



THE FRESH LIFE
INTERNAL MAKEOVER
journey



7 DAY JUST ADD
JUICING CHALLENGE



MODULE 4 WORKBOOK 2



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7 DAY 'JUST ADD JUICING' CHALLENGE



All juices can be made in 15min flat (or less)!

2 (or more) for 1 - Using your **Awesome Juicing, Everyday Cheat Sheet**, there are small ways to add variety to your juices so they can easily be converted into multiple variations!

A different colour for each day of the week!

Please note: Although there are some Fun & Fresh Juice Recipes for every day of the week, I want to encourage you to start with a couple of the really simple juice recipes to start with, such as **Day 1 - Good ol' OJ Juice**; **Day 2 - Green Power Juice**, and **Day 5 - Cruisin' with Carrot Juice** and start by only making these few juices each week, in order to avoid overwhelm when trying to juice every day - especially if juicing regularly is new to you (remember, baby-steps). Slowly adding yummy clean eating recipes to your family's life is the goal, so just keep adding more recipes each time you participate in the LIVE weekly challenges in future.





Day 1 - Good ol' OJ Juice

Day 2 - Green Power Juice

Day 3 - Zesty Yellow Summer Juice

Day 4 - Spicy Lime Green Juice

Day 5 - Cruisin' with Carrot Juice

Day 6 - Purple Power Juice

Day 7 - Red & Rad Juice

Just add... BONUS Recipe Variations!

This program is designed to teach you ways to make delicious healthy drinks, quickly, in a variety of ways.

With juicing, it's super easy to add to, and/or change up the recipes given. Just by adding one or two of the optional extra ingredients (listed below), you can easily change the taste of a juice. You can add like colour fruits and veggies (better not to add clashing colours - this doesn't make juices look very appetising), and fruits are easily paired with veggies to make veggies taste better.



Instead of adding the Recipe Variations below, I have created an awesome Juicing Cheat Sheet, making it even easier for you to whip up tasty juices!

You will look like a superstar healthy chef to your family, while keeping your sanity not having to spend time learning to make multiple different recipes! Woohoo!





All Recipes are:

Raw, plant-based and made from whole fruit and vegetables.

Equipment:

Juicer - Any juicer will do (any juicer is better than no juicer at all!)

*Refer to **Your Ultimate Fresh Life Juicing Guide** for more in-depth info on all the different types of juicers available on the market.*

***Personal note from me:** I myself started with a high speed juicer until the blades went blunt before I invested in what I now use which is a cold-press juicer. Again, please refer to **Your Ultimate Fresh Life Juicing Guide** for more info.*

Kitchen Ready!

This week is all about FRESH produce, so make sure you pick a few juices you want to make this week (start with a couple only if you like) and get those goodies fresh on the weekend so you are ready to go for the week.

Please refer to **Your Ultimate Fresh Life Juicing Guide** for info and tips on choosing, buying, and storing your produce for your juices.

You'll find many helpful insights that I have gained from my own juicing experience (for you - minus the pain of figuring it all out!).

Shopping List Print Off

I have created a one page, PRINT OFF version of this shopping list, so that it fits onto one page. Making it easier for you to print and take with you when you shop!
You will find it in your Module 4 downloads section.





Stocking the Fridge:

THIS WEEK'S SHOPPING LIST

Amounts are per person, for the week.

You will have surplus / left over produce - make juice with it!

Fruit

7 Oranges (large) = approx. 5 lbs / 2.5 kg

8 Apples (large) = approx. 3 lbs / 1.5 kg

1 Pineapple (optional)

1 Lemon or Lime

Veg

15 Carrots = approx. 3 lbs / 1.5 kg

1 Beetroot

1 Kale/Silverbeet (bunch)

3 Zucchini (large)

¼ Cabbage (Chinese or Green/White)

¼ Red Cabbage

Couple small nobs of Ginger and/or Tumeric





Optional extras

Fresh Mint, and more Ginger, Tumeric, Lime and Lemon are great ways to freshen up and make any juice taste great!

Recipe amounts serves 1:

If I make a glass of juice, it's a decent size serve. You will always get at least 1 serve size, if not a little bit more for each juice recipe.

The more juice you drink, the better!

1 serve approximately = 12 fl oz = 350ml (approx. 1½ cups)

Please note also that a high speed juicer may extract less juice - I have shared quantities that I myself use to create juices with our Cold-Press Juicer.

Also note that produce amounts, size, weight, water content may vary depending on where you are sourcing them from. Quantities of produce needed to create certain amounts of juice is never going to be spot on.

I have kept amounts to serve 1 person per recipe, so that it is easy to multiply the recipe and therefore the Shopping List depending on how many people are in your family.

I have also over estimated amounts by rounding up the quantities needed, to make it much easier for when you are shopping. As an example, instead of listing 1.8 lbs or 750g I will round up to 2 lbs or 1kg.





FUN & FRESH JUICE RECIPES

Day 1 - Good ol' Fresh OJ Juice



3 large Oranges
= approx. 2 lbs / 1 kg (before peeling)
= 1.5 lbs / 750 g (after peeling)

Serves 1





FUN & FRESH JUICE RECIPES

Day 2 - Green Power Juice



- 2 large Oranges or Apples
- 1 large Zucchini
- 6 leaves Kale / Silverbeet leaves
- 1 slice Lemon or Lime

Serves 1





FUN & FRESH JUICE RECIPES

Day 3 - Zesty Yellow Summer Juice



- 1 large Apple
- 1 piece Pineapple (or just use another Apple)
- 2 large leaves = 0.5 lbs / 200 g Cabbage (Chinese or other light/white Cabbage)
- 1 small nub Ginger or Turmeric (fresh)
- 1 slice Lemon or Lime

Serves 1





FUN & FRESH JUICE RECIPES

Day 4 - Spicy Lime Green Juice



- 2 large Apples
- 2 large = 0.5 lbs / 200 g Zucchini
- 1 slice Lemon or Lime

Serves 1





FUN & FRESH JUICE RECIPES

Day 5 - Cruisin' with Carrot Juice



8-10 medium size Carrots = 2 lbs / 1 kg Carrots

Serves 1

Note: You can always add Orange or Apple to Carrot juice to turn this recipe in an **Orange Sunshine Juice!**





FUN & FRESH JUICE RECIPES

Day 6 - Purple Power Juice



2 large Oranges or Apples

1 - 2 Carrot

2 large leaves = 0.5 lbs / 200 g Red Cabbage leaves

1 slice Lemon or Lime

Serves 1





FUN & FRESH JUICE RECIPES

Day 7 - Red & Rad Juice



- 1-2 large Oranges or Apple
- 4-5 Carrots = 1 lbs or 500 g Carrots
- ½ Beetroot
- 1 small nob Ginger or Turmeric (fresh)
- 1 slice Lemon or Lime (optional)

Serves 1

