



JUICY JULY CHALLENGE

Time to Heal Week Three - Juice Recipes

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JUICY JULY CHALLENGE

Time to Heal

Week Three - Juice Recipes

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

Spiced Hot Apple

1 Serving

2 Apples

3 cm Ginger Root

Orange Peel - grated

Cinnamon - ground

Nutmeg - ground (optional)

Optional
Extra

*A mug of pure healing comfort -
taken warm or at room temperature this is extremely
soothing and relaxing for your liver.*

*Highly recommended at least 2 or 3 times
during this week of healing... and beyond*

Meal Replacement:

Wonderful in the evening or as
as warm beverage mid-morning
or mid-afternoon



Spiced Hot Apple

What to do:

Juice the apples and ginger

Add the cinnamon, nutmeg and grated orange peel to the juice

If you are serving the juice cold, let it infuse for 10-15 minutes
- strain through a fine mesh sieve and serve.

If you are serving the juice hot, place the juice in a small
saucepan and heat until simmering.

Turn off the heat and infuse for 5-10 minutes

Strain through a fine mesh sieve and serve.

Tips:

If you are happy with the added texture of the orange
peel there is no need to strain the apples.

G-Force

Daily
Shot

1/2 Apple

1/2 Lemon

3 cm Ginger Root

1 Turmeric Root

*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 you digestive tract ready for the day!*

Meal Replacement:

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



G-Force

What to do:

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

Serve in a shot glass

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 constiuent: gingerol is actibacterial, antiviral, antifungal, antiseptic and a fantastic antihistamine.

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



Healing Harmony

6 Carrots

1 Apple

1 Mint Leaves - handful

3cm Ginger Root

1 Turmeric Root

1 Lemon

Cayenne Pepper - 1 pinch

Orange colored and beta-carotene loaded, this delicious juice has anti-inflammatory effects and tones your circulatory system. This is the perfect juice to start off a week of healing!

Meal Replacement:

This juice is a great start to the day



Healing Harmony

What to do:

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

Stir in a pinch of cayenne pepper for an added boost

Tips:

Pop the turmeric root into the juicer whole - to avoid the highly potent yellow curcumin staining your fingers (and anything else it comes into contact with)

Pour over ice for a cooler juice.

Facts:

The carrot (*Daucus carota*) is often claimed to be the perfect health food. They're weight-loss-friendly and have been linked to lower cholesterol levels and improved eye health, due their vitamin A content. What's more, their carotene antioxidants have been linked to a reduced risk of cancer. Pectin is the main form of soluble fiber in carrots which can lower blood sugar levels by slowing down your digestion of sugar and starch. The essential oils in carrots protects against intestinal parasites As well as beta-carotene, lutein and lycopene carrots contain silicon which promotes healthy skin and nails.

Juicing yields the highest concentration of beta-carotene



Strawberry Fields Forever

10 Strawberries (fresh)

1 Pear

1 Mint Leaves - handful

1 Red Grapefruit - remove peel

2 Beetroots

1 Lemon

Drink this lovely pink juice first thing in the morning to get your antioxidants dose and activate the natural detox functions of your body.

Meal Replacement:

This makes a perfect breakfast replacement



Strawberry Fields Forever

What to do:

Run all of the ingredients through your juicer

Tips:

You don't have to limit yourself to 10 strawberries!
Retain as much of the grapefruit pith as possible when removing the skin - it's packed with phytonutrients
Pour over ice for a cooler juice.

Facts:

Strawberries are potent little packages that protect your heart, increase HDL (good) cholesterol, lower your blood pressure and guard against cancer. They're a high antioxidant food: a rich source of vitamin C, they contain manganese, folate (vitamin B9), and potassium and the beneficial flavonoids quercetin and kaempferol. Plus, they have healthy-heart properties, benefit the digestive system and are the only fruit to have seeds - making them a source of small amounts of omega-3 fatty acids on their exterior.

A tea made from strawberry leaves is a traditional remedy to soothe acid indigestion and the fibre in the fruit can aid a sluggish bowel.



System Reboot

- 1 Beetroot
- 1 Apple
- 2 Celery Stalks
- 1 Spinach - large handful
- 1 Parsley - small handful
- 1/2 Cucumber
- 1 Carrot
- 3cm Ginger root
- 1 Garlic - small clove (optional)

The combination of all these colourful vegetables, all rich in digestion supporting nutrients, is guaranteed to give your immune system a reboot!

Meal Replacement:

This makes for an ideal lunch replacement or evening meal



System Reboot

What to do:

Run all of the ingredients through your juicer

Tips:

The garlic is optional - but it's so good for you it's worth giving it a try! (use a small / medium clove)

Pour over ice for a cooler smoothie.

Facts:

Garlic is universally recognised for its health promoting benefits: aiding the circulatory and digestive systems, boosting the immune system, lowering blood pressure and fighting heart disease. It even helps to eliminate toxins. Hippocrates promoted the use of garlic for treating respiratory problems, parasites, poor digestion, and fatigue... and the original Olympic athletes in Ancient Greece were given garlic - possibly the earliest example of "performance enhancing" agents used in sports. The sulphur in garlic stimulates nitric oxide production in blood vessels. This relaxes and improves their elasticity, helping to lower blood pressure. It also contains sulfhydryl, which works by helping to remove toxic substances such as heavy metals from the body.

By consuming it raw you'll be getting the optimum levels of the abundant antibiotic and antifungal sulphur compounds allicin, alliin and ajoene.



R & R

Reset & Restore

2 Apples

1 Corriander - handful

1 Spinach - large handful

1 Celery stalk

6 Asparagus spears

1 Cucumber

*Everyone knows how important it is to get some R&R
...and it doesn't get much better than this!
In just one glass you're getting an super boost of
healing goodness.*

Meal Replacement:

A wonderful start to your morning -
or as an afternoon-lifting lunch



R & R - Reset & Restore

What to do:

Run all of the ingredients through your juicer.

Tips:

Good idea to start with one of the apples and put the other one through at the end to help push through all of the other ingredients

Pour over ice for a cooler juice.

Facts:

Asparagus has been prized for millennia for its unique flavour, succulent texture and medicinal qualities. It has detoxifying properties and contains antioxidants that strengthen the heart and blood vessels. Traditional Chinese Medicine also suggests it can benefit people with respiratory illnesses. It contains inulin, a prebiotic that encourages healthy gut flora and also has mild laxative and diuretic properties. Aspartic acid neutralises excess ammonia in the body which could otherwise result in a sense of feeling drained and lacking in vigour. Contains rutin and glutathione which protect cells against oxidative stress by free radicals in the body, promote a healthy immune response and can strengthen blood vessels.



Green & Soulful

4 Celery stalks
1 Parsley - large handful
1 Spinach - large handful
1 Cucumber
2 Apples

*Super simple, but such a healing glass of juice,
overflowing with colourful green goodness!*

Meal Replacement:

A perfect healing anytime of the day -
A very good evening meal replacement to give your
digestive a long rest over night.



Green & Soulful

What to do:

Run all of the ingredients through your juicer.

Tips:

Chop the celery in smaller pieces - approx 4cm

You could add a lime (not peeled) if you would like an extra bit of zest

Pour over ice for a cooler juice

Facts:

There is more to bitter, aromatic celery than a pleasant crunch... Celery Juice heals and activates the gut by restoring hydrochloric acid which helps us digest things faster and more efficiently. Celery juice helps raise stomach acid, which is necessary to help break down food, especially protein. If our stomach acid is low, the body has to use more resources to digest that food, often leaving us feeling tired and lethargic. Celery juice has the ability to significantly replenish depleted levels of gastric mucus that is needed in the stomach lining to heal and prevent ulcers and acid reflux. Celery Juice is a natural anti-inflammatory. It contains Polyacetylene which reduces chronic joint pain, gout, and rheumatoid arthritis. Not only does it soothe the body, but it is also believed to soothe the nerves, with calming and relaxing properties.

Research shows that compounds found in celery contain powerful antimicrobial properties that fight infections and naturally boost immunity.



An Apple A Day

4 Carrots

2 Celery stalks

1/3 Pineapple

2 Apples

3cm Ginger root

1 Lemon

*Couldn't have a week of healing without the staples
Carrot and Ginger... just overflowing with colourful
healing goodness!*

Meal Replacement:

A perfect digestive system booster -
anytime of the day - twice if you like!

An Apple A Day

What to do:

Run all of the ingredients through your juicer.

Tips:

You can add more ginger if you like a little more heat!
Don't remove the pineapple core - its a great source of the ezyme
bromelain

Pour over ice for a cooler Juice

Facts:

Apples are the perfect base for just about any juice and they have so much to offer... Available in so many varieties, juicy crunchy apples have been celebrated since antiquity for their health benefits. They're high in pectin, a soluble fibre, and slow releasing sugars that help to improve heart health and regulate the body's blood sugar levels. Fructose and antioxidant polyphenols in apples improve the metabolic balance and slow the rate at which sugar is absorbed into the blood stream Green apples like all apples contain malic acid a very useful digestive aid.



Healing Powers

1/3 Pineapple
1 Celery stalk
1 Cauliflower floret - large
2 Pears
1/4 Cucumber
3cm Ginger root
1 Lime

*This is such a super soothing, delicious and creamy juice.
Highly nourishing and just so kind on your whole
digestive system.*

Meal Replacement:

This a lovely lunch or mid-afternoon
healing juice



Healing Powers

What to do:

Run all of the ingredients through your juicer.

Tips:

Pour over ice for a cooler smoothie

Facts:

Cauliflower is a great source of antioxidants, which protect your cells from harmful free radicals and inflammation. Similar to other cruciferous vegetables, cauliflower is particularly high in glucosinolates and isothiocyanates; beneficial for reducing inflammation and protecting against several chronic diseases. As well as being rich in vitamin C, Cauliflower is high in choline, an essential nutrient that many people are deficient in. Choline has several important functions in the body: it plays a major role in maintaining the integrity of cell membranes, synthesizing DNA and supporting metabolism. It's also involved in brain development and the production of neurotransmitters that are necessary for a healthy nervous system.

What's more, it helps prevent cholesterol from accumulating in the liver!