

EatingWell's 7-DAY JUICE PLAN

Day 1: Green Juice

Day 2: Tomato-Vegetable Juice

Day 3: Strawberry-Cucumber Juice

Day 4: Blueberry-Cabbage Juice

Day 5: Spinach-Apple Juice

Day 6: Ginger-Beet Juice

Day 7: Carrot-Orange Juice



PHOTOGRAPHY BY JIM WESTHALEN

7-DAY JUICE PLAN SHOPPING LIST

Get the full plan, plus expert tips on juicing and juicer-buying information, at eatingwell.com/go/juicingplan



Shop For:

Fruit

- ☐ 2 green apples
- ☐ 2 medium red apples
- ☐ 2 large red apples
- ☐ 1 pint blueberries
- ☐ 1 grapefruit
- ☐ 1 lemon
- ☐ 2 medium oranges
- ☐ 2 medium pears
- ☐ 1 quart strawberries

Herbs & Ginger

- ☐ 1 bunch fresh chives
- ☐ 2-inch piece fresh ginger
- ☐ 1 bunch fresh parsley

Vegetables

- ☐ 1 large beet
- ☐ 1 large red bell pepper
- ☐ 1 medium red cabbage
- ☐ 2 pounds carrots
- ☐ 2 bunches celery (about 10 stalks)
- ☐ 2 large cucumbers
- ☐ 1 jalapeño
- ☐ 1 bunch kale
- ☐ 1 heart of romaine
- ☐ 1 bag baby spinach
- ☐ 1 medium yellow tomato
- ☐ 2 large tomatoes

7-DAY JUICE PLAN

GREEN JUICE



Green Juice

Makes: 2 servings, about 8 ounces each

Active time: 15 minutes | **Total:** 15 minutes

This healthy green juice recipe combines parsley, spinach, pears and celery to make a juice packed with bone-supporting vitamin K. No juicer? No problem. See the juicing variation below to make this green juice recipe in a blender.

- ½ cup fresh parsley
- 3 cups spinach
- ½ lemon, peeled
- 2 medium pears, cut into eighths
- 6 large stalks celery, trimmed
- Ice cubes (optional)

1. Working in this order, process parsley, spinach, lemon, pears and celery through a juicer according to the manufacturer's directions. (*No juicer? See Tip.*)
2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

Per serving: 91 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 192 mg sodium; 409 mg potassium. **Nutrition bonus:** Vitamin A (32% daily value), Vitamin C (23% dv).

Tip: No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. Place half of each ingredient in a blender; process until liquefied. Add the remaining ingredients; blend until liquefied. Cut two 24-inch pieces of cheesecloth. Unfold and stack the pieces, then fold in half so you have a 4-layer stack of cloth. Line a large bowl with the stack and pour the contents of the blender into the center. Gather the edges of the cloth together with one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

7-DAY JUICE PLAN

TOMATO-VEGETABLE JUICE



Tomato-Vegetable Juice

Makes: 2 servings, about 8 ounces each

Active time: 15 minutes | **Total:** 15 minutes

This healthy tomato-vegetable juice recipe contains all the components of a healthy salad, such as lettuce, tomato, bell pepper, celery and carrot, but with less salt than bottled vegetable-blend juices. No juicer? No problem. See the juicing variation below to make this tomato-vegetable juice recipe in a blender.

- 1 cup chopped hearts of romaine
- $\frac{1}{4}$ cup chopped fresh chives
- 2 large tomatoes, cut into wedges
- $\frac{1}{4}$ fresh jalapeño, stemmed and seeded
- 1 large red bell pepper, cut into eighths
- 2 large stalks celery, trimmed
- 1 medium carrot, peeled
- Ice cubes (optional)

1. Working in this order, process lettuce, chives, tomatoes, jalapeño, bell pepper, celery and carrot through a juicer according to the manufacturer's directions. (*No juicer? See Tip.*)
2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

Per serving: 46 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 1 g protein; 2 g fiber; 82 mg sodium; 466 mg potassium. **Nutrition bonus:** Vitamin C (71% daily value), Vitamin A (65% dv).

Tip: No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. Place half of each ingredient in a blender; process until liquefied. Add the remaining ingredients; blend until liquefied. Cut two 24-inch pieces of cheesecloth. Unfold and stack the pieces, then fold in half so you have a 4-layer stack of cloth. Line a large bowl with the stack and pour the contents of the blender into the center. Gather the edges of the cloth together with one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

7-DAY JUICE PLAN

STRAWBERRY-CUCUMBER JUICE



Strawberry-Cucumber Juice

Makes: 2 servings, about 10 ounces each

Active time: 15 minutes | **Total:** 15 minutes

This refreshing, healthy strawberry-cucumber juice is also made with an apple and carrots, making it taste like the farmers' market in a glass. No juicer? No problem. See the juicing variation below to make this strawberry-cucumber juice recipe in a blender.

- 6 fresh strawberries, hulled
- 1 large cucumber, peeled and cut into chunks
- 1 large red apple, cut into eighths
- 2 medium carrots, peeled
- Ice (optional)

1. Working in this order process strawberries, cucumber, apple and carrots through a juicer according to the manufacturer's directions. (No juicer? Blender Variation.)
2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

Per serving: 69 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 30 mg sodium; 249 mg potassium.

Tip: No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. First, place the soft and/or juice ingredients in the blender and process until liquefied. Then, add the remaining ingredients; blend until liquefied. Cut two 24-inch-long pieces of cheesecloth. Completely unfold each piece and then stack the pieces on top of each other. Fold the double stack in half so you have a 4-layer stack of cloth. Line a large bowl with the cheesecloth and pour the contents of the blender into the center. Gather the edges of the cloth together in one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

7-DAY JUICE PLAN

BLUEBERRY-CABBAGE JUICE



Blueberry-Cabbage Power Juice

Makes: 2 servings, about 8 ounces each

Active time: 15 minutes | **Total:** 15 minutes

This healthy blueberry-cabbage power juice recipe is loaded with anthocyanins, which give the juice its pretty purple color and pack it with powerful antioxidants to keep your memory sharp. No juicer? No problem. See the juicing variation below to make this power juice recipe in a blender.

- $\frac{1}{4}$ medium red cabbage, sliced
- 1 large cucumber, peeled and cut into chunks
- 1 cup fresh blueberries
- 1 large apple, cut into eighths
- Ice cubes (optional)

1. Working in this order, process cabbage, cucumber, blueberries and apple through a juicer according to the manufacturer's directions. (No juicer? See Tip.)
2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

Per serving: 77 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 1 g protein; 0 g fiber; 27 mg sodium; 280 mg potassium. **Nutrition bonus:** Vitamin C (37% daily value).

Tip: No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. Place half of each ingredient in a blender; process until liquefied. Add the remaining ingredients; blend until liquefied. Cut two 24-inch pieces of cheesecloth. Unfold and stack the pieces, then fold in half so you have a 4-layer stack of cloth. Line a large bowl with the stack and pour the contents of the blender into the center. Gather the edges of the cloth together with one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

7-DAY JUICE PLAN

SPINACH-APPLE JUICE



Spinach-Apple Juice

Makes: 2 servings, about 10 ounces each

Active time: 15 minutes | **Total:** 15 minutes

This healthy spinach-apple juice is a green nutrient powerhouse loaded with calcium for bone health, and vitamins A and C for antioxidants. No juicer? No problem. See the juicing variation below to make this spinach-apple juice recipe in a blender.

- 1½ cups spinach
- ½ grapefruit, peeled, white pith removed
- 2 green apples, cut into eighths
- 1 1-inch piece peeled fresh ginger
- 2 large stalks celery
- Ice (optional)

1. Working in this order process spinach, grapefruit, apples, ginger and celery through a juicer according to the manufacturer's directions. (No juicer? See Blender Variation.)
2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

Per serving: 55 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 60 mg sodium; 150 mg potassium.

Tip: No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. First, place the soft and/or juice ingredients in the blender and process until liquefied. Then, add the remaining ingredients; blend until liquefied. Cut two 24-inch-long pieces of cheesecloth. Completely unfold each piece and then stack the pieces on top of each other. Fold the double stack in half so you have a 4-layer stack of cloth. Line a large bowl with the cheesecloth and pour the contents of the blender into the center. Gather the edges of the cloth together in one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

7-DAY JUICE PLAN

GINGER-BEET JUICE



Ginger-Beet Juice

Makes: 2 servings, about 8 ounces each

Active time: 15 minutes | **Total:** 15 minutes

In this healthy ginger-beet juice recipe, we pack in vegetables by adding kale and a carrot, and sweeten with an orange and apple. No juicer? No problem. See the juicing variation below to make this beet juice recipe in the blender.

- 1 medium orange, peeled and quartered
- 3 kale leaves
- 1 medium apple, cut into wedges
- 1 medium carrot, peeled
- 1 large beet, peeled and cut into wedges
- 1 1-inch piece peeled fresh ginger
- Ice cubes (optional)

1. Working in this order, process orange, kale, apple, carrot, beet and ginger through a juicer according to the manufacturer's directions.

(No juicer? See Tip.)

2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

Per serving: 100 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 2 g protein; 1 g fiber; 94 mg sodium; 511 mg potassium. **Nutrition bonus:** Vitamin A (80% daily value), Vitamin C (38% dv).

Tip: No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. Place half of each ingredient in a blender; process until liquefied. Add the remaining ingredients; blend until liquefied. Cut two 24-inch pieces of cheesecloth. Unfold and stack the pieces, then fold in half so you have a 4-layer stack of cloth. Line a large bowl with the stack and pour the contents of the blender into the center. Gather the edges of the cloth together with one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

7-DAY JUICE PLAN

CARROT-ORANGE JUICE



Carrot-Orange Juice

Makes: 2 servings, about 8 ounces each

Active time: 15 minutes | **Total:** 15 minutes

In this vibrant, healthy carrot-orange juice recipe, we jazz up plain orange juice by adding a yellow tomato, apple and carrots to pack in immune-boosting vitamins A and C. No juicer? No problem. See the juicing variation below to make this carrot-orange juice recipe in a blender.

- 1 medium yellow tomato, cut into wedges
- 1 medium orange, peeled and quartered
- 1 medium apple, cut into eighths
- 4 large carrots, peeled
- Ice cubes (optional)

1. Working in this order, process tomato, orange, apple and carrots through a juicer according to the manufacturer's directions. (No juicer? See Tip.)
2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

Per serving: 111 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 2 g protein; 1 g fiber; 38 mg sodium; 434 mg potassium. **Nutrition bonus:** Vitamin A (339% daily value), Vitamin C (66% dv).

Tip: No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. Place half of each ingredient in a blender; process until liquefied. Add the remaining ingredients; blend until liquefied. Cut two 24-inch pieces of cheesecloth. Unfold and stack the pieces, then fold in half so you have a 4-layer stack of cloth. Line a large bowl with the stack and pour the contents of the blender into the center. Gather the edges of the cloth together with one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

ABOUT EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!