



# JUICY JULY CHALLENGE

"Power Me Up"  
Week One - Juice Recipes

Brought to you by:  
@Maison de Lunel

#juicyjulychallenge  
#juicyjuly

# JUICY JULY CHALLENGE

## "Power Me Up"

### Week One - Juice Recipes

Day 1 - Green Means Go

Day 2 - Phyt-ing Fit

Day 3 - Nay Bosch

Day 4 - Super Saturday

Day 5 - Bold n Bighty

Day 6 - Ti-Top Pear-formance

Day 7 - Pumping Iron



**Daily  
Shot**

## **G-Force!**

1/2 Apple  
3cm Ginger  
1 Turmeric root  
1/2 Lemon with peel

*Optional Extra - but it is highly recommended!*

*This super-powerful little shot is a brilliant way to start to your day! The concentrated benefits within this golden ray of sunshine are a super boost for your mind, body and soul... and the colours and aromas that literally fill your kitchen when you make it will set you up for the day.*

*There really is no better way to awaken your taste buds and get your digestive tract ready for the day!*

**Meal Replacement:**

Aim to have one of these every morning before anything else!



**What to do:**

Run all of the ingredients through your juicer in the order shown.

**Tips:**

This is perfect for making a batch every 3 days  
No need to peel the ginger or tumeric

**Facts:**

Ginger and tumeric are incredible gifts from mother nature.

*Ginger - active constituent: gingerol*  
is antibacterial, antiviral, antifungal, antiseptic and  
a fantastic antihistamine.

*Tumeric - active constituent: curcumin*  
is a powerful antioxidant and anti-inflammatory helps  
to fight free radical damage zesty lemon full of  
Vitamin C and antibacterial properties

# Green Means Go!

2 Apples

1 Large Broccoli Floret & Stem

1 Large Handful Spinach

1 Celery Stick

1/2 Cucumber

1/2 Courgette


1/2 Green Pepper

3cm Ginger

*What a way to start the Juicy July Challenge!  
This week is all about the Go To Juices and this one is  
certainly going to set you off on the right track!*

## **Meal Replacement:**

This is a mighty mean-green juice that is perfect for breakfast, lunch or dinner. Brimming with minerals - essential for regulating all of the body's functions - this one of my favourite recipes!



**What to do:**  
Simply run all of the fruit and vegetables through your juicer.

**Tips:**  
I recommend chopping your celery into 3cm pieces - it stops the stringy bits clogging up your juicer

**Facts:**  
Like their relations melons and cucumbers, courgettes contain a high volume of water and are low in calories - their water content is highly mineralised and bioavailable (*easily absorbed*).  
From their skin to their seeds courgettes are almost entirely edible - a wonderful rich source of Vitamin C and folate in their skins and their abundance of phytonutrients aids water balance

By eating all of these vegetables in their raw state you really are optimising all of their abundant nutrients!

# Phyt-ing Fit

2 Carrot sticks  
1 Beetroot  
4 Celery sticks  
1/2 Fennel Bulb  
3cm Ginger  
1 Lemon - peel on  
Coconut Water

*This delicious combination of root vegetables is packed with phytonutrients and antioxidants - these help to revitalise the blood, which in turn will help to improve your circulation and increase your oxygen levels.*

*We all need to get more oxygen to our cells!*

## **Meal Replacement:**

Perfect for an evening meal replacement to support your digestive system before bedtime.

### What to do:

Simply run all of the fruit and vegetables through your juicer.

### Tips:

I always chop my root vegetables (and celery) - makes it easier to go through the juicer and you seem to get more juice... *this is not scientifically proven!*  
I put citrus fruit through last, as it seems to *flush through* the juicer! Less washing up!

Always try to buy wax free citrus fruits.

### Facts:

This juice really is a major booster for all of your organs: your heart, your liver and your kidneys. It will also aid and enhance our digestive system and general intestinal health!

Since Roman times fennel has been hailed for it's ability to soothe the digestive system, it also helps to relieve water retention and regulate hormones. A low calories source of Vitamin C, dietary fibre and potassium... and it contains a range of antioxidants and anti-inflammatory volatile oils.



# Nee Bosh

*for our Geordie Juicers!*

1/2 Courgette  
1 Large Broccoli Floret & Stem  
1/2 Pineapple - use the core too  
1 Large Handful of Spinach  
1/2 Cucumber  
1/4 Fennel Bulb  
1 Handful of Beans or Peas  
1/2 Lime

*This really is a super go-to green juice... a powerful combination of vegetables and a delicious juice that will give you bundles of slow-releasing energy!*

## Meal Replacement:

Super tasty juice loaded with vitamins, minerals and those all important enzymes - perfect for breakfast, lunch or dinner.



**What to do:**

Simply run all of the fruit and vegetables through your juicer.

**Tips:**

I recommend starting with the firmer vegetables first  
*Leave you peas or beans in their pods*

**Facts:**

Pineapple is also a great source of manganese and the proteolytic enzyme Bromelin is a powerful anti-inflammatory. Broccoli is famous for it's antibacterial and immunity boosting activities, whilst peas and beans are little power houses packed with Vitamin C and iron.

**Special Thanks:**

*Thank you to our friends in the NE of England for introducing me to the name for this juice... otherwise translated as:*

***No Problem!***

# Super Saturday!

2 Apples  
1/2 Cucumber  
1 Celery Stick  
1/2 Courgette  
1 Large Handful of Spinach  
1/4 Fennel bulb  
1/2 Lime  
1 tsp of Spirulina

*This is super cleansing and detoxifying juice  
bursting with vitamins and minerals.*

## Meal Replacement:

This is a perfect anytime of the day but,  
personally I think it makes an ideal  
breakfast replacement.

### What to do:

Simply run all of the fruit and vegetables through your juicer.

### Tips:

Put the teaspoon of spirulina in your jug before you start - I sometimes add a little cold water to make into a paste, this will make it easier to stir once your juice is made.

If you have a blender, you can always put this juice in your blender with ½ an avocado or a banana - if so, add your spirulina powder to the blender.

### Facts:

Spirulina is blue-green nutrient-dense algae... often hailed as a superfood and you can see why when you learn that it's packed full of vitamins, including vitamins A, C, E and B vitamins, as well as a whole host of minerals such as calcium, magnesium, zinc and selenium... and it's a rich source of beta-carotene and amino acids.

# Bold n Mighty


1/4 Pineapple  
1 Large Handful of Spinach  
1 Handful of Parsley  
1 Celery stick  
4 Carrots  
1 Kiwi

*Super-rich in Vitamins A, C, E, B6 folic acid and potassium... as well as being rich in iron.*

*Just one glass will set you well on the way to hitting your daily requirements of all these vitamins and minerals.*

## Meal Replacement:

I said the juices in Week One were going to be packing a punch and this one is no exception! This mighty juice is wonderfully fresh and the perfect partner before or after a workout, or even if just going for a Sunday afternoon walk!



**What to do:**  
Simply run all of the fruit and vegetables through your juicer.

**Tips:**  
Remember to put your spinach and parsley between the other ingredients to get the most from it.  
Chop your carrots into 3-4 cm pieces and feed them through the juicer in two batches - the harder carrots will help to push through the softer ingredients

**Facts:**  
Parsley is a great diurectic, rich in antioxidants that can help relieve congestion and inflammation in the kidneys and bladder, it's also rich in vitamin K which helps to support healthy bones.  
Meanwhile kiwi is great for your digestive system and an overall great booster for your immune system.

# Tip-Top *Pear*-formance

2 Pears

15 Grapes - Black or White

1 Large Handful of Spinach

1/2 Green Pepper - deseeded


1/4 Pineapple

2 Apples

*This power pack is sure to provide an overall feeling of wellbeing from the inside out!*

## **Meal Replacement:**

This is a truly wonderful juice - perfect if you need a reset mid-morning or mid-afternoon



**What to do:**  
Simply run all of the fruit and vegetables through your juicer.

**Tips:**  
I put the fruit and vegetables in this order to get the maximum from each of them - the harder apples bringing up the rear will help to push through anything in your juicer.

**Facts:**  
Pears are simply an amazing fruit... they're a cooling, uplifting low allergy fruit providing an excellent source of pectin (water-soluble fibre) and full of natural, healing enzymes; they contain useful amounts of beta carotene and B vitamins too!  
In addition, the tannins, powerful flavonoids and other aromatic compounds in the grapes are powerful antioxidants and contribute to glowing skin!



# Pumping Iron

1 Pear

1 Beetroot

1 Cucumber

1 Large Handful of Spinach

1 Large Handful of Watercress

1/2 Courgette


1 Lime - peel on

*As well as being rich in beta carotene and other carotenoids, few come close to 'beating' this juice for its vitamin C, iron and folic rich combination.*

## Meal Replacement:

Refreshing cucumber and distinctive watercress contrasting with the earthy beetroot and spinach... and a zing of lime!

It's a great lunch replacement that will see you through the afternoon!



**What to do:**  
Simply run all of the fruit and vegetables through your juicer.

**Tips:**  
Just remember to feed your leaves into the juicer between the other ingredients

**Facts:**  
The vitamin C in this super juice makes the iron content all the more easily absorbed by the body, whilst its beta carotene and other carotenoids (a class of phytonutrients) are beneficial antioxidants that all enhance your immune system.

Don't miss a beet... despite their hardy appearance, beetroots are a delicate vegetable with a unique group of antioxidants called Betacyanins - these pigments give the beetroot their strong colour and are a key source of their benefits - particularly for supporting the liver, improving circulation and purifying the blood.