



JUICY JULY CHALLENGE

Cleanliness is Next to Godliness

Week Two - Juice Recipes

Brought to you by:
Maison de Lunel

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Week Two - Juice Recipes

Day 1 - Totally Rad!

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Make sure you're drinking plenty of water this week to support your cleansing.



Totally Rad!

3 Carrots
Parsley - large handful
4 Radishes
1 Apple
1 Lemon

*This is a fiery detox juice to start off a week of cleansing!
The pungent essential oils in the radish help support a healthy liver and diuretic properties of the parsley supports healthy kidneys and bladder!*

Meal Replacement:

This juice is a great start to the day or for a light lunch that will see you through the afternoon.



Totally Rad!

What to do:

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

Tips:

Feed the parsley into the chute between the vegetables
Put citrus fruit through last - it helps to flush through your juicer
Pour over ice if you like a cooler juice.

Facts:

Radishes are packed with Vitamins E, A, C, B6, and K - plus they're high in antioxidants, fiber, zinc, potassium, phosphorous, magnesium, copper, calcium, iron and manganese!
They are used in Ayurveda and Traditional Chinese Medicine to treat many conditions including fever and inflammation.
All that and 4 radishes are only 12 calories
They are the perfect crunchy snack when the munchies strike!



U.G.C. Ultimate Green Cleanse

- 2 Apples
- 2 Celery sticks
- 1/2 Cucumber
- 1 Spinach / Kale - large handful
- 1 Lime
- 3cm Ginger Root
- 1 Green Tea Bag

This is a fabulous juice to cleanse and stimulate your whole digestive system! This really is a go to inner cleanser.

Meal Replacement:

Another juice that's a great start to the day... and for those of you who normally start your day with a cup of tea.. I've included that too xx



U.G.C.

What to do:

Brew the Green Teabag and allow to cool
Run all of the fruit and vegetables through your juicer and then add your cooled tea to the jug.

Tips:

Chop the celery - roughly 4cm pieces - it prevents your juicer getting clogged
Pour over ice for a cooler juice.

Facts:

Green tea has been used in traditional Indian & Chinese medicine and hailed for its health benefits for centuries. It's made from unoxidized leaves and is one of the less processed types of tea - it therefore contains the most antioxidants and beneficial polyphenols.

It's rich in catechin content - antioxidants that fight and may even prevent cell damage, and it's been shown to improve blood flow and lower cholesterol.



Liquorice All Sorts

2 Pears

1 Tarragon - small handful

1/2 Fennel bulb

1/2 Cucumber

1 Broccoli - floret & stem

1 Celery stick

3cm Ginger

The wonderful benefits of juicing herbs cannot be overstated... herbs work synergistically with other foods to boost health in many ways - including enhancing digestive health and detoxification.

Meal Replacement:

This juice is a cleansing treat for any time of the day. I hope you're really going to enjoy the warm spicy aniseed flavour created by the fennel, ginger and tarragon...



Liquorice All Sorts

What to do:

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

Tips:

Feed the tarragon through the juicer between the other ingredients
Pour over ice for a cooler juice.

Facts:

Tarragon is a member of the sunflower family, known for its distinctive licorice, lemon, and basil flavor. Chinese Traditional Medicine uses tarragon as a protector and strengthener of the liver, as well as a diuretic. It's rich in vitamin C which boosts the immune system, strengthens defences and helps to regenerate skin and mucous membranes. Whilst other beneficial components such as phenols and tannins help to heal and balance the body. Tarragon supports the stomach by increasing the secretion of gastric juices and being a digestive bitter, not only increases a healthy appetite but also aids in the breakdown and uptake of food and its accompanying nutrients (ibid).



Dr. *Sweet* Pepper

- 2 Carrots
- 1 Beetroot
- 1/2 Red Pepper
- 1 Parsley - large handful
- 1 Spinach - large handful
- 1/4 Red Cabbage
- 1 Celery stick
- 1 Lemon

Looking for a powerful super-juice to purify your system? Look no further... diuretic powers of parsley; fibre rich carrot and pepper combined with the blood purifying benefits of beetroot and spinach!

Meal Replacement:
Definitely a bright and colourful start to your day!



Dr. Sweet Pepper

What to do:

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

Tips:

Feed the parsley through the juicer between the other ingredients
Pour over ice for a cooler juice.

Facts:

Red peppers are very high in vitamin C, (1 pepper = up to 169% of your RDI)
The Vitamin C contained in red bell peppers helps to form collagen, essential for healthy, clear skin. They're an excellent source of Vitamin A which supports healthy eyesight. The combination of vitamin B6 and magnesium in red peppers helps to reduce anxiety and as a natural diuretic, Vitamin B6 is great for reducing bloating and preventing hypertension. Red peppers can help if you're looking to lose weight too!
1/2 a red pepper is just 30 calories. And guess what...
you can burn more calories by consuming red peppers as they can activate thermogenesis and increase your metabolic rate.



Mint-To-Be

- 1 Apple
- 1/2 Cucumber
- 1 Broccoli - floret & stem
- 1/2 Fennel bulb
- 1 Mint - large handful
- 1 Spinach - large handful
- 1 Mint Teabag

*This combination of refreshing fruit, vegetables and mint...
makes this a perfect summer cooler and cleanser in one!
Twas mint-to-be*

Meal Replacement:

This is super refreshing green juice perfect for lunch, or as a delicious cooling afternoon cleanser... served over ice



Mint-To-Be

What to do:

Brew the Mint Teabag and allow to cool
Run all of the fruit and vegetables through your juicer and then add your cooled tea to the jug.

Tips:

Feed the mint and spinach through the juicer between the other ingredients, to get the most from the leaves
Pour over ice for a cooler juice.

Facts:

Mint can work wonders for almost all your digestive woes. Menthol, the active oil in mint, has antiseptic and antibacterial properties that help relieve indigestion and soothe an upset tummy. Indigestion may occur when food sits in the stomach for too long before passing into the rest of the digestive tract. Mint stimulates digestive enzymes, which help facilitate better absorption of nutrients from food. So guess what... when the body is able to assimilate and absorb nutrients properly, there is better metabolism... and a faster metabolism aids weight loss!



Moulin Rouge

1/4 Red Cabbage - small
1/2 Red Pepper
1/4 Cucumber
1 Beetroot
1 Apple
3cm Ginger
1 Lemon

*This really is a cabaret in a glass - an explosion of rouge
so good you'll be dancing the can-can!*

Meal Replacement:

This simply amazing juice is great for anytime
of the day - I'm sure you're going to love it...
especially served over ice



Moulin Rouge

What to do:

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

Tips:

Keep your cabbage chunks quite small
Pour over ice for a cooler juice.

Facts:

The amino acid glutamine, found in high concentrations in red cabbage juice, has long been used as an anti-inflammatory for treating stomach ulcers. There's evidence that cabbage may lower inflammation in the gut and reduce intestinal mucositis – a condition in which lesions develop in the gut.

Cabbage is great source of fibre (70% of which is soluble), this keeps your gut healthy and helps you to digest foods more easily. Its antioxidants include vitamin C, carotenoids and flavonoid antioxidants, such as anthocyanins and kaempferol.

Red cabbage is full of sulphur, which the body uses to produce keratin - the protein responsible for strong, healthy hair, skin and nails.



Broc-n-Roll

- 1 Broccoli - floret & stem
- 1 Apple
- 1 Pear
- 1/3 Cucumber
- 1 Celery stick
- 1 Spinach - large handful
- 1 Parsley - large handful

*This super glass of sunshine is brimming with
cleansing green goodness*

Meal Replacement:

A perfect cleanser anytime of the day -
if you're looking to lose weight -
maybe have one for breakfast
and one for dinner



Broc-n-Roll

What to do:

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

Tips:

Chop the celery into 4cm pieces and feed your leaves into the juicer between the vegetables
Pour over ice for a cooler juice.

Facts:

Broccoli is a nutritional powerhouse of vitamins, minerals, fiber & antioxidants. It contains multiple potent antioxidants that support healthy cells and tissues throughout your body. Various bioactive compounds have been shown to reduce inflammation in your body's tissues. Broccoli is rich in fiber and antioxidants which support bowel regularity and healthy gut bacteria within your colon. Eating fiber- and antioxidant-rich broccoli certainly supports healthy gut function... and Sulforaphane, a compound found in broccoli, may be able to slow the aging process.