19. ALKALINE JUICE

- 2 Lemons
- 2 Apples
- 1 Handful of Kale

20. VITAMIN A SMOOTHIE

- 1 Avocado
- 4 Stalks of Asparagus
- 1 Apple
- 1 Cup of Coconut Milk

21. CAROL'S BDAY SUPER JUICE

- 1 Turnip
- 1 Lemon
- 3 Carrots
- 2 Cucumbers

22. LIME PIE SMOOTHIE

- 1 Lime
- 2 Handfuls of Cashews
- 1 Cup of Coconut milk
- 1 Handful of Basil
- 1 Handful of Dates et

23. HAPPY BDAY COACH CRYSTAL

- 2 Cucumbers
- 1 Apple
- 1 Handful of Broccoli
- 1 Lemon
- 1 Handful of Basil

24. GOOD MORNING

- 1 Apple
- 1 Cucumber
- 2 Oranges

25. APRIL SHOWERS

- 2 Handfuls of Collard Greens
- 3 Stalks of Celery
- 1 Beet

26. COACH MAE'S BDAY POWER UP

- 1 Lime
- 3 Stalks of Celery
- 1 Cucumber
- 1 Handful of Spinach

27. THE FITLIFE CLUB JUICE

- 5 Stalks of Celery
- 1 Lemon
- 1 Apple
- 1 Handful of Collard Greens

28. PURSUIT OF HAPPINESS

- 3 Cucumbers
- 2 Carrots
- 1 Handful of Mustard Greens
- 1/2 Beet

29. SALAD MIX

- 1 Head of Red Lettuce
- 1 Handful of Mustard Greens
- 1 Apple
- 4 Stalks of Celery
- 1/2 Beet

30. A NEW DAY

- 2 Handfuls of Spinach
- 1 Handful of Kale
- 3 Cucumbers
- 1 Apple

MAY JUICING RECIPES

1. GOODNIGHT SLEEP TIGHT

2 Stalks Bok Choy
1 Lemon
1 Cucumber

2. COACH CRYSTAL'S JUICE

2 Cactus Pads
1 Lemon
1 Handful of Parsley
1 Cup of Coconut Water

3. FIT GREENS

1 Asian Pear
1 Handful of Kale
1 Handful of Broccoli Florets
1 Cucumber

4. GINGER JUICE

1 Knuckle of Ginger
1 Lemon
1 Beet
2 Cucumbers

5. DIABETES GO AWAY

2 Radishes
3 Cucumbers
1 Handful of Dill
1/2 Beet

6. BABY GENIUS JUICE

1 Cup of Brussels Sprouts
1 Asian Pear
1 Beet
2 Cucumbers

7. SALAD JUICE

2 Handfuls of Arugula
1 Handful of Spinach
2 Carrots
2 Cucumbers

8. GLUTEN AWAY SHOTS

2 Stalks of Bok Choy
1 Handful of Dandelion Greens
1/3 Head of Cabbage
1 Beet

9. ENGLISH JUICE

2 Handfuls of Cress
1 Handful of Endives
1/2 Inch of Ginger
2 Cucumbers

10. AROUND THE WORLD

1 Asian Pear
1 Handful of Cilantro
2 Stalks Bok Choy
1 Handful of Cress
1 Parsnip

11. HEAVENLY DREAMS

2 Stalks of Bok Choy
2 Handfuls of Lavender
1/2 Inch of Ginger

12. CARDEMON

2 Stalks Cardoon
1 Handful of Arugula
2 Cucumbers
1 Beet

13. SPICE UP YOUR LIFE!

1 Kohlrabi
1 Beet
1 Radish
1 Handful of Cilantro
2 Cucumbers

14. CLEAN YOUR LUNGS OUT

1 Handful of Mustard Greens
1 Handful of Dandelion Greens
1 Cucumber
1 Beet

15. ANTI-CANCER JUICE

1 Stalk of Fennel
1 Handful of Dandelion Greens
2 Red Peppers
1/2 Inch of Ginger
2 Cucumbers
1 Beet



MAY JUICING RECIPES

16. AZTEC WARRIOR ELIXIR

2 Cactus Pads
1 Cup of Coconut Water
1 Handful of Mint
1 Handful of Parsley

17. PMS JUICE

1/3 Head of Cabbage
2 Stalks of Bok Choy
1 Cucumber
1 Cup of Coconut Water

18. SUBLIME JUICE

1 Handful of Kale
2 Handfuls of Mint
1 Cucumber
1/2 Inch of Ginger

19. ANTI OXIDANT JUICE

2 Handfuls of Brussels Sprouts
1 Handful of Dandelion Greens
2 Cucumbers
1 Handful of Mint

20. COUNTRY CLASS JUICE

2 Cucumbers
1 Head of Red Lettuce
14 Stalks of Asparagus

21. LEEK SHOTS

2 Leeks
1 Asian Pear
1 Cucumber

22. CLEAR SKIN JUICE

3 Green Peppers
2 Carrots
1 Cucumber
1 Handful of Mint

23. SPA TREATMENT

1 Cup of Coconut Water
1 Cucumber
1 Handful of Mint
2 Tablespoons of ACV

24. G-TRACT CLEANSER

1 Inch of Ginger
2 Stalks Bok Choy
1 Radish

25. GREEN THUMB JUICE

1/3 Head of Broccoli
1 Inch of Ginger
2 Red Peppers
1 Cucumber

26. CACTUS COOLER

2 Cactus Pads
2 Cucumbers
3 Carrots
1 Handful of Mint

27. CLEAN BREATHING

2 Stalks of Bok Choy
1 Cucumber
1 Handful of Parsley
1 Clove of Garlic
1/2 Beet

28. GO GREENS GO!

1 Head of Broccoli
1 Handful of Dandelion Greens
1 Cucumber
1 Handful of Cilantro
1 Asian Pear

29. CARBON CLEANER

1 Handful of Cress
1 Handful of Cilantro
2 Cucumbers
1/2 Inch of Ginger
1 Beet

30. A ON YOUR TEST!

1/3 Head of Cabbage
1 Handful of Kale
1 Handful of Mint
1 Asian Pear

31. BETA BREAKTHROUGH CLEANSER

2 Red Peppers
2 Green Peppers
1/2 Inch of Ginger
3 Carrots



JUNE JUICING RECIPES

BY COACH CRYSTAL

1. Beach Bod Juice

2 Cucumbers
1 Carrot
1 Handful of Broccoli

2. Summer Time Smoothie

1 Cactus Pad
1 Cup of Coconut Water
1 Handful of Mint
1 Collard Green

3. Alpha-Beta Face

2 Red Peppers
2 Cucumbers
2 Carrots

4. Rejuvenate

1 Cup of Cauliflower
2 Cucumbers
1 Beet

5. Leaky Gut

1 Leek
3 Ribs of Celery
1 Cup of Cabbage
2 Carrots

6. Get Some Rest

2 Stalks Bok Choy
1 Cucumber

7. Toxins Go Away

1 Clove of Garlic
1 Rib of Fennel
2 Red Peppers
1 Cucumber

8. Beta Carotene

3 Carrots
2 Green Peppers
1 Cactus Pad
2 Ribs of Celery

9. Real V8

3 Tomatoes
3 Ribs of Celery
1 Handful of Cilantro
1 Lemon
1 Cucumber
1 Handful of Oregano

10. Italian Salad

1 Head of Lettuce
2 Cucumbers
1 Handful of Oregano
1 Carrot

11. Detox Your Blood

1 Handful of Mustard Greens
2 Cucumbers
1 Rib of Celery
1 Beet

12. No More Stinky Armpits

1 Radish
1 Clove of Garlic
2 Cucumbers
3 Handfuls of Mint
1 Beet

13. PMS Juice

1 Beet
4 Ribs of Celery
1 Cup of Cauliflower

14. Chardonay

2 Chard Leaves
1 Beet
3 Ribs of Celery
1 Cucumber

15. Cactus Yumminess

2 Cactus Pads
3 Cucumbers
3 Carrots



JUNE JUICING RECIPES

16. Cucumber Delight

- 2 Chard leaves
- 2 Cucumbers
- 2 Carrots
- 1 Handful of Mint

17. Clean Your Tummy Out

- 2 Bok Choy Ribs
- 2 Celery Ribs
- 1 Cucumber
- 1 Carrot
- 1 Handful of Cilantro

18. Herb Garden

- 1 Tomato
- 2 Celery Ribs
- 1 Handful of Rosemary
- 1 Handful of Basil
- 1 Cucumber

19. Anti-Anxiety Juice

- 2 Cucumbers
- 2 Handfuls of Lavender
- 2 Celery Ribs
- 2 Sprays of 1HourBreak

20. Zzz Like A Baby

- 2 Handfuls of Lavender
- 1 Cucumber
- 2 Bok Choy Ribs

21. Anti-Cancer Juice

- 1 Head of Red Lettuce
- 1/3 Beet
- 1 Tomatillo
- 2 Cucumbers

22. Drews Magnesium Juice

- 2 Cardoons
- 2 Bok Choy Ribs
- 2 Celery Ribs
- 1 Cucumber
- 1 Radish
- 1/2 Beet

23. Clear Skin Juice Shots

- (serving size 2oz)
- 1/3 Head of Cabbage
- 3 Carrots
- 3 Green Peppers

24. Calm Your Day

- 1 Chicory
- 1 Cardoon
- 4 Celery Ribs
- 2 Cucumbers
- 1/3 Beet

25. Anti-Cancer Juice #2

- 1 Chicory
- 1/3 Head of Cabbage
- 4 Red Bell Peppers
- 1 Cactus Pad
- 1 Cucumber

26. Fiesta Juice Shots

- 2 Cucumbers
- 2 Celery Ribs
- 1 Handful of Cilantro
- 1 Tomato
- 1 Tomatillo
- 1 Tablespoon of Apple Cider Vinegar

27. Vampire Juice

- 1 Beet
- 2 Cucumbers
- 1 Garlic Clove
- 1 Chard Leaf

28. Fit Juice

- 2 Carrots
- 1 Collard Green
- 1 Cucumber
- 2 Green Bell Peppers

29. Girls Night Out Juice

- 1 Fennel Rib
- 4 Celery Ribs
- 1/2 Beet

30. No More Diabetes

- 2 Cactus Pads
- 2 Cucumbers
- 4 Handfuls of Mint

31. Space Juice

- 1 Serving Blue Green Algae
- 1 Cup Coconut Milk
- 4 Handfuls of Mint
- 2 Cups Pineapple



JULY JUICING RECIPES

BY COACH CRYSTAL

1. Clean Your Gut

1 Apple
1 Garlic
2 Peppers
1 Cucumber

2. Post Workout

4 Celery Ribs
2 Carrots
1/3 of Cabbage
1 Apple

3. Membrane Juice

1 Cup of Brussels Sprouts
2 Cucumbers
1 Green Pepper
1 Tomato

4. 4th of July Juice

2 Cucumbers
1 Cup of Blueberries
1 Cup of Cherries
1 Garlic Clove
1 Handful of Mint

5. Morning juice

1/3 Cup of Melon
1 Handful of Parsley
2 Cucumbers
1 Handful of Broccoli

6. Nervous System Repair

1 Cup of Cauliflower
2 Cucumbers
1 Apple
1 Green Pepper

7. Anti Inflammation Juice

1 Cup of Watermelon (with skin)
2 Cucumbers
1 Handful of Mint

8. Eye Power

3 Carrots
2 Chard Leaves
5 Celery Ribs Celery

9. No More Pollutants!

2 Handfuls of Parsley
1 Handful of Rosemary
5 Celery Ribs
1 Apple

10. Dessert Smoothie

1 Peach
1 Cup of Coconut water
1 Handful of Kale
1 Handful of Mint

11. Fitlife.tv Ranch Juice

1 Handful of Mint
4 Celery Ribs
1 Cup of Blueberries
1 Handful of Kale

12. Kool Aid for Kids

2 Cups of Cherries
2 Cucumbers
1 Apple
1 Handful of Parsley

13. Lunch Break!

1 Head of Red Leaf Lettuce
2 Cucumbers
1 Clove of Garlic
1 Cup of Broccoli
1 Apple

14. Watermelon and Herbs Juice

2 Cups of Watermelon
1 Handful of Basil
1 Clove
1 Handful of Mint
1 Cucumber

15. Healthy Nails

2 Cups of Cauliflower
1 Cucumber
2 Handfuls of Parsley
1 Cup of Blueberries



JULY JUICING RECIPES

16. Clear Skin in July

- 4 Green Bell Peppers
- 2 Cucumbers
- 2 Handfuls of Mint

17. High Blood Pressure Juice

- 1 Green Bell Pepper
- 2 Cucumbers
- 1 Handful of Rosemary
- 1/3 Cabbage

18. Anti Fungal Juice

- 1 Clove of Garlic
- 5 Ribs of Celery
- 1 Handful of Parsley
- 1 Handful of Mint
- 1 Cup of Broccoli

19. Juice Salad

- 1 Tomato
- 1 Handful of Cilantro
- 1 Handful of Parsley
- 1 Handful of Cilantro
- 2 Cucumbers

20. No more constipation!

- 1/3 Head of Cabbage
- 2 Cucumbers
- 2 Carrots

21. Summer time Juicing

- 2 Cucumbers
- 2 Handfuls of Mint
- 1 Handful of Kale

22. BBQ Juice

- 1 Cup of Watermelon
- 1 Head of Red Leaf Lettuce
- 1 Cucumber

23. No more brittle nails

- 1 Handful of Parsley
- 1 Clove of Garlic
- 1 Cup of Cantelope

24. I'm a Genius Juice!

- 1 Cup of Brussels Sprouts
- 1 Cup of Blueberries
- 2 Cucumbers

25. Mobility Juice

- 2 Cucumbers
- 1 Cup of Watermelon
- 1 Handful of Cilantro

26. California

- 2 Cucumbers
- 1 Clove of Garlic
- 2 Green Bell Peppers
- 1 Apple

27. Summertime Abs

- 6 Ribs of Celery
- 1 Handful of Kale
- 1 Cup of Broccoli
- 1/2 Apple

28. Zzzzzzzz Juice Shots

- 1/3 of Cabbage
- 4 Celery Ribs
- 1 Tomato
- 1 Handful of Cilantro
- 1 lemon

29. Group Coaching Juice

- 3 Bell Peppers
- 1 Red Leaf lettuce
- 1 Cucumber

30. Thicker Hair

- 1 Handful of Blueberries
- 1 Cucumber
- 1/2 Cup of Coconut Water
- 2 Green Bell Peppers

31. Peach Cobbler Smoothie

- 1 Cup of Almond Milk
- 1 Peach
- 1 Handful of Cashews
- 1 Vanilla Bean
- 2 Sprinkles of Cinnamon



AUGUST JUICING RECIPES

BY COACH CRYSTAL

1. Good Morning! (kids Juice)

8 Pitted Cherries
1/3 of a Fennel Stalk
1/2 Cup of Grapes
1 Cucumber

2. Berry Delight

1 Handful of Blackberries
1 Handful of Raspberries
1 Handful of Rosemary (only the leaves)
3 Handfuls of Basil
2 Cucumbers

3. August Summer

1 Handful of Cilantro
2 Chard Leaves
2 Cucumbers
1 Lime
1 Beet

4. Limirita

Pink Sea Salt (salt the rim)
3 Limes
2 Cucumbers
2 Handfuls of Mint

5. Go away Arthritis

2 Cups of Watermelon
1 Shallot
1 Lime

6. Avocado Smoothie

1/2 of a ripe avocado
1 Cup of Coconut Milk
1/2 frozen Banana
1 Handful of Basil
Sprinkle Cinnamon or Nutmeg on top

7. Anti Asthma Juice

3 Kiwis (With Skin / Organic)
2 Limes
1 Handful of Cilantro
2 Cucumbers

8. Anti Ammonia Juice

2 Cups of Cantaloupe
1 Cup of watermelon
2 Handfuls of Cilantro
2 Cucumbers
1 Lime
5 Celery Ribs Celery

9. Anti Brain Cell Damage Juice

1 Whole Eggplant (With Skin / Organic)
1 Handful of Chard
2 Handfuls of Grapes (Organic)

10. Georgia Peach Smoothies

2 Pitted Peaches
1 Cup of Coconut milk
1 Handful of Cashews
2 Sprinkles of Cinnamon
1/2 Avocado

11. Sala in a Juice

3 Tomatoes
2 Handfuls of Cilantro
1/3 of a Jalapeño
2 Limes
1/3 of an Onion
1/2 Garlic Glove

12. Red Dragon

1 Cup of Raspberries
2 Cucumbers
1 Lime
1 Garlic Glove

13. Anti Depression Juice

2 Banana Peels (Organic)
2 Cucumbers
1 Handful of Basil
1 Bell Pepper
3 Kiwis (With Skin / Organic)

14. Clean out that Liver

1 Beet
3 Chard Leaves
1 Cucumber
2 Limes

15. Eye Sight Juicer

1 Radish
2 Limes
3 Handfuls of Strawberries
2 Cups of Watermelon C



AUGUST JUICING RECIPES

16. Anti Oxidant Juice

- 2 Handfuls of Grapes
- 2 Cucumbers
- 2 Limes
- 1 Chard Leaf

17. Glowing Skin

- 2 Bell Peppers
- 1/2 Beet
- 2 Cucumbers
- 1 Handful of Cilantro

18. Pre Workout Smoothie

- 1 Chard Leaf
- 1 Pitted Plum
- 1 Cup of Coconut Milk or Almond Milk
- 1 Handful of Cilantro

19. Mango-a-gogo Juicer

- 2 Peeled and pitted Mangos
- 1 Cucumber
- 1 Bell Pepper

20. Sunshine

- 3 Carrots
- 1 Lime
- 2 Cucumbers
- 1 Handful of Mint

21. Post Workout Juice

- 2 Cucumbers
- 2 Handfuls of Grapes
- 1 Lime

22. Amino Acid Juice

- 1/3 of a Melon (With Skin / Organic)
- 2 Cucumbers
- 1 Handful of Basil

23. Southerm Belle

- 1 Handful of Boysenberries
- 1 Handful of Blueberries
- 1 Cucumber
- 1 Pitted Plum
- 1 Cucumber
- 1 Handful of Mint

24. Morning juice

- 3 Strawberries
- 2 Handfuls of Basil
- 2 Cucumbers
- 1 Lime

25. The Master Cleanse

- 2 Cucumbers
- 2 Garlic Cloves
- 1 Fennel Stalk
- 1 Lime
- 3 Carrots

26. Summertime Glow

- 4 Bell Peppers
- 2 Carrots
- 1 Cucumber

27. Testosterone Booster

- 3 Lemongrass stalks
- 2 Cucumbers
- 1 Lime
- 2 Bell Peppers

28. Calcium Juice

- 3 Carrots
- 1 Bell Pepper
- 1 Cucumber
- 1 Handful of Basil

29. Estrogen Booster

- 2 Stalks of Fennel
- 2 Handfuls of pitted Cherries
- 1 Cucumber

30. Nature's Baby Food

- 1 Chard Leaf
- 2 Carrots
- 1 Avocado

31. Detoxifying Juice

- 2 Lemongrass Stalks
- 1 Beet
- 1 Handful Cilantro
- 1 Cucumber



SEPT. JUICING RECIPES

BY COACH CRYSTAL

1. Anti Cancer

1/3 Cabbage
1 Cucumber
1 Clove of Garlic
1 Apple

2. Green Supreme

1 Cup of Broccoli Floret
2 Cucumber
1 Handful of Kale
2 Apples

3. Post Workout Smoothie

1 Cup of Coconut Water
3 Figs
1 Handful of Kale
Your choice of Protein powder

4. Osteoporosis Healer

1 Cup of Pumpkin
2 Cucumbers
1 Clove of Garlic
1 Pear
Cinnamon to your liking

5. Mayan Juice

2 Carrots
2 Cucumbers
1 Chile Pepper
2 Handfuls of Broccoli

6. Hangover cure Juice

1 Cup of Coconut water
1 Cucumber
2 Figs
1 Apple

7. Morning Smoothie-clears your digestive system

1 Cup of Blackberries
1 Tablespoon of cashew butter
1 Cup of Almond butter
1 Handful of kale

8. Clear Skin Juice

1 Cup of Pumpkin
2 Cucumbers
3 Carrots

9. Digestive Cleansing Shots

1 Apple
1/2 Cucumber
1 Clove of Garlic
1 Lime
Dash of Cayenne Pepper on top

10. The powerful Seed Juice

1 Cup of Blueberries
1 Cup of Blackberries
2 Cucumbers
2 Tablespoons of Flaxseed oil
Mix it

11. Ace your test juice

1 Cup of Cauliflower florets
1 Cucumber
1 Apple
1 Pitted Plum

12. Blender Salsa - Easy and quick Salsa

1 Tomato
1/2 Onion
1 Cup of Lime Juice
1 Pepper
2 Handfuls of Cilantro

13. Baby Food Smoothie

1 Head of Steamed Broccoli
3 Steamed Carrots
1 Cup of Blueberries

14. IBS go away juice

1/2 head of Cabbage
2 Cucumbers
1 Clove of Garlic
2 Pitted Nectarines

15. Pismo Beach Muscle Juice

2 Handfuls of Spinach
2 Handfuls of kale
2 Cucumbers
1 Apple

16. Southern Pie Dessert Juice

size should be no more than 6oz
2 Pitted Peaches
2 Pitted Nectarines
1 Cucumber
1 Apple
2 Handfuls of Kale

17. Post Workout Smoothie

1 Cup of Coconut water
1 Cup of Pumpkin
1 Serving of protein powder
Dashes of Cinnamon to your liking

18. Face Mask Smoothie

You can put this on your face and drink the rest out of your blender too!

1 Cup of Pumpkin
2 Avocados

*Layer your face with the puree until it is hard. The wash off and moisturize your face

*if eaten you can eat the puree as a dip of add 1 cup of coconut water to make it into a smoothie

19. DrewCan Juice

1 Handful of Kale
1 Handful of Broccoli
2 Cucumbers
1 Apple

20. Kid's Morning Juice

1 Cucumber
1 Pear
2 Handfuls of Kale

21. Pre Workout Smoothie

1/2 Avocado
1 Cup of Almond milk
1 Tablespoon of Cashew butter

22. Detoxification Juice

2 Cups of Cauliflower florets
2 Cucumbers
1 Clove of Garlic
1/2 Apple

23. LOWCARB

1/2 head Cauliflower
1 Cucumber
1/3 cup fresh herbs (chives and basil)
Sea salt

24. No More Sore Muscles

2 Leeks
2 Cucumbers
1 Apple

25. The Ultimate Detoxification Juice Shots

WARNING! This is NOT a beginner's juice. 3oz Pour!

1 Clove of Garlic
1 Handful of Onion
2 Apples
1 Handful of Kale
1 Cucumber

26. Menopause Juice

2 Cucumbers
1 Apple
1 Pear
1 Cup of Pumpkin

27. Curly Sue Juice

1 Cucumber
2 Figs
1 Cup of Blueberries

28. Anti Aging Juice

1 Cup of Blueberries
2 Cups of Black Berries
2 Figs
1 Cucumber

29. The Perfect Smoothie-Meal Replacement

2 Handfuls of Spinach
1 Cup of Coconut milk
2 Tablespoons of Almond butter
1/2 Cup of Blueberries

30. No More UTI

1 inch of a Horseradish Root
2 Apples
1 Cucumber



OCTOBER JUICING RECIPES

BY COACH CRYSTAL

1. Halloween Juice

1 Cup of Pumpkin
1 Fig
1 Apple
1 Bell Pepper

2. Wine Fix Juice

1 handful of grapes
1/2 Beet
1/2 Shallot
1/2 cup of Cranberries

3. Greek Goddess Skin

2 Bell peppers
1/2 cup of Cranberries
1/2 Sweet Potato
1 Leek

4. Lunch Break

1 head of Romaine Lettuce
1 Leek
1 Apple
1/2 Beet

5. Anti Oxidant Juice

1 cup of Blackberries
1 cup of Brussel Sprouts
1/3 head of Cabbage
1/2 Beet

6. Fountain of Youth Shots

1 Turnip
1 Pear
2 Bell Peppers

7. Frankenstein Juice

1 Sweet Potato
2 Green Bell Peppers
1 Apple
1 Cucumber

8. Almond-Date Milk Smoothie

1 cup raw almonds, soaked in water
3.5 cups filtered water
2-4 pitted Medjool dates*, to taste
1 whole vanilla bean*, chopped (or 1/2-1 tsp vanilla extract)
1/4 teaspoon cinnamon
small pinch of sea salt

9. Good Morning Kid's Juice

2 Oranges
1 Apple
1 Cup of Cranberries

10. No More UTI's

3 cups of Cranberries
1 Orange

11. Anti Gum Disease Juice

2 cups of Cranberries
1 cup of Pumpkin
1 Shallot
1 Pear

12. Healthy Heart Juice Shots

1 Beet
1 Leek
1 Quince

13. Cauliflower Pie

1/4 head of cauliflower
3 Apples
dash Cinnamon

14. Digestive Juice

3 inches of Chicory root
1/3 head of Cabbage
2 handfuls of Grapes

15. Cancer Prevention juice

1/3 head of cabbage
1 cup of Brussel sprouts
1 Apple



OCTOBER JUICING RECIPES

16. Ultra Metabolism

1 head of Broccoli
1 Apple
1 cup of Cranberries

17. Monster Mash Juice

1 cup of Pumpkin
1 cup of Cranberries
1 Leek
1 Apple

18. OK Juice Shot

1 cups Okra
2 Mandarins

19. Vampire Blood Juice

1 Beet
1 Leek
1 cup of Cranberries

20. Vegan Fig Newton Smoothie

1 cup figs - hard stems removed
1 cup walnuts halves
¼ cup flax seeds
1 tablespoon pure vanilla extract
½ teaspoon salt
2 cups almond milk

21. Kid's Juice

1 Pear
1 cup of Broccoli Florets
1 Apple

22. Anti Parasite Juice

3 inches of Chicory
1 Shallot
1 Apple
1 cup of Cranberry

23. Let's go on a Date

1 cup of Almond milk
3 Dates
1 Pear
1 handful of Cashews

24. Vitamin E Juice

3 Bell Peppers
1 Apple
1 Sweet Potato
1 Jalapeño

25. Gut Cleanse

1/3 head of cabbage
1 Shallot
1 Beet

26. No More Smoking Shots

3 handfuls of Watercress
1 Apple
1 Leek

27. Digestive Health Advanced

5 inches of Chicory root
1 leek
1 Turnip
1 Apple

28. EmergenC Juice

1 Parsnip
3 inches of Chicory root
2 Oranges
1 Pear

29. Number 2 Juice

2 cups of Blackberries
3 inches of Chicory juice
1 Pear

30. Perfect Eye vision

1 cup of Cranberries
1 Apple
2 cup of Cauliflower florets

31. Clean Your Lungs Out

2 handfuls of Watercress
1 cup of Pumpkin
1 Apple



NOVEMBER JUICING RECIPES

BY COACH CRYSTAL

1. Halloween Juice

1 Cup of Fall Juice
1 cup of Cranberries
3 stalks of Celery
1 Chard leaf
1 Apple

2. Lean Thanksgiving

1 cup of Brussel sprouts
1 Beet
3 stalks of Celery

3. Help your eye sight

2 Carrots
1/2 cup of pomegranate
1/2 Daikon

4. Clean Blood Toxins

1 Lemon
1/2 Beet
1 cup of Cranberries
1 Chard leaf

5. Boost Your Estrogen

1 Fennel stalk
2 Kiwis
1 Lemon

6. November Green Machine

2 Chard Leaves
2 Kiwis
3 stalks of Celery

7. Pumpkin pie Smoothie

1 Cup of Pumpkin
3 Roasted chestnuts or 1 handful of Cashews
-Dashes of Cinnamon to your liking
1 cup of Almond milk

8. Post Workout Juice

1 Yam
1 Apple
5 stalks of Celery

9. Orangoutang kids juice

1 handful of kumquats
1 Orange
1/2 Lemon
1 Pear

10. Full of Magnesium

2 stalks of Bok Choy
1 Lemon
1 Apple
1 cup of Brussel Sprouts

11. Anti Fungal Juice

1/3 head of Cabbage
1 Apple
1 teaspoon of Wild Oregano Oil

12. Anti Aging Juice

1 Persimmon
1 cup of pomegranate seeds

13. Anti Smoking Juice

1 stalk of Fennel
1/2 Daikon
1 Lemon
1 handful of Mint
1 Apple

14. Apple Pie Smoothie

1 Baked Apple (bake in the oven for 30minutes)
1 cup of coconut or almond milk
1 handful of Pecans
-add in cinnamon or nutmeg to your liking

15. Vitamin B6 Juice

1/2 Rutabaga
1 Persimmon
1 Apple
4 stalks of Celery



NOVEMBER JUICING RECIPES

16. November Immunity Shots

2 Lemons
1 Apple
1 Cup of Cranberries

17. Anti Asthma Juice

1 Quince
2 stalks of Fennel
1 Apple
1 Lemon

18. Kid's Juice

1 cup of Cranberries
1 Apple
1 Chard leaf
4 stalks of Celery
1 Pear

19. Digestive Juice

1 Daikon
1 Apple
4 stalks of Celery

20. zzzzz Juice

2 stalks of Celery
1/2 Quince
1 Lemon

21. Good Fat to BURN Fat

1 Avocado
5 stalks of Celery -juice this
Blend all together

22. Anti Cancer Juice

2 Guavas
1 Apple
4 stalks of Celery

23. Anti Osteoporosis Juice

1 Turnip
1 Quince
1 Apple
5 stalks of Celery

24. Lean and Green

2 Chard Leafs
5 stalks of Celery
1 Lemon
1 Apple

25. Gorgeous Skin In The Fall

1 Yam
2 Carrots
5 stalks of Celery

26. No More Yellow Eyes

1/2 beet
5 stalks of Celery
2 stalks of Fennel

27. Pomegranate Juice

1 cup of Pomegranate seeds
1 Lemon
1 Pear

28. Tropical Delight

2 Kiwis
1 Guava
1 Quince
1/2 Daikon
4 stalks of Celery

29. Vitamin C

1 Handful of Kumquats
1/3 head of Cabbage
1 Lemon
1 cup of Pomegranate

30. No More Fever

1 Pear
1 Lemon
1 Kiwi
4 stalks of Celery

31. Island of Health

2 stalks of Fennel
2 Kiwis
1 Lemon
1 Apple
5 stalks of Celery



DECEMBER JUICING RECIPES

BY COACH CRYSTAL



1. Halloween Juice

2 handfuls of Arugala
1/2 Beet
1 handful of Dill
1/2 Sweet Potato
1 cup of Cranberries

2. Santa's Detox

2 Grapefruits (peeled)
1 Lemon
1 handful of Dill
1 cup of Cranberries

3. Hanukkah Celebration

1 Parsnip
1 Lemon
1/2 Beet

4. Lean machine during the Holidays

2 handfuls of Kale
1 Lemon
1 Grapefruit
2 handfuls of Dill
1

5. Rudolfs' power juice

2 Tangelos
3 stalks of Celery
2 Carrots

6. Rise and Shine

1 Blood Orange
1/2 Beet
1 handful of Cilantro

7. Strip away the toxins!

2 handfuls of Cilantro
1 Radish
1 Grapefruit
1 cup of Cranberries

8. Ultra Magnesium Shots

2 cups of Cauliflower florets
1 Lemon
2 stalks of Bok Choy
1 Carrot

9. Brussel Brain

1 cup of Brussel Sprouts
1 Leek
2 Carrots
1/2 Beet

10. Vitamin C shots for the Winter

1 handful of Cilantro
1 Blood Orange or Orange
1 Grapefruit
-dash of cayenne pepper

11. Nervous System Supporter

1/2 Rutabaga
1 Lemon
1 Tablespoon of fish oil or fish oil pills
1 Beet

12. Amino Acid Juice

1 Beet
1 Grapefruit
1 Lemon
2 stalks of Bok Choy

13. Christmass Dream

1 Collard Green leaf
2 Blood Oranges
1/2 Beet

14. Santa's Farmers Market

2 handfuls of Arugula
1 head of lettuce
2 Carrots
1 handful of Dill

15. Post Workout Juice for Santa

1 Sweet potato
4 stalks of Celery
1/2 Beet
1 handful of Cilantro



DECEMBER JUICING RECIPES

16. Cranberry pie smoothie

1/2 cup of baked cranberries
2 handfuls of cashews or chestnuts
1 cup of Almond milk
-dashes of cinnamon
vanilla bean or vanilla bean extract

17. Clementine Kid's Juice

2 Clementines
2 handfuls of Spinach
3 Carrots
3 stalks of Celery

18. Turn up for what?!- shots

1 Turnip
1/2 Beet
1 Lemon

19. The best sleep ever

3 stalks of bok Choy
1 Lemon
1 Carrot

20. No UTI's

2 cups of Cranberries
1 Lemon
1 Grapefruit

21. Immunity Shots

2 Blood Oranges
1 Lemon
2 Handfuls of Cilantro

22. No more Sniffles- for the advanced juicer

1 handful of Dill
1 Lemon
1/2 Radish

23. Building Muscle Juice

1 Sweet Potato
1/2 Lemon
3 cups of Spinach
4 stalks of Celery

24. Cran Orange Shots

1 Blood Orange
1 Handful Cranberries

25. Sweet Pot Shot

1 Sweet Potato
1 Carrot
1 Orange
1/4 Lime

26. All I want for Christmas....

1 cup of Cranberries
1 sweet Potato
-dashes of Cinnamon or Nutmeg
1 Clementine

27. Peace on Earth Shots- Energy purifier

1 Lemon
1 Beet

28. Vitamin A-Z

1 cup of Broccoli florets
1 Rutabaga
1 Grapefruit
3 Carrots

29. Apple Zing

1 Apple
1 Cucumber
1 Lemon
1-inch piece of Turmeric
1-inch piece of Ginger
dash of Cayenne
2 ounces Coconut Water

30. From the Garden Juice

2 handfuls of Dill
1 Leek
1 Lemon
3 Carrots

31. Heal Your GUT!

1 Grapefruit
1/4 Head Cabbage
1/2 Beet
1 Cucumber

