



21 FREE JUICES

From Diabetic Dad Man to
You





Introduction

Here are your top 21 free juices, we hope that you enjoy drinking them as much as we enjoyed creating them. The information in this ebook is for educational and informational purposes only; it is not intended as medical advice. We have tried to include as wide a variety of flavors as possible. Inside you will find 10 green juices, 9 orange juices, and 2 purple juices. Sample some of everything and save your favorites to use again later. These recipes are perfect for a fast or if you are just adding juicing into your long term healthy lifestyle.

Each recipe has the ingredients you need for the basic juice and we recommend following the list the first time. You might be surprised at what new flavors work for you. I know I hadn't expected to like green juices as much as I do. Once you have tried them all, go ahead and make changes or additions to ingredients as you learn your preferences.

Each juice is intended to provide one to two 32 oz Mason Jar servings depending on the size of the ingredients you use. For instance, there is a lot of variance in the size of tomatoes. It won't take long to be able to guess how much fruit or veggie will make one serving.

For those of you who are label readers at the store, we have included Nutrition Facts for each drink.

We recommend printing this document double sided so the Nutrition Facts are always with the recipe.

You may notice that some drinks have significant levels of carbs or natural sugars. We included these because sometimes during your juicing diet you may experience significant blood sugar drops, so it's important to have one of these juices on hand to help bring you back up to stable levels. There are so many factors to your blood sugar numbers so keep a close track while you juice. You may notice that a specific drink can also spike your blood sugar, I know I have one or two that I just avoid, but what spikes for you will likely be different. We recommend trying all of the juices to see what works best for you.

Once you have tried a juice feel free to drop us a comment or send in your experience on what you liked or didn't enjoy. Everyone is different, so your comments make it possible for us to make changes and add new juices to our list.

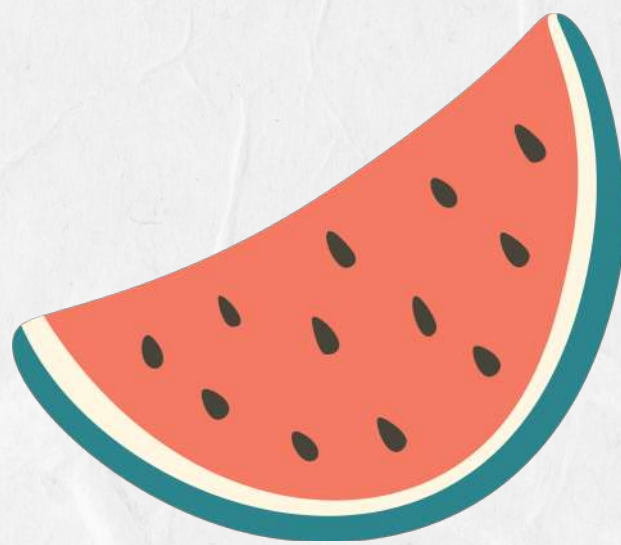
Keep an eye out for a big book of Dad Man juices coming soon, and happy fasting!

Watermelon Whirl



INGREDIENTS

- 1/2 watermelon
- 15 strawberries
- 2 limes



SERVES: 1 - 2



Watermelon Whirl

Nutrition Facts (Juiced)

Calories 494

Calories from Fat 26.06

	% Daily Value *
Total Fat 2.9g	8.29%
Saturated Fat 0.288g	1.44%
Monounsaturated Fat 0.648g	
Polyunsaturated Fat 1.023g	
Cholesterol 0mg	
Sodium 19mg	1.27%
Potassium 2148mg	45.7%
Total Carbohydrate 136.97g	105.36%
Dietary Fiber 1.6g	4.21%
Sugars 104.28g	
Protein 10.99g	
Vitamin A 440µg	48.89%
Vitamin C 196.7mg	218.56%
Calcium 159mg	15.9%
Iron 4.8mg	60%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Vitamins

Choline 75.7mg	13.76%
Folate 61µg	15.25%
Niacin 3.439mg	21.49%
Riboflavin 0.373mg	28.69%
Thiamin 0.431mg	35.92%
Vitamin B-12 0µg	
Vitamin B-6 0.8mg	61.54%
Vitamin D 0IU	
Vitamin E 1.34mg	8.93%
Vitamin K 4.8µg	4%

Minerals

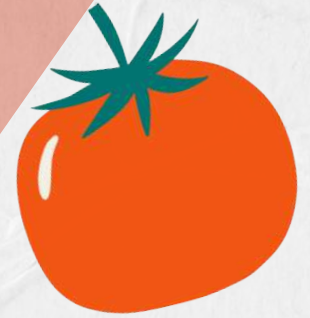
Copper 0.774mg	86%
Magnesium 142mg	33.81%
Phosphorus 218mg	31.14%
Selenium 7.1µg	12.91%
Zinc 1.83mg	16.64%

Other

Caffeine 0mg	
Theobromine 0mg	
Water 2113.05g	

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Twilight Tomato Tonic



INGREDIENTS

- 24 Roma tomatoes
- 2 cups baby spinach
- 3 celery stalks
- 1/2 cup fresh parsley
- 1/4 teaspoon cloves
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon

SERVES: 2



Twilight Tomato Tonic

Nutrition Facts (Juiced)

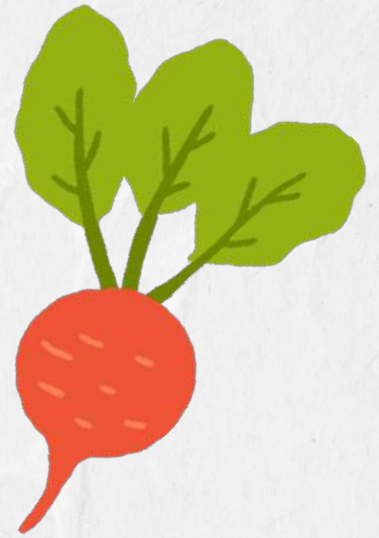
Calories 243

Calories from Fat 35.15

	% Daily Value *
Total Fat 3.91g	11.17%
Saturated Fat 0.582g	2.91%
Monounsaturated Fat 0.683g	
Polyunsaturated Fat 1.489g	
Cholesterol 0mg	
Sodium 193mg	12.87%
Potassium 4579mg	97.43%
Total Carbohydrate 71.42g	54.94%
Dietary Fiber 3.6g	9.47%
Sugars 41.54g	
Protein 16.33g	
Vitamin A 964µg	107.11%
Vitamin C 250.7mg	278.56%
Calcium 321mg	32.1%
Iron 7.74mg	96.75%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 123.9mg	22.53%
Folate 278µg	69.5%
Niacin 10.024mg	62.65%
Riboflavin 0.45mg	34.62%
Thiamin 0.487mg	40.58%
Vitamin B-12 0µg	
Vitamin B-6 1.459mg	112.23%
Vitamin D 0IU	
Vitamin E 9.56mg	63.73%
Vitamin K 798µg	665%
Minerals	
Copper 1.079mg	119.89%
Magnesium 184mg	43.81%
Phosphorus 431mg	61.57%
Selenium 1µg	1.82%
Zinc 3.35mg	30.45%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 2062.12g	

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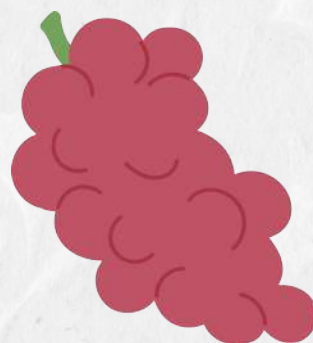
Vitamim-C Splash



INGREDIENTS

- 4 celery stalks
- 4 large carrots
- 2 cups red grapes
- 2 beets, including leaves
- 2 lemons

SERVES: 1



Vitamin-C Splash

Nutrition Facts (Juiced)

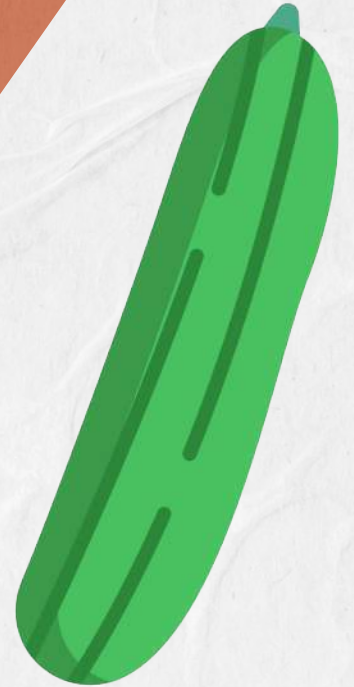
Calories 311

Calories from Fat 15.81

	% Daily Value *
Total Fat 1.76g	5.03%
Saturated Fat 0.343g	1.72%
Monounsaturated Fat 0.168g	
Polyunsaturated Fat 0.668g	
Cholesterol 0mg	
Sodium 420mg	28%
Potassium 2397mg	51%
Total Carbohydrate 93.92g	72.25%
Dietary Fiber 2.8g	7.37%
Sugars 62.38g	
Protein 9.27g	
Vitamin A 1696µg	188.44%
Vitamin C 82.7mg	91.89%
Calcium 199mg	19.9%
Iron 4.19mg	52.38%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 56.3mg	10.24%
Folate 259µg	64.75%
Niacin 3.621mg	22.63%
Riboflavin 0.444mg	34.15%
Thiamin 0.316mg	26.33%
Vitamin B-12 0µg	
Vitamin B-6 0.79mg	60.77%
Vitamin D 0IU	
Vitamin E 2.28mg	15.2%
Vitamin K 89.5µg	74.58%
Minerals	
Copper 0.617mg	68.56%
Magnesium 92mg	21.9%
Phosphorus 253mg	36.14%
Selenium 3µg	5.45%
Zinc 1.68mg	15.27%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 995.59g	

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Hot to Trot



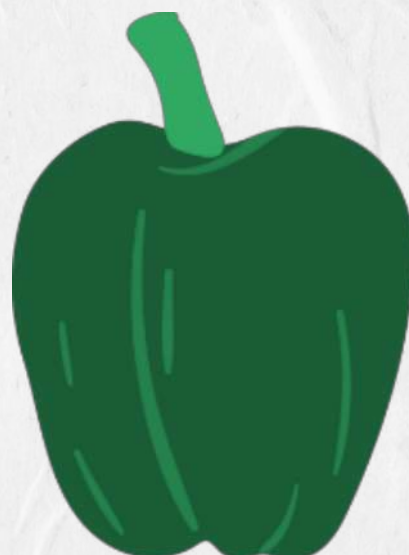
INGREDIENTS

- 3 large tomatoes
- 1 yellow bell pepper
- 1 green bell pepper
- 1 beet
- 1 cucumber



- Large handful of cilantro and mint
- Pinch of cayenne pepper
- 1 lemon

SERVES: 1 - 2



Hot to Trot

Nutrition Facts (Juiced)

Calories 184

Calories from Fat 19.5

	% Daily Value *
Total Fat 2.17g	6.2%
Saturated Fat 0.354g	1.77%
Monounsaturated Fat 0.358g	
Polyunsaturated Fat 0.605g	
Cholesterol 0mg	
Sodium 154mg	10.27%
Potassium 2616mg	55.66%
Total Carbohydrate 54.87g	42.21%
Dietary Fiber 2.2g	5.79%
Sugars 26.26g	
Protein 10.86g	
Vitamin A 420µg	46.67%
Vitamin C 380.6mg	422.89%
Calcium 173mg	17.3%
Iron 5.02mg	62.75%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 62.3mg	11.33%
Folate 212µg	53%
Niacin 5.302mg	33.14%
Riboflavin 0.367mg	28.23%
Thiamin 0.301mg	25.08%
Vitamin B-12 0µg	
Vitamin B-6 1.077mg	82.85%
Vitamin D 0IU	
Vitamin E 4.26mg	28.4%
Vitamin K 269.3µg	224.42%
Minerals	
Copper 0.775mg	86.11%
Magnesium 115mg	27.38%
Phosphorus 282mg	40.29%
Selenium 2.7µg	4.91%
Zinc 2.2mg	20%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 1296.64g	

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Carrot Sunbeam Sipper



INGREDIENTS

- 7 - 9 large carrots
- 1 pineapple
- 1 inch knob ginger, peeled



SERVES: 2



Carrot Sunbeam Sipper

Nutrition Facts (Juiced)

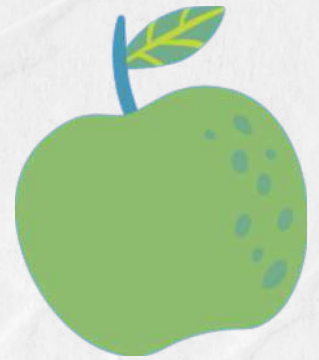
Calories 416

Calories from Fat 16.45

	% Daily Value *
Total Fat 1.83g	5.23%
Saturated Fat 0.237g	1.19%
Monounsaturated Fat 0.162g	
Polyunsaturated Fat 0.74g	
Cholesterol 0mg	
Sodium 283mg	18.87%
Potassium 2138mg	45.49%
Total Carbohydrate 122.95g	94.58%
Dietary Fiber 2.9g	7.63%
Sugars 80.63g	
Protein 7.37g	
Vitamin A 3337µg	370.78%
Vitamin C 280.7mg	311.89%
Calcium 215mg	21.5%
Iron 3.1mg	38.75%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Vitamins	
Choline 74.1mg	13.47%
Folate 137µg	34.25%
Niacin 7.153mg	44.71%
Riboflavin 0.436mg	33.54%
Thiamin 0.573mg	47.75%
Vitamin B-12 0µg	
Vitamin B-6 1.274mg	98%
Vitamin D 0IU	
Vitamin E 2.79mg	18.6%
Vitamin K 56.8µg	47.33%
Minerals	
Copper 0.903mg	100.33%
Magnesium 103mg	24.52%
Phosphorus 195mg	27.86%
Selenium 1.1µg	2%
Zinc 1.76mg	16%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 1175.21g	

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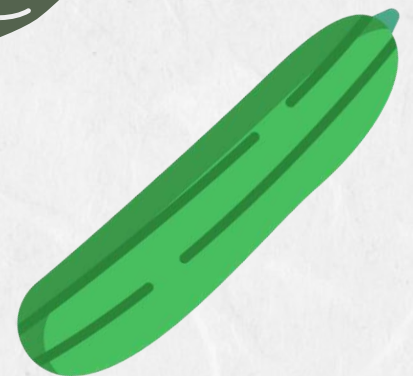
Six Carrot Diamond



INGREDIENTS

- 6 medium carrots
- 1 green apple
- 1 lime
- 1-inch piece of turmeric
- 1 cup spinach
- 1 small cucumber

SERVES: 1 - 2



Six Carrot Diamond

Nutrition Facts (Juiced)

Calories 184	
Calories from Fat 13.6	
	% Daily Value *
Total Fat 1.51g	4.31%
Saturated Fat 0.269g	1.35%
Monounsaturated Fat 0.154g	
Polyunsaturated Fat 0.545g	
Cholesterol 0mg	
Sodium 200mg	13.33%
Potassium 1631mg	34.7%
Total Carbohydrate 57.37g	44.13%
Dietary Fiber 1.9g	5%
Sugars 29.62g	
Protein 5.2g	
Vitamin A 2221µg	246.78%
Vitamin C 66.4mg	73.78%
Calcium 164mg	16.4%
Iron 2.54mg	31.75%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 51mg	9.27%
Folate 84µg	21%
Niacin 3.109mg	19.43%
Riboflavin 0.304mg	23.38%
Thiamin 0.217mg	18.08%
Vitamin B-12 0µg	
Vitamin B-6 0.619mg	47.62%
Vitamin D 0IU	
Vitamin E 2.48mg	16.53%
Vitamin K 170.7µg	142.25%
Minerals	
Copper 0.337mg	37.44%
Magnesium 71mg	16.9%
Phosphorus 179mg	25.57%
Selenium 1.3µg	2.36%
Zinc 1.3mg	11.82%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 786.33g	

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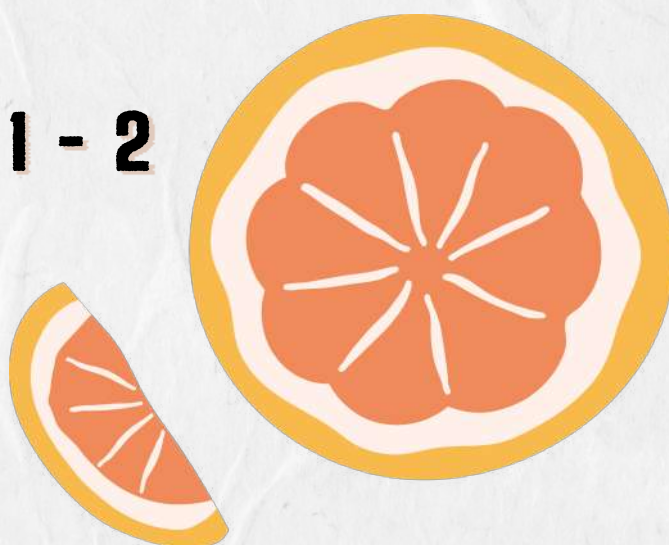
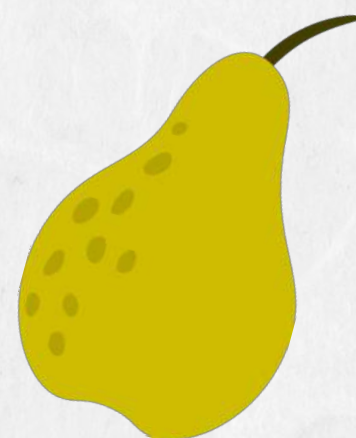
Dad Man's Favorite Fruit



INGREDIENTS

- 4 oranges
- 3 apples
- 2 pears
- 1 lemon

SERVES: 1 - 2



Dad Man's Favorite Fruit

Nutrition Facts (Juiced)

Calories 459

Calories from Fat 15.23

	% Daily Value *
Total Fat 1.69g	4.83%
Saturated Fat 0.252g	1.26%
Monounsaturated Fat 0.383g	
Polyunsaturated Fat 0.632g	
Cholesterol 0mg	
Sodium 8mg	0.53%
Potassium 1593mg	33.89%
Total Carbohydrate 148.25g	114.04%
Dietary Fiber 4.2g	11.05%
Sugars 105.34g	
Protein 6.16g	
Vitamin A 55µg	6.11%
Vitamin C 220.9mg	245.44%
Calcium 211mg	21.1%
Iron 1.73mg	21.63%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 62.3mg	11.33%
Folate 108µg	27%
Niacin 1.931mg	12.07%
Riboflavin 0.337mg	25.92%
Thiamin 0.331mg	27.58%
Vitamin B-12 0µg	
Vitamin B-6 0.51mg	39.23%
Vitamin D 0IU	
Vitamin E 1.8mg	12%
Vitamin K 22.3µg	18.58%
Minerals	
Copper 0.546mg	60.67%
Magnesium 65mg	15.48%
Phosphorus 139mg	19.86%
Selenium 2.4µg	4.36%
Zinc 0.76mg	6.91%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 1244.42g	

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Bright and Bold Booster

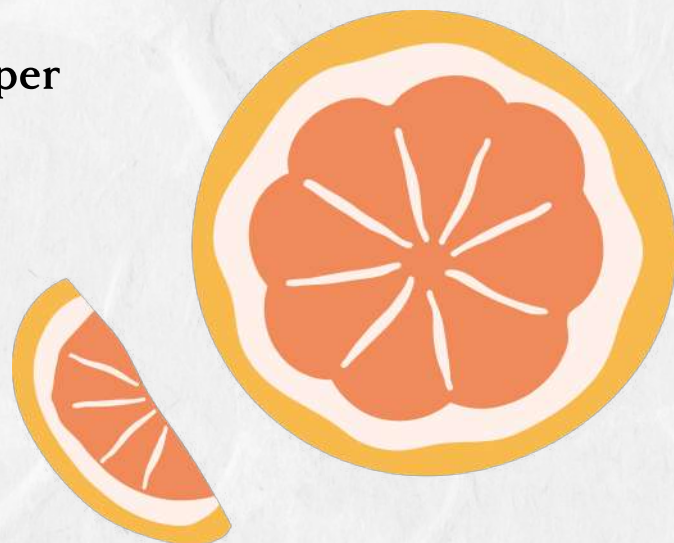


INGREDIENTS

- 2 small oranges
- 2 small lemons
- 1 inch knob ginger root
- 1 teaspoon turmeric
- 1/8 teaspoon black pepper



SERVES: 1



Bright and Bold Booster

Nutrition Facts (Juiced)

Calories 116

Calories from Fat 8.82

% Daily Value *

Total Fat 0.98g **2.8%**

Saturated Fat 0.147g **0.74%**

Monounsaturated Fat 0.169g

Polyunsaturated Fat 0.234g

Cholesterol 0mg

Sodium 8mg **0.53%**

Potassium 728mg **15.49%**

Total Carbohydrate 37.7g **29%**

Dietary Fiber 1.2g **3.16%**

Sugars 20.35g

Protein 3.55g

Vitamin A 21µg **2.33%**

Vitamin C 164.4mg **182.67%**

Calcium 110mg **11%**

Iron 1.19mg **14.88%**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Vitamins

Choline 31.6mg **5.75%**

Folate 54µg **13.5%**

Niacin 0.817mg **5.11%**

Riboflavin 0.109mg **8.38%**

Thiamin 0.167mg **13.92%**

Vitamin B-12 0µg

Vitamin B-6 0.304mg **23.38%**

Vitamin D 0IU

Vitamin E 0.54mg **3.6%**

Vitamin K 0.4µg **0.33%**

Minerals

Copper 0.21mg **23.33%**

Magnesium 33mg **7.86%**

Phosphorus 59mg **8.43%**

Selenium 1.5µg **2.73%**

Zinc 0.32mg **2.91%**

Other

Caffeine 0mg

Theobromine 0mg

Water 375.62g

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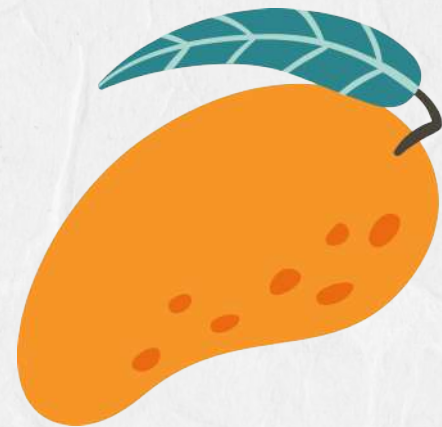
Citrus Cruise



INGREDIENTS

- 1 mango, peeled
- 2 apples
- 1 lemon
- 3 stalks of fennel

SERVES: 1 - 2



Citrus Cruise

Nutrition Facts (Juiced)

Calories 342

Calories from Fat 22.06

	% Daily Value *
Total Fat 2.45g	7%
Saturated Fat 0.742g	3.71%
Monounsaturated Fat 0.678g	
Polyunsaturated Fat 1.163g	
Cholesterol 0mg	
Sodium 258mg	17.2%
Potassium 2903mg	61.77%
Total Carbohydrate 110.18g	84.75%
Dietary Fiber 3.8g	10%
Sugars 78.25g	
Protein 9.2g	
Vitamin A 366µg	40.67%
Vitamin C 160.7mg	178.56%
Calcium 293mg	29.3%
Iron 4.56mg	57%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Vitamins	
Choline 93.1mg	16.93%
Folate 177µg	44.25%
Niacin 4.938mg	30.86%
Riboflavin 0.32mg	24.62%
Thiamin 0.135mg	11.25%
Vitamin B-12 0µg	
Vitamin B-6 0.653mg	50.23%
Vitamin D 0IU	
Vitamin E 5.43mg	36.2%
Vitamin K 319.5µg	266.25%
Minerals	
Copper 0.666mg	74%
Magnesium 98mg	23.33%
Phosphorus 312mg	44.57%
Selenium 5µg	9.09%
Zinc 1.31mg	11.91%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 1169.89g	

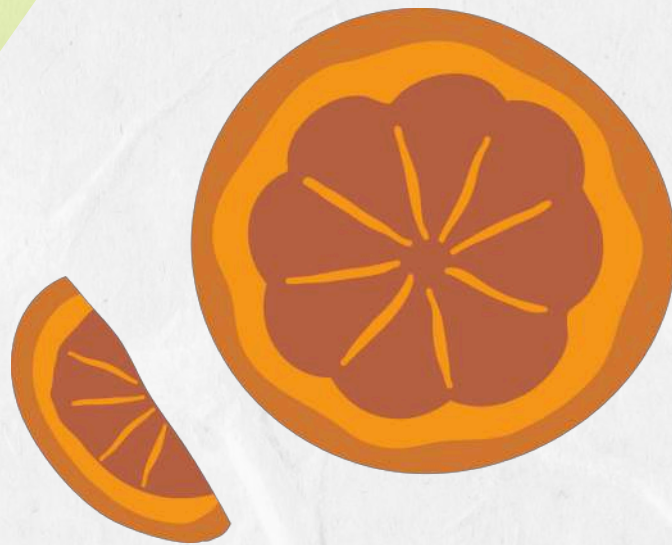
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BitterSweet Green



INGREDIENTS

- 1 grapefruit
- 1 handful arugula
- 2 celery stalks
- 1 lemon



SERVES: 1 - 2



BitterSweet Green

Nutrition Facts (Juiced)

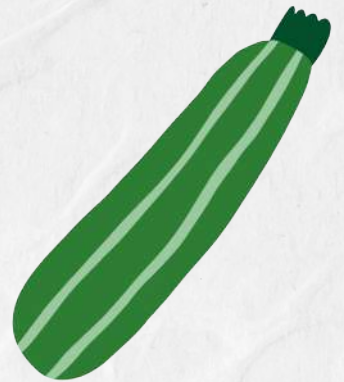
Calories 69

Calories from Fat 4.82

	% Daily Value *
Total Fat 0.54g	1.54%
Saturated Fat 0.082g	0.41%
Monounsaturated Fat 0.054g	
Polyunsaturated Fat 0.182g	
Cholesterol 0mg	
Sodium 49mg	3.27%
Potassium 550mg	11.7%
Total Carbohydrate 21.82g	16.78%
Dietary Fiber 0.7g	1.84%
Sugars 14.8g	
Protein 2.49g	
Vitamin A 110µg	12.22%
Vitamin C 82.8mg	92%
Calcium 80mg	8%
Iron 0.82mg	10.25%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 22mg	4%
Folate 42µg	10.5%
Niacin 0.718mg	4.49%
Riboflavin 0.09mg	6.92%
Thiamin 0.079mg	6.58%
Vitamin B-12 0µg	
Vitamin B-6 0.171mg	13.15%
Vitamin D 0IU	
Vitamin E 0.52mg	3.47%
Vitamin K 31.2µg	26%
Minerals	
Copper 0.134mg	14.89%
Magnesium 25mg	5.95%
Phosphorus 44mg	6.29%
Selenium 1µg	1.82%
Zinc 0.3mg	2.73%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 361.9g	

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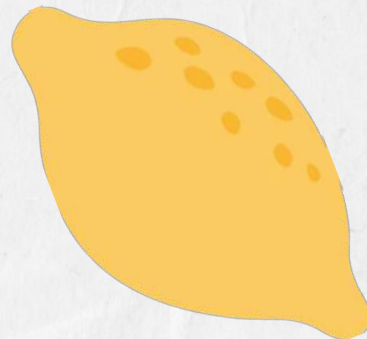
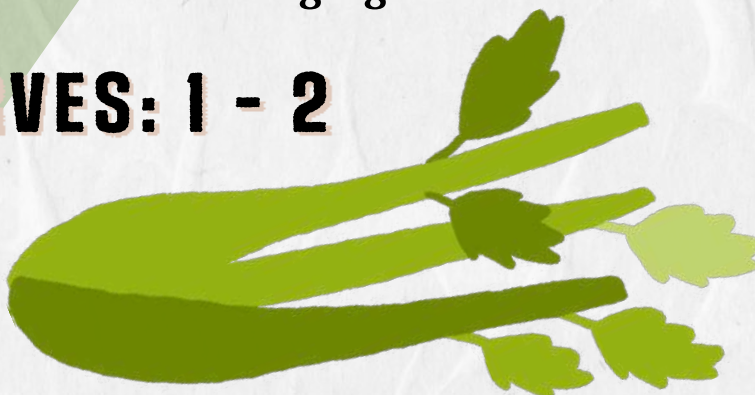
Pear-fection



INGREDIENTS

- 3 pears
- 1 fennel bulb
- 3 large celery sticks
- 2 zucchini
- 2 lemons
- 1 inch of fresh ginger

SERVES: 1 - 2



Pear-fection

Nutrition Facts (Juiced)

Calories 334

Calories from Fat 22.97

	% Daily Value *
Total Fat 2.55g	7.29%
Saturated Fat 0.612g	3.06%
Monounsaturated Fat 0.62g	
Polyunsaturated Fat 1.2g	
Cholesterol 0mg	
Sodium 221mg	14.73%
Potassium 2645mg	56.28%
Total Carbohydrate 110.39g	84.92%
Dietary Fiber 4.1g	10.79%
Sugars 64.48g	
Protein 9.48g	
Vitamin A 140µg	15.56%
Vitamin C 134.5mg	149.44%
Calcium 251mg	25.1%
Iron 4.1mg	51.25%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 90.1mg	16.38%
Folate 148µg	37%
Niacin 3.684mg	23.03%
Riboflavin 0.534mg	41.08%
Thiamin 0.206mg	17.17%
Vitamin B-12 0µg	
Vitamin B-6 0.872mg	67.08%
Vitamin D 0IU	
Vitamin E 2.41mg	16.07%
Vitamin K 172.8µg	144%
Minerals	
Copper 0.767mg	85.22%
Magnesium 112mg	26.67%
Phosphorus 297mg	42.43%
Selenium 3.3µg	6%
Zinc 1.96mg	17.82%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 1362.27g	

The 'Juiced' nutrient values are calculated estimates based off of the USDA nutrition database. These nutrient values are estimates based on various studies. They should not be considered as 100% accurate.

Major Green

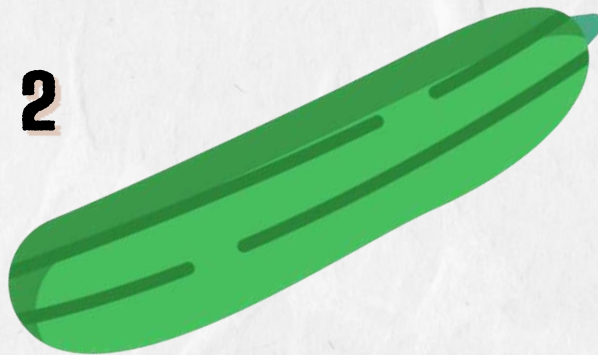


INGREDIENTS

- 2 cucumbers
- 6 celery stalks
- 3 pears
- 10 leaves of Swiss chard
- 1 lemon
- 1 inch piece of turmeric



SERVES: 1 - 2



Major Green

Nutrition Facts (Juiced)

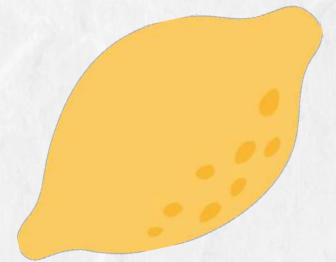
Calories 357

Calories from Fat 22.78

	% Daily Value *
Total Fat 2.53g	7.23%
Saturated Fat 0.49g	2.45%
Monounsaturated Fat 0.701g	
Polyunsaturated Fat 1.055g	
Cholesterol 0	
Sodium 855mg	57%
Potassium 3238mg	68.89%
Total Carbohydrate 112.96g	86.89%
Dietary Fiber 3.9g	10.26%
Sugars 60.93g	
Protein 12.42g	
Vitamin A 1076µg	119.56%
Vitamin C 172.1mg	191.22%
Calcium 364mg	36.4%
Iron 8.87mg	110.87%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 127.6mg	23.2%
Folate 131µg	32.75%
Niacin 3.153mg	19.71%
Riboflavin 0.673mg	51.77%
Thiamin 0.281mg	23.42%
Vitamin B-12 0	
Vitamin B-6 0.877mg	67.46%
Vitamin D 0	
Vitamin E 7	46.67%
Vitamin K 2886.8µg	2405.67%
Minerals	
Copper 1.28mg	142.22%
Magnesium 307mg	73.1%
Phosphorus 367mg	52.43%
Selenium 5.6µg	10.18%
Zinc 2.82mg	25.64%
Other	
Caffeine 0	
Theobromine 0	
Water 1730.51g	

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Kaleidoscope Cooler

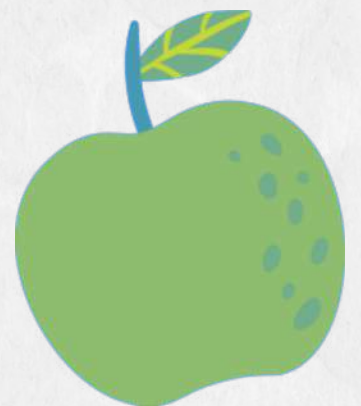


INGREDIENTS

- 10 strawberries
- 3 celery stalks
- 2 apples
- 1 handful spinach
- 1 inch piece ginger

- 1 lemon

SERVES: 1



Kaleidoscope Cooler

Nutrition Facts (Juiced)

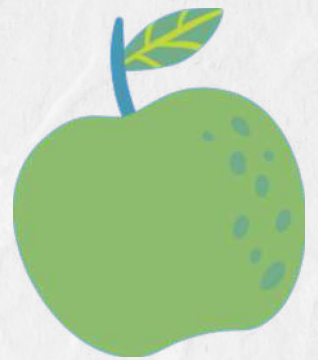
Calories 164

Calories from Fat 10.63

	% Daily Value *
Total Fat 1.18g	3.37%
Saturated Fat 0.185g	0.93%
Monounsaturated Fat 0.113g	
Polyunsaturated Fat 0.427g	
Cholesterol 0mg	
Sodium 87mg	5.8%
Potassium 905mg	19.26%
Total Carbohydrate 52.47g	40.36%
Dietary Fiber 1.6g	4.21%
Sugars 33.06g	
Protein 3.21g	
Vitamin A 108µg	12%
Vitamin C 86.3mg	95.89%
Calcium 96mg	9.6%
Iron 1.72mg	21.5%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 29.4mg	5.35%
Folate 72µg	18%
Niacin 1.12mg	7%
Riboflavin 0.181mg	13.92%
Thiamin 0.091mg	7.58%
Vitamin B-12 0µg	
Vitamin B-6 0.31mg	23.85%
Vitamin D 0IU	
Vitamin E 1.4mg	9.33%
Vitamin K 114.9µg	95.75%
Minerals	
Copper 0.218mg	24.22%
Magnesium 46mg	10.95%
Phosphorus 91mg	13%
Selenium 1.2µg	2.18%
Zinc 0.51mg	4.64%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 586.46g	

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Minty Green Refresher

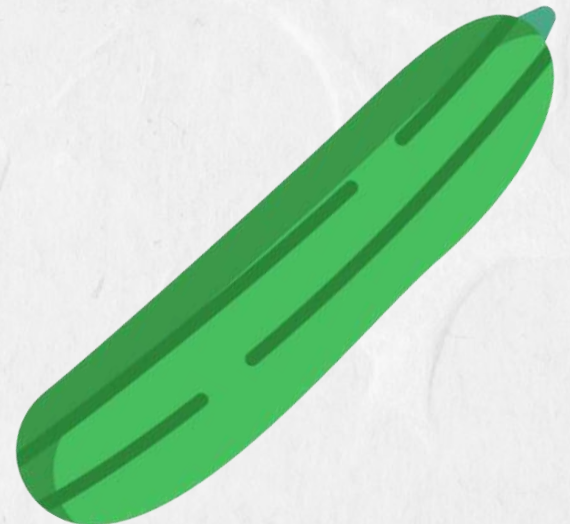


INGREDIENTS

- 1 cucumber
- 2 handfuls spinach
- 1 green apple
- 8 mint leaves
- 1 lime



SERVES: 1 - 2



Minty Green Refresher

Nutrition Facts (Juiced)

Calories 98

Calories from Fat 6.36

	% Daily Value *
Total Fat 0.71g	2.03%
Saturated Fat 0.151g	0.75%
Monounsaturated Fat 0.032g	
Polyunsaturated Fat 0.23g	
Cholesterol 0mg	
Sodium 39mg	2.6%
Potassium 766mg	16.3%
Total Carbohydrate 31.42g	24.17%
Dietary Fiber 0.9g	2.37%
Sugars 17.47g	
Protein 3.23g	
Vitamin A 212µg	23.56%
Vitamin C 32.2mg	35.78%
Calcium 100mg	10%
Iron 2.19mg	27.38%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Vitamins	
Choline 27.1mg	4.93%
Folate 75µg	18.75%
Niacin 0.729mg	4.56%
Riboflavin 0.192mg	14.77%
Thiamin 0.094mg	7.83%
Vitamin B-12 0µg	
Vitamin B-6 0.237mg	18.23%
Vitamin D 0IU	
Vitamin E 1.23mg	8.2%
Vitamin K 237µg	197.5%
Minerals	
Copper 0.207mg	23%
Magnesium 56mg	13.33%
Phosphorus 93mg	13.29%
Selenium 1.2µg	2.18%
Zinc 0.75mg	6.82%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 501.83g	

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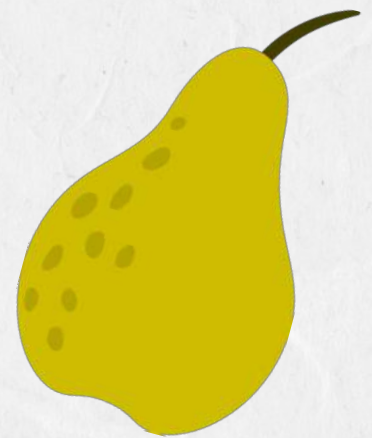
Micro-Monster



INGREDIENTS

- 1 cup microgreens (any choice)
- 2 cups watercress
- 1 fennel bulb, chopped
- 1 pear, cored
- 1 lime, peeled

SERVES: 1 - 2



Micro-Monster

Nutrition Facts (Juiced)

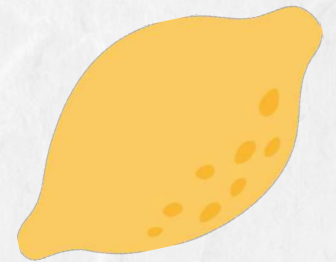
Calories 118

Calories from Fat 6.16

	% Daily Value *
Total Fat 0.68g	1.94%
Saturated Fat 0.203g	1.02%
Monounsaturated Fat 0.256g	
Polyunsaturated Fat 0.464g	
Cholesterol 0mg	
Sodium 106mg	7.07%
Potassium 1116mg	23.74%
Total Carbohydrate 41.43g	31.87%
Dietary Fiber 1.7g	4.47%
Sugars 22.69g	
Protein 3.98g	
Vitamin A 155µg	17.22%
Vitamin C 52mg	57.78%
Calcium 165mg	16.5%
Iron 1.84mg	23%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 36mg	6.55%
Folate 45µg	11.25%
Niacin 1.475mg	9.22%
Riboflavin 0.158mg	12.15%
Thiamin 0.069mg	5.75%
Vitamin B-12 0µg	
Vitamin B-6 0.202mg	15.54%
Vitamin D 0IU	
Vitamin E 1.7mg	11.33%
Vitamin K 226µg	188.33%
Minerals	
Copper 0.303mg	33.67%
Magnesium 41mg	9.76%
Phosphorus 136mg	19.43%
Selenium 1.9µg	3.45%
Zinc 0.58mg	5.27%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 475.21g	

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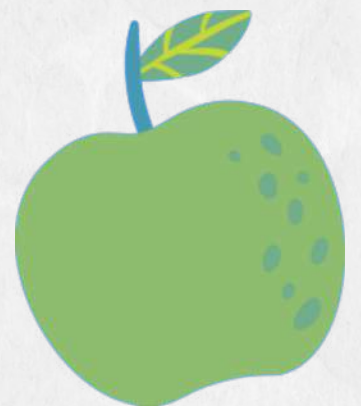
Crisp Cabbage Cooler



INGREDIENTS

- Half a head of cabbage
- 1 lemon
- 4 chard leaves
- 2 green apples
- 2 celery stalks
- Handful kale

SERVES: 2



Crisp Cabbage Cooler

Nutrition Facts (Juiced)

Calories 269

Calories from Fat 30.1

	% Daily Value *
Total Fat 3.34g	9.54%
Saturated Fat 0.46g	2.3%
Monounsaturated Fat 0.267g	
Polyunsaturated Fat 1.134g	
Cholesterol 0mg	
Sodium 477mg	31.8%
Potassium 2785mg	59.26%
Total Carbohydrate 80.58g	61.98%
Dietary Fiber 3.7g	9.74%
Sugars 43.77g	
Protein 17.76g	
Vitamin A 1648µg	183.11%
Vitamin C 397.8mg	442%
Calcium 592mg	59.2%
Iron 7.82mg	97.75%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Vitamins	
Choline 71.2mg	12.95%
Folate 378µg	94.5%
Niacin 4.083mg	25.52%
Riboflavin 0.655mg	50.38%
Thiamin 0.425mg	35.42%
Vitamin B-12 0µg	
Vitamin B-6 1.318mg	101.38%
Vitamin D 0IU	
Vitamin E 7.29mg	48.6%
Vitamin K 3061.5µg	2551.25%
Minerals	
Copper 4.004mg	444.89%
Magnesium 221mg	52.62%
Phosphorus 405mg	57.86%
Selenium 4.5µg	8.18%
Zinc 2.57mg	23.36%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 1150.49g	

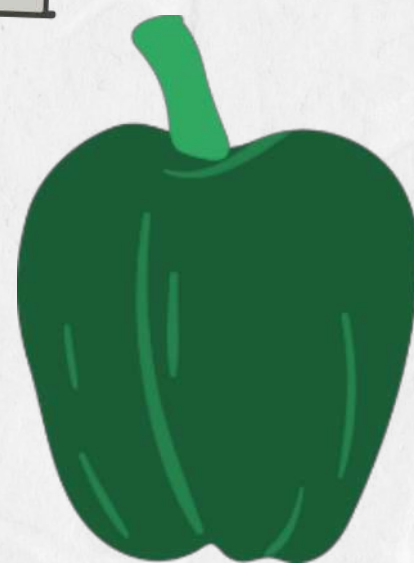
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Vibrant Vitamin C Boost



INGREDIENTS

- 1 orange
- 1 handful kale
- 1 green bell pepper
- 1 lemon



SERVES: 1 - 2



Vibrant Vitamin C Boost

Nutrition Facts (Juiced)

Calories 144

Calories from Fat 24.01

	% Daily Value *
Total Fat 2.67g	7.63%
Saturated Fat 0.304g	1.52%
Monounsaturated Fat 0.159g	
Polyunsaturated Fat 0.941g	
Cholesterol 0mg	
Sodium 95mg	6.33%
Potassium 1664mg	35.4%
Total Carbohydrate 40.96g	31.51%
Dietary Fiber 2g	5.26%
Sugars 17.33g	
Protein 12.53g	
Vitamin A 1233µg	137%
Vitamin C 377.9mg	419.89%
Calcium 422mg	42.2%
Iron 4.27mg	53.37%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 17mg	3.09%
Folate 277µg	69.25%
Niacin 3.122mg	19.51%
Riboflavin 0.385mg	29.62%
Thiamin 0.312mg	26%
Vitamin B-12 0µg	
Vitamin B-6 0.939mg	72.23%
Vitamin D 0IU	
Vitamin E 4.27mg	28.47%
Vitamin K 1708.2µg	1423.5%
Minerals	
Copper 3.736mg	415.11%
Magnesium 108mg	25.71%
Phosphorus 261mg	37.29%
Selenium 2.9µg	5.27%
Zinc 1.56mg	14.18%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 534.83g	

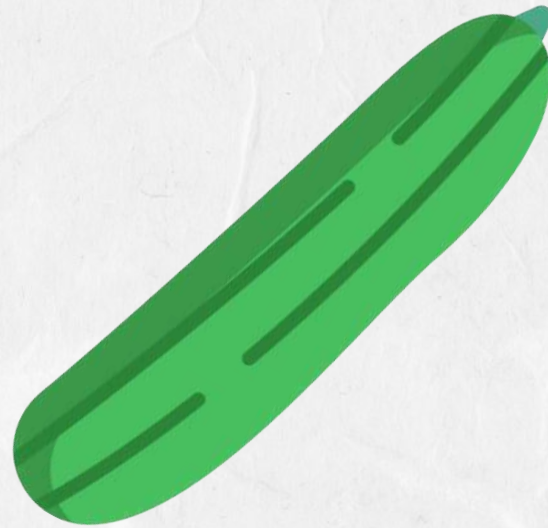
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Greater Green

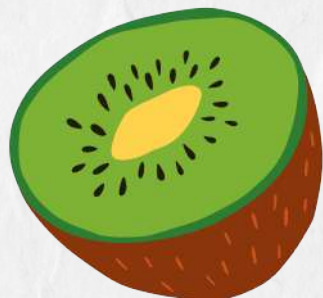


INGREDIENTS

- 2 kiwis
- 1 cup spinach
- 1 cucumber
- 1 lime



SERVES: 1 - 2



Greater Green

Nutrition Facts (Juiced)

Calories 88

Calories from Fat 8.07

	% Daily Value *
Total Fat 0.9g	2.57%
Saturated Fat 0.128g	0.64%
Monounsaturated Fat 0.066g	
Polyunsaturated Fat 0.399g	
Cholesterol 0mg	
Sodium 24mg	1.6%
Potassium 809mg	17.21%
Total Carbohydrate 27.12g	20.86%
Dietary Fiber 0.8g	2.11%
Sugars 12.9g	
Protein 3.35g	
Vitamin A 112µg	12.44%
Vitamin C 98.6mg	109.56%
Calcium 101mg	10.1%
Iron 1.72mg	21.5%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 26.2mg	4.76%
Folate 60µg	15%
Niacin 0.771mg	4.82%
Riboflavin 0.141mg	10.85%
Thiamin 0.084mg	7%
Vitamin B-12 0µg	
Vitamin B-6 0.203mg	15.62%
Vitamin D 0IU	
Vitamin E 1.97mg	13.13%
Vitamin K 172.7µg	143.92%
Minerals	
Copper 0.266mg	29.56%
Magnesium 50mg	11.9%
Phosphorus 101mg	14.43%
Selenium 1.2µg	2.18%
Zinc 0.71mg	6.45%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 439.05g	

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Earthy Green Juice

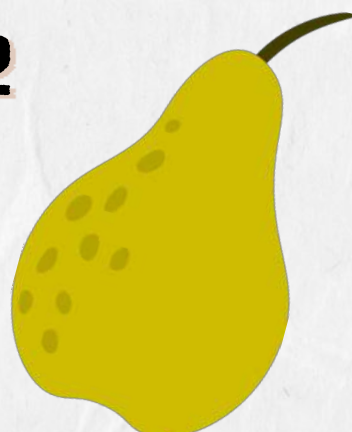


INGREDIENTS

- 1 cup turnip greens
- 1 handful broccoli
- 1 pear, cored
- 1 cucumber
- 1/2 teaspoon turmeric



SERVES: 1 - 2



Earthy Green Juice

Nutrition Facts (Juiced)

Calories 224

Calories from Fat 21.66

	% Daily Value *
Total Fat 2.41g	6.89%
Saturated Fat 0.342g	1.71%
Monounsaturated Fat 0.286g	
Polyunsaturated Fat 0.48g	
Cholesterol 0	
Sodium 162mg	10.8%
Potassium 2178mg	46.34%
Total Carbohydrate 64.94g	49.95%
Dietary Fiber 2.7g	7.11%
Sugars 26.65g	
Protein 14.58g	
Vitamin A 362µg	40.22%
Vitamin C 382.8mg	425.33%
Calcium 321mg	32.1%
Iron 4.55mg	56.88%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Vitamins	
Choline 104.7mg	19.04%
Folate 267µg	66.75%
Niacin 3.434mg	21.46%
Riboflavin 0.646mg	49.69%
Thiamin 0.311mg	25.92%
Vitamin B-12 0	
Vitamin B-6 1.039mg	79.92%
Vitamin D 0	
Vitamin E 5	33.33%
Vitamin K 562.8µg	469%
Minerals	
Copper 0.601mg	66.78%
Magnesium 115mg	27.38%
Phosphorus 371mg	53%
Selenium 11.7µg	21.27%
Zinc 2.43mg	22.09%
Other	
Caffeine 0	
Theobromine 0	
Water 984.29g	

The 'Juiced' nutrient values are calculated estimates based off of the USDA nutrition database. These nutrient values are estimates based on various studies. They should not be considered as 100% accurate.

Vibrant Veggie Velvet



INGREDIENTS

- 1/2 red cabbage, chopped
- 3 medium carrots
- 3 large, sweet apples



SERVES: 1 - 2



Vibrant Veggie Velvet

Nutrition Facts (Juiced)

Calories 294

Calories from Fat 14.13

	% Daily Value *
Total Fat 1.57g	4.49%
Saturated Fat 0.234g	1.17%
Monounsaturated Fat 0.091g	
Polyunsaturated Fat 0.653g	
Cholesterol 0mg	
Sodium 197mg	13.13%
Potassium 1860mg	39.57%
Total Carbohydrate 92.96g	71.51%
Dietary Fiber 3g	7.89%
Sugars 60.11g	
Protein 7.75g	
Vitamin A 1285µg	142.78%
Vitamin C 215.5mg	239.44%
Calcium 240mg	24%
Iron 3.96mg	49.5%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 90.8mg	16.51%
Folate 77µg	19.25%
Niacin 3.219mg	20.12%
Riboflavin 0.441mg	33.92%
Thiamin 0.3mg	25%
Vitamin B-12 0µg	
Vitamin B-6 1.146mg	88.15%
Vitamin D 0IU	
Vitamin E 1.94mg	12.93%
Vitamin K 174.4µg	145.33%
Minerals	
Copper 0.225mg	25%
Magnesium 77mg	18.33%
Phosphorus 203mg	29%
Selenium 2.5µg	4.55%
Zinc 1.31mg	11.91%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 1027.12g	

The 'Juiced' nutrient values are calculated estimates based off of the USDA nutrition database. These nutrient values are estimates based on various studies. They should not be considered as 100% accurate.

Blueberry Back Splash

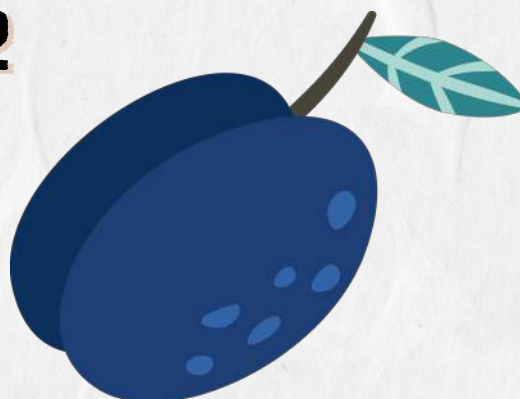


INGREDIENTS

- 2 plums
- 1 pint blackberries
- 1 inch piece of fresh turmeric root
- 1 handful of spinach



SERVES: 1 - 2



Blueberry Back Splash

Nutrition Facts (Juiced)

Calories 282

Calories from Fat 16.33

	% Daily Value *
Total Fat 1.81g	5.17%
Saturated Fat 0.227g	1.14%
Monounsaturated Fat 0.498g	
Polyunsaturated Fat 0.513g	
Cholesterol 0mg	
Sodium 56mg	3.73%
Potassium 1795mg	38.19%
Total Carbohydrate 85.33g	65.64%
Dietary Fiber 2.9g	7.63%
Sugars 40.9g	
Protein 6.93g	
Vitamin A 198µg	22%
Vitamin C 69.6mg	77.33%
Calcium 152mg	15.2%
Iron 3.36mg	42%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	
Vitamins	
Choline 25.4mg	4.62%
Folate 193µg	48.25%
Niacin 4.272mg	26.7%
Riboflavin 0.309mg	23.77%
Thiamin 0.273mg	22.75%
Vitamin B-12 0µg	
Vitamin B-6 0.42mg	32.31%
Vitamin D 0IU	
Vitamin E 6.9mg	46%
Vitamin K 253.6µg	211.33%
Minerals	
Copper 0.574mg	63.78%
Magnesium 105mg	25%
Phosphorus 266mg	38%
Selenium 5.6µg	10.18%
Zinc 2.32mg	21.09%
Other	
Caffeine 0mg	
Theobromine 0mg	
Water 678.84g	

The 'Juiced' nutrient values are calculated estimates based off of the USDA nutrition database. These nutrient values are estimates based on various studies. They should not be considered as 100% accurate.