

A large, abstract watercolor splash in shades of pink, red, and yellow, serving as a background for the title text.

# AWESOME JUICING EVERYDAY CHEAT SHEET





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## 3 STEPS TO MAKING YUMMY JUICES... EVERYTIME.

- **Keep like colours together...**

We eat & drink with our eyes first, so to ensure enjoyment, make sure juices look delicious by avoiding mixing contrasting colours. This will always equal a better tasting juice experience.

If there is a certain type of veggie you REALLY can't stand eating - don't juice with it!  
*Mine, admittedly, is celery.*

- **Make it Sweet!**

Palatable that is... as per your preference. I found that I had to start with pretty sweet juices, and then naturally as time went by, I used less and less fruit/sweetness.

- **Add something zesty, and serve it up fresh & cold!**

Like ginger, lemon or lime - these ingredients can really make juices taste extra 'fresh' and zingy!

Add ice, drink cold, and use a straw = more enjoyment, drinking juice!

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

**Decide what colour juice you want to make then follow the steps!**

# SUNSHINE JUICE  
[YELLOW] ; [ORANGE] ; [PURPLE] ; [RED]

OR

# GREEN JUICE  
[GREEN]



## STEP 1. CHOOSE YOUR VEGGIES

# # SUNSHINE JUICE VEGGIES

### 1. Carrots form the base of most of my Sunshine Juices:

*They taste great and go with all Sunshine Juice Combos.*

8-10 medium Carrots [ORANGE] [GOES WITH ALL SUNSHINE JUICES]  
= 2 lbs / 1 kg

### 2. Add small amounts of these veggies:

*These are strong tasting veggies, that can easily overpower the flavour of a juice. Start with small amounts only, and then increase as taste buds get 'used to' them.*

¼ Yellow Capsicum [YELLOW] [GOES WITH ALL SUNSHINE JUICES]

¼ Red Capsicum [RED] [goes w/ darker colours]

1 - 2 leaves Red Cabbage [PURPLE] [goes w/ darker colours]

½ Beetroot [RED] [goes w/ darker colours]

\* Beetroot stains.

*I love to play with light colours first, then add more and more darker colours... Note that the more red cabbage you add the more purple your juice will be, and the more beetroot you add, your juice will go from pink to deeper colour reds.*

### 3. Add optional 'Zest' for your Sunshine Juices:

1 inch nob Turmeric [YELLOW] [GOES WITH ALL SUNSHINE JUICES]

\* Turmeric stains.





## STEP 1. CHOOSE YOUR VEGGIES

### # GREEN JUICE VEGGIES

1. **Green leafy veggies form the base of most of my Green Juices:**

*They go with all Green Juice Combos.*

4 - 8 leaves **Green Leafy Veg** [GREEN] [GOES WITH ALL GREEN JUICES]

*\*Kale; Silverbeet; Cos Lettuce.*

1-2+ **Zucchini** [GREEN] [GOES WITH ALL GREEN JUICES]

*\*Use as much as you like*

*- not a strong tasting veggie.*

2. **Add small amounts of these veggies:**

*These are strong tasting veggies, that can easily overpower the flavour of a juice. Start with small amounts only, and then increase as taste buds get 'used to' them.*

1/4 **Green capsicum** [GREEN] [GOES WITH ALL GREEN JUICES]

1 - 2 heads **Broccoli** [GREEN] [GOES WITH ALL GREEN JUICES]

1 - 2 leaves **Green Cabbage** [GREEN] [GOES WITH ALL GREEN JUICES]

1 - 2 **Brussel Sprouts** [GREEN] [GOES WITH ALL GREEN JUICES]

***Note:** I don't use celery or spinach as per The Gerson Therapy guidelines, but this is not a hard and fast rule, so experiment and find what you like. Main reason I don't juice with celery, personally, is because it's not my favourite veggie!*

3. **Add optional 'Zest' for your Green Juices:**

1 handful **Fresh Mint** [GREEN] [GOES WITH ALL GREEN JUICES]

1 small handful **Fresh Coriander** [GREEN] [GOES WITH ALL GREEN JUICES]



## STEP 2. ADD YOUR CHOICE OF FRUIT

**Remember** - start with sweeter juices to get you and the family, 'onboard' with juicing. You'll gradually need less fruit as time goes by, once everyone gets used to drinking fresh juice.

You can use as much or as little of the following fruits as you want - as per your taste preference.

½ - 1                      Oranges                      [ORANGE] [GOES WITH ANY JUICE]

½ - 1                      Apples, dark green    [GREEN] [GOES WITH ANY JUICE]

*\*You can use other apples, but stick to the least sweet varieties - the more 'tart the apple the better.*

- **Other fruits that are yummy to juice with:**  
Pineapple; Pears, Kiwi fruit... basically, any fruit you like!

## STEP 3. ZEST IT UP & SERVE IT UP!

- You can add the following to zest up ANY colour juice!  
*This can be in addition to other 'zesty ingredients' you may have already added.*

1 slice                      Lemon                      [YELLOW] [GOES WITH ANY JUICE]

1 slice                      Lime                      [YELLOW] [GOES WITH ANY JUICE]

1inch nob                      Ginger                      [YELLOW] [GOES WITH ANY JUICE]

- **Serve it up in Glass Jars** - that have sealable lids - easy for transporting!  
**With a Straw** - I use bamboo, or stainless steel straws

**Coconut Water Tip:** Adding Coconut Water to juices (especially Green Juices) makes them less 'concentrated'/less intense tasting OR just for try it for a slightly different taste...

