



# JUICY JULY CHALLENGE

## V 4 Vitality Week Four - Juice Recipes

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Maison de Lunel

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# JUICY JULY CHALLENGE

## V 4 Vitality

Week Four - Juice Recipes

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Make sure you're drinking plenty of water to  
support your digestive system



# Sweet Caro-tene

- 1 Sweet Potato
- 3 Tomatoes
- 2 Celery stalks
- 1/3 Cucumber
- 3cm Ginger root

*Sweet Caro-tene - Good times never seemed so good...  
Bursting with beat-carotene, vitamin C and vitality!*

## Meal Replacement:

This slow releasing energy juice is a great start to the day or a tasty lunch replacement



## Sweet Caro-tene

### What to do:

Run all of the ingredients through your juicer

### Tips:

Chop the sweet potato into 3-4cm chunks

Pour over ice for a cooler juice

### Facts:

They may look uninteresting, but sweet potatoes are a superfood! They come in a variety of sizes and colours – including orange, white, and purple - they are rich in vitamins, minerals, antioxidants, and fibre. A single sweet potato contains more than a day's worth of beta-carotene and nearly all your vitamin C requirements. They help combat free radicals in the body, benefit skin health and support the immune system. They are a traditional treatment for diabetes, as they contain slow-release carbohydrates and the hormone adiponectin, a combination that helps keep blood sugar levels steady. Their high levels of beta-carotene mean they benefit the skin by fighting the free radicals that cause skin damage (free radicals are unstable molecules that can damage DNA and trigger inflammation). The yellow flesh and brown skinned sweet potatoes have high potassium levels that help to regulate heart rate and help combat the effects of stress.



# In The Pink

- 2 Apples - ideally red
- 1/2 Pink Grapefruit - remove skin
- 4 Red Plums - stones removed
- 1 Beetroot
- 15 Grapes - red or black
- 1/3 Cucumber
- 3cm Ginger root

*The dictionary definition of the saying  
"in the pink" is "in extremely good health & spirits"  
...which sums this juice up perfectly!*

## Meal Replacement:

This juice is an obvious vitality  
fuelled start to your day!



## In The Pink

### What to do:

Run all of the ingredients through your juicer

### Tips:

Leave as much of the pith as possible on the grapefruit

Pour over ice for a cooler juice.

### Facts:

Plums belong to the same family as peaches, nectarines, and apricots. But plums are much more diverse than their stone-fruit cousins. They can be large or small, with red, purple, green, yellow or orange skin, and pink, yellow, or orange flesh. Plums contain good antioxidant and detoxifying properties and they are known for being a metabolic stimulant. They contain chromium, potassium, selenium and other minerals as well as vitamin C and beta carotene as well as useful amounts of calcium, potassium, magnesium and the antioxidant beta carotene. These nutrients help regulate the heart rate, blood pressure, blood sugar levels and water balance. Damsons in particular, are noted for their ability to stimulate appetite and digestion if eaten before a meal. Plums can initiate detoxification and help improve liver function as well as improving internal health, their detoxifying properties can help promote healthy skin. The dark-skinned varieties, with red flesh are richer in beneficial antioxidants called anthocyanins.



# Summer Lovin'

2 Tomatoes

1 Apples

2 Carrots - large

1 Kiwi - unpeeled

1 Watercress - large handful

1 Spinach - large handful

*This combination of fruit and vegetables may not seem an obvious one - but its bursting with summer love and vibrance.*

## Meal Replacement:

This makes a perfect light lunch or evening meal replacement



## Summer Lovin'

### What to do:

Run all of the ingredients through your juicer

### Tips:

You may want to add 1/2 teaspoon of cayenne pepper

Pour over ice for a cooler juice.

### Facts:

Turns out the humble tomato is full of surprising perks for your skin, your gut and more... tomatoes are the major dietary source of the antioxidant lycopene, - a superstar of medical food substances and the source of their vibrant red colour. Lycopene has been found to lower cholesterol, protect eyes and skin and boost immunity. Tomatoes are also abundant in potassium, which reduces water retention. They're also a good source of glutathione which helps the body to remove fat-soluble toxins. The large amounts of vitamin C, vitamin E and beta-carotene all support heart health, however it's the lycopene which is most important as it helps strengthen the walls of blood vessels and remove cholesterol from the blood.





# Carrot & Ginger Lemonade

1 Lemon - large with skin

4 Carrots

1 Pink Grapefruit - peeled

1 Orange - peeled

3cm Ginger root

1 Turmeric root

*Everyone loves a lemonade in the summer... and I'm sure that you're going to love this zesty super juice bursting with vitamin C, sunshine & energy!*

**Meal Replacement:**

Perfect for anytime!



## Carrot & Ginger Lemonade

### What to do:

Run all of the ingredients through your juicer

### Tips:

Leave as much pith as possible on the orange and grapefruit

Pour over ice for a cooler juice.

### Facts:

Citrus fruits are an excellent source of vitamin C, which strengthens the immune system and helps to keep your skin smooth and elastic. Citrus fruits also have good amounts of other vitamins and minerals, including B vitamins, potassium, phosphorous, magnesium and copper. Additionally, they are rich in plant compounds that have various health benefits, including anti-inflammatory and antioxidant effects. These compounds include over 60 varieties of flavonoids, carotenoids and essential oils and they are responsible for many of citrus fruit's health benefits. The high fibre content in citrus fruit helps to improve digestive health and aids weight loss. Oranges are particularly high in soluble fibre, which helps lower cholesterol levels.

Citrus fruits can raise the levels of citrate in your urine, lowering the risk of kidney stones; furthermore, they have been widely studied for their protective effects on a variety of cancer types. A Japanese study found that people who ate higher amounts of citrus fruits had lower rates of heart disease and stroke.



# Beet The Heat

2 Beetroots

1 Apple - ideally red

2 Oranges - peeled

1 Lemon - leave the skin on

1 Spinach - large handful

3cm Ginger root

*Sometimes the summer heat can be a little draining...  
but this vibrant red tonic will certainly revitalize  
your energy levels!*

## Meal Replacement:

Great lunch replacement or mid-afternoon  
energy booster!



## Beet The Heat

### What to do:

Run all of the ingredients through your juicer.

### Tips:

Pour over ice for a cooler juice.

### Facts:

Beetroots are packed with essential nutrients and plant compounds - they are low in calories, yet high in valuable vitamins and minerals - in fact, they contain a bit of almost all the vitamins and minerals that you need. They may look tough, but beetroots are a delicate vegetable with a unique group of antioxidants known as betacyanins. These pigments give beetroots their strong colour and are a source of medicinal benefits supporting the liver, improving circulation and purifying the blood. And their leaves are used to aid digestion. A combination of iron and antioxidants helps feed the and purify the blood while improving its oxygen uptake. Phytochemicals stimulate the production of glutathione a detoxifying antioxidant that combines with an array of antioxidant pigments to aid liver function and neutralise and excrete toxins. Studies have shown that beets can significantly lower blood pressure by up to 4-10 mmHg over a period of only a few hours... These blood pressure-lowering effects are likely due to the high concentration of nitrates in beets. In your body, dietary nitrates are converted into nitric oxide, a molecule that dilates blood vessels, causing blood pressure to drop



# Mediterranean Summer

2 Tomatoes

1 Spinach - large handful

1 Basil Leaves

1/3 Cucumber

1 Apples - red

1 Lime

1/2 tsp Cayenne Pepper (optional)

*Tomatoes, cucumber & basil are staples of the mediterranean diet... simply relax and enjoy this one thinking of the long, warm summer days!*

**Meal Replacement:**

A lovely evening meal replacement



## Mediterranean Summer

### What to do:

Run all of the ingredients through your juicer.

### Tips:

Pour over ice for a cooler juice

### Facts:

Basil is a member of the mint family and there are many different varieties: sweet, cinnamon, Thai and Greek to name a few. Eaten regularly, basil like all herbs can work synergistically with other foods to boost your health in many ways, including enhanced digestive health and detoxification. Basil is not only a popular folk remedy for ailments like nausea and bug bites, but also widely utilized in traditional Chinese medicine, Ayurvedic medicine and other holistic medicine systems. Basil fortifies the digestive and nervous systems and can be a good remedy for headaches and insomnia. Eugenol, a constituent of the oil in the basil leaf has an anti-inflammatory effect on joints and the digestive tracts; it's also a mild diuretic and it contains a range of antioxidants which can help protect the body against free radical damage.



# Green & Mighty

1 Watercress - large handful

2 Pears

1/2 Fennel bulb

1 Celery

3cm Ginger root

1 Lemon - leave peel on

*Hippocrates built his hospital beside a flowing stream  
so that his patients were close to a reliable source  
of watercress... need I say more?*

## Meal Replacement:

This is a wonderful juice  
ideal for breakfast, lunch or evening meal  
replacement



## Green & Mighty

### What to do:

Run all of the ingredients through your juicer.

### Tips:

Feed the watercress into the juicer between the pears

Pour over ice for a cooler Juice

### Facts:

Watercress is a member of the cruciferous family, which includes cabbage and broccoli and the benefits of eating watercress are many and counting! It contains over 50 vital vitamins and minerals and, gram for gram contains more calcium than milk, more folate than bananas, more Vitamin C than oranges and more Vitamin E than broccoli. Like Hippocrates the Roman emperors knew the power of watercress - they ate it to help them make bold decisions and the Anglo-Saxons swore by watercress potage to 'spring clean' the blood. Its numerous health benefits include reducing the risk of certain cancers, aiding digestion, maintaining the body's water balance and acting as a natural antibiotic to boost immunity. It's rich in sulphur which aids protein absorption, blood purification and cell building and promotes healthy skin and hair. The chlorophyll which gives watercress its green colour is rich in digestive enzymes that help the body fully utilize the nutrients in any meal.