

3 Day Juice Cleanse Recipes

From Fit Moms Fit Kids Club

1. Save My Life Green Juice

(Based on the movie that motivated me to juice
Sick, Fat, and Nearly Dead.)

4 stalks celery
5-6 kale leaves
1 cucumber
2 small granny smith apples
1/2 lemon (peeled if your juicer says to peel)
1 inch ginger root

2. Grapefruit Mint Juice

2 red grapefruit
6 mint leaves
1 inch ginger root
*optional 3 carrots (for sweeter juice)

3. Green Machine Alkalizing Juice

1 cucumber
4 stalks celery
1 handful of greens (spinach, romaine, chard, kale, etc)
1 handful of other greens
1/2 lemon peeled
1 granny smith apple (or pear)
1/2 inch ginger
10 parsley stems

4. Spicy Fit Moms Lemonade

(similar to master cleanse)

1/2 lemon juiced (2 tbs)
1/2 lime juiced
1/10 cayenne pepper
10 oz filtered water

2 tbs grade B maple syrup or raw agave

OPTION 2 for juice #4

*** Two days you can have the Spicy Lemonade and on one day mix up your routine and have 100% raw coconut water or vice versa!

5. FMFKC Essential Red Juice

3 carrots
1 small beet with stem and leaves
1 small granny smith apple
1/2 lemon peeled
1 inch ginger root

6. Vanilla Almond Milk

DO NOT Make In Juicer!

[Here's the recipe link for this, www.choosingraw.com/raw-101-homemade-almond-milk/](http://www.choosingraw.com/raw-101-homemade-almond-milk/)

I think you should make this in the morning or early afternoon so it'll be ready as your last drink of the day.

1- 1.5 cups of blanched almonds
6 dates
1 vanilla bean or 1 tsp vanilla extract
4 cups filtered water

Happy Juicing! If you need more food, drink more juice, or raw veggies if you must. Remember you need your doctors approval to do a juice cleanse. No pregnant or nursing women, and no children can do a juice cleanse. You must be in good health. Drink 16oz each.

Annett Davis, Olympian



Founder of Fit Moms Fit Kids