

# Fresh, Organic Juice Recipes



## Green Juice Recipes For Detox & Regeneration

By Dan McDonald of [www.regenerateyourlife.org](http://www.regenerateyourlife.org)

1. Carrots • Celery
2. Grapefruit • Parsley • Ginger
3. Wheatgrass • Cucumber • Coconut
4. Watercress • Lemon
5. Celery • Cucumber • Cilantro • Spinach • Jerusalem Artichoke
6. Celery • Cucumber • Bok Choy • Cilantro • Lemon • Garlic • Tomato • Jalepeno
7. Apple • Lemon • Ginger • Celery • Parsley • Cilantro • Fennel • Habenero
8. Apple • Pear • Celery • Lettuce • Lemon



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## Great Single-Ingredient Juices

- Carrot
- Beet
- Apple
- Orange
- Pineapple
- Coconut
- Grape
- Watermelon



## Awesome Fruit Juice Combinations

*Great plain, or as frozen juice pops.*

Watermelon • Grapes •  
Strawberries • Blueberries • Raspberries • Blackberries

Pineapple • Coconut • Apple • Pear • Grapes

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## Mark's 21-Gun Mean Green Juice

01. Celery
02. Cucumber
03. Kale
04. Romaine Hearts
05. Spinach
06. Bok Choy
07. Green Chard
08. Broccoli
09. Parsley
10. Cilantro
11. Watercress
12. Fennel
13. Carrots
14. Tomato
15. Parsnips
16. Apples
17. Pears
18. Grapes
19. Coconut
20. Lemon
21. Ginger

