

A glass of vibrant green juice is the central focus, surrounded by fresh green vegetables like broccoli, green beans, and green apples. The background is a soft-focus green, creating a fresh and healthy atmosphere.

Juicy July Challenge

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Welcome Everyone!

I am absolutely delighted that you have signed up for The Juicy July Challenge... it's fantastic that we have "Juicy Friends" from all the world joining in!

So what's the plan?

Each day for the month of July I will be sharing a delicious, super-healthy juice and smoothie recipe for you to enjoy...

Every Sunday I will be sharing the shopping list and every Tuesday, I will be sharing the recipes for the week ahead. (Week One shopping list is attached/below).

Each day I will also be sharing a short video (via Facebook, Instagram) demonstrating how to make each of the juices and smoothies... as well giving you some juicy tips and hints.

My aim has been to keep the ingredients and recipes simple, straightforward and suitable for either a slow or a centrifugal juicer. If you're blending, the smoothie recipes are suitable for a standard blender or a nutribullet.

I have divided the month into 4 weeks:

Week 1 - Power Me Up

Your "Go To" booster juices, great for any time of the day, made with vegetables and fruit that pack a punch

Week 2 - Cleanliness is next to Godliness

Cleansing juices and smoothies that can help you achieve dramatic results in your overall well-being: Clear eyes and skin, improved digestion, reduced water retention and a clearer mind!

Week 3 - Time to Heal

Raw juices allow your digestive system to rest - meaning better and quicker absorption of nutrients by the body. These juices and smoothies will aid digestion and help to reduce any inflammation.

Week 4 - V4 Vitality

Vitamins, minerals, raw enzymes galore - by week 4 you should be feeling revitalised and raring to go!

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The Juicy July Challenge was an idea I dreamt-up sitting at the kitchen table just a couple of weeks ago... my aim is simply to get as many people as possible juicing through July. If you have any comments, suggestions and feedback please do let me know! via social media comments or the email below.

Some optional extras you might want to get ready for The Challenge and the month ahead:

- A special glass for your juices and smoothies - remember this is your "thank you" to yourself everyday... so make it a special occasion!
- Glass bottle(s) with screw top - jam/sauce jars are perfect - this will enable you to batch your juices - in particular the G-Force Juice (*more about that on Tuesday!*)
- Phone/Camera to take a snap of your juice or smoothie and post on Facebook or Insta using the tags / hashtags below - as I said my aim is to get as many people as possible Juicing through July...
- Don't forget, everyone that signs up and completes the challenge has a chance of winning a 7 Day Juicing Retreat at Maison de Lunel (see website for T&Cs)

Thank you once again for signing up... *Let's Get Juicing!*
Ross

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Juicy July Challenge

"Power Me Up - Juices"

Shopping List - Week One

- 8 Apple - medium size, any variety
- 15 Bean / Pea Pods
- 2 Beetroots - medium / large
- 1 Broccoli - head & stem
- 6 Carrots
- 8 Celery stick
- 2 Courgettes / Zucchini
- 3 Cucumber - medium
- 1 Fennel - large bulb
- 3 Ginger Roots
- 15 Grapes - black or white - small bunch
- 1 Green Pepper
- 1 Kiwi
- 5 Lemons
- 2 Lime
- 1 Parsley - small bunch
- 3 Pears
- 1 Pineapple
- 1 Spinach - large bag
- 7 Tumeric Roots
 - ideally fresh, but powdered is okay too
- 1 Watercress
- Spirulina or Super Greens Powder
- Coconut Water (1 litre)



Juicy July Challenge

"Power Me Up - Smoothies"

Shopping List - Week One

- 1 Apple
- 2 Avocado - ripe
- 2 Banana - small / medium
- 1 Beetroot
- 1 Berries – mixed frozen berries
- 1 Carrot - large
- 1 Celery stick
- 1 Courgette / Zucchini
- 2 Cucumber - medium
- 1 Fennel - small bulb
- 1 Ginger Root - large root
- 1 Grapefruit
- 15 Grapes - black or white - small bunch
- ½ Green Pepper
- 2 Lime
- 1 Orange – small / medium
- 3 Pear
- 1 Pineapple large
- 1 Spinach large bag
- Mint Leaves - handful
- 250ml Almond Milk
- 250ml Oat Milk
- 1lt Coconut Water
- Seeds / Peanut Butter (sugar free/unsalted)
- Hemp Powder