

3 day juice diet recipes

3 Day Juice Diet Recipes: Refresh, Rejuvenate, and Reset Your Body

3 day juice diet recipes offer an exciting and refreshing way to give your digestive system a break while flooding your body with vital nutrients. Whether you're aiming to kickstart a healthier lifestyle, detoxify, or simply enjoy nutrient-packed beverages, a short juice cleanse can be an effective and enjoyable choice. In this article, we'll explore some delicious and easy-to-make juice recipes designed specifically for a 3-day juice diet, along with tips and insights to make your cleanse both satisfying and successful.

Why Choose a 3 Day Juice Diet?

Juice diets have surged in popularity due to their simplicity and potential health benefits. A 3-day juice diet typically involves consuming only fresh fruit and vegetable juices, allowing your body to rest from digesting heavy foods and focus on detoxification. This short-term cleanse can boost energy, improve digestion, and increase your intake of vitamins and antioxidants.

Unlike extended juice fasts, a 3-day plan is more manageable and less likely to cause nutrient deficiencies. It's a great way to reset your eating habits and prepare your body for healthier choices moving forward.

Essential Tips Before Starting Your 3 Day Juice Diet

Starting a juice cleanse can be exciting, but preparation and mindful practices are key to getting the most benefits:

- **Stay Hydrated:** Drink plenty of water alongside your juices to support detoxification and prevent dehydration.
- **Choose Organic Ingredients:** Whenever possible, use organic fruits and vegetables to reduce pesticide intake and enhance nutrient quality.
- **Listen to Your Body:** If you feel dizzy or excessively fatigued, consider adding light snacks like nuts or steamed veggies to your regime.
- **Prepare Juices Fresh:** Freshly made juices retain more nutrients and taste better than pre-made or stored options.

3 Day Juice Diet Recipes to Try at Home

Ready to dive into some tasty juice options? Here are some easy-to-follow recipes, combining fruits and vegetables that are both flavorful and detoxifying.

Day 1: Green Goodness

Starting your cleanse with green juices is a great way to flood your body with chlorophyll, fiber, and essential minerals.

Morning Juice: Spinach, Green Apple & Cucumber

- 2 cups fresh spinach
- 1 green apple
- 1/2 cucumber
- 1/2 lemon (juiced)
- Small piece of ginger (optional, for a spicy kick)

This juice supports digestion and provides a gentle energy boost. The apple adds natural sweetness, while lemon helps alkalize the body.

Afternoon Juice: Kale, Celery & Pineapple

- 2 cups kale leaves
- 3 celery stalks
- 1 cup fresh pineapple chunks
- 1/2 lime (juiced)

This tropical green juice is rich in antioxidants and enzymes that aid in inflammation reduction and hydration.

Evening Juice: Parsley, Carrot & Orange

- 1 cup fresh parsley

- 3 medium carrots
- 1 large orange (peeled)

Carrots provide beta-carotene, essential for eye health, while parsley helps flush out toxins.

Day 2: Vibrant Veggie Mix

On day two, focus on vibrant vegetable juices that are nutrient-dense and low in sugar.

Morning Juice: Beetroot, Carrot & Apple

- 1 medium beetroot
- 3 carrots
- 1 apple
- Small piece of ginger

Beets support liver detoxification and improve blood flow, making this juice a powerful morning energizer.

Afternoon Juice: Tomato, Red Pepper & Basil

- 3 ripe tomatoes
- 1 red bell pepper
- Fresh basil leaves (a handful)
- Pinch of sea salt

This savory juice is packed with lycopene and vitamin C, great for skin health and immunity.

Evening Juice: Cucumber, Spinach & Lemon

- 1 cucumber
- 2 cups spinach

- 1/2 lemon (juiced)
- Fresh mint leaves (optional)

Hydrating and light, this juice helps relax your body and prepare it for restful sleep.

Day 3: Fruity and Refreshing

Finish your cleanse with fruity, refreshing juices that still provide nutrients without overwhelming your palate.

Morning Juice: Watermelon, Mint & Lime

- 2 cups watermelon cubes
- Fresh mint leaves (a handful)
- 1/2 lime (juiced)

Watermelon hydrates and cools the body, while mint aids digestion and adds freshness.

Afternoon Juice: Pear, Celery & Ginger

- 2 ripe pears
- 2 celery stalks
- Small piece of ginger

This subtly sweet juice is great for soothing inflammation and providing a gentle energy lift.

Evening Juice: Blueberry, Spinach & Coconut Water

- 1 cup fresh blueberries
- 2 cups spinach
- 1 cup coconut water

Packed with antioxidants, this juice supports recovery and replenishes electrolytes.

Making Your 3 Day Juice Diet More Effective

A juice diet isn't just about what you consume during the cleanse; it's also about how you prepare and recover.

Preparing Your Body

In the days leading up to your juice cleanse, try to gradually reduce intake of processed foods, caffeine, and heavy meals. This eases the transition and reduces potential discomfort like headaches or fatigue.

Breaking the Fast

After completing your 3 day juice diet, don't rush back to heavy meals immediately. Start with light, whole foods such as steamed vegetables, salads, or soups. This gentle reintroduction helps your digestive system adjust smoothly.

Incorporating Juices Into Your Lifestyle

Even if a full juice cleanse isn't for you, including fresh juices as snacks or meal replacements can boost your daily nutrient intake. Experiment with seasonal fruits and vegetables to keep it exciting and diverse.

Understanding the Benefits and Limitations

While a 3 day juice diet can offer a burst of vitamins, minerals, and antioxidants, it's important to recognize its place within a balanced lifestyle. Juices lack protein and fiber, so they aren't suitable for long-term nutrition. However, they can:

- Support detoxification by reducing digestive workload
- Improve hydration and skin appearance
- Encourage mindful eating habits post-cleanser
- Provide a concentrated source of nutrients from fruits and vegetables

For anyone with medical conditions, pregnant or breastfeeding women, or individuals with specific dietary needs, consulting a healthcare professional before starting any juice diet is crucial.

Embarking on a 3 day juice diet can be a refreshing way to reset your body and taste buds. By trying these carefully crafted juice recipes, you not only nourish yourself with vital nutrients but also cultivate a deeper appreciation for whole, fresh foods. Whether as a short cleanse or a new habit, embracing fresh juices can be a delicious and healthful addition to your wellness journey.

Frequently Asked Questions

What is a 3 day juice diet?

A 3 day juice diet involves consuming only fresh fruit and vegetable juices for three consecutive days to detoxify the body and jumpstart weight loss.

What are some popular recipes for a 3 day juice diet?

Popular recipes include green juices with kale, spinach, cucumber, and apple; carrot and ginger juice; beetroot, celery, and lemon juice; and watermelon and mint juice.

Can I include protein in a 3 day juice diet?

Most 3 day juice diets focus on fruits and vegetables, which are low in protein. Some people add plant-based protein powders to their juices, but traditionally, protein is minimal during this cleanse.

How do I prepare juices for a 3 day juice diet?

Use a juicer or blender to combine fresh fruits and vegetables. Strain the pulp if desired. Prepare juices fresh daily or store them in airtight containers in the refrigerator for up to 24 hours.

What are the benefits of a 3 day juice diet?

Benefits may include improved digestion, increased energy levels, reduced inflammation, and kickstarting weight loss. However, scientific evidence is limited and effects vary by individual.

Are there any risks associated with a 3 day juice diet?

Potential risks include nutrient deficiencies, low energy, dizziness, and muscle loss due to low calorie and protein intake. It's important to consult a healthcare provider before starting.

Can I customize the juice recipes for my taste during a 3 day juice diet?

Yes, you can customize juices by mixing different fruits and vegetables according to your taste preferences, but aim to maintain a balance of nutrients and avoid excess sugar.

How much juice should I drink each day on a 3 day juice diet?

Typically, people consume 4 to 6 servings of juice per day, totaling about 32 to 48 ounces, spaced evenly throughout the day to maintain energy and hydration.

Additional Resources

3 Day Juice Diet Recipes: A Professional Review and Nutritional Insight

3 day juice diet recipes have increasingly captured the attention of health enthusiasts, wellness bloggers, and nutrition experts alike. Promoted as a quick reset for the digestive system and a method to boost energy levels, these short-term juice cleanses are often viewed as an accessible introduction to detox diets. However, beyond the buzz, it is crucial to examine the practical aspects of these recipes, their nutritional profiles, and the potential benefits and limitations from a scientific and culinary perspective.

Understanding the 3 Day Juice Diet

A 3 day juice diet typically involves consuming only freshly prepared fruit and vegetable juices over a period of three days. The aim is to eliminate solid foods temporarily, thereby reducing digestive workload and flood the body with vitamins, minerals, and antioxidants. While the concept might seem straightforward, the composition of these juices can vary widely depending on personal preferences, nutritional goals, and available ingredients.

The appeal lies in the simplicity and the promise of rapid benefits such as weight loss, improved digestion, clearer skin, and increased vitality. However, experts caution that short juice fasts may not be suitable for everyone, and the nutritional adequacy of the diet depends heavily on the selection and balance of ingredients.

Core Principles Behind 3 Day Juice Diet Recipes

Effective 3 day juice diet recipes focus on the following principles:

- **Diversity of Ingredients:** Incorporating a wide range of fruits and vegetables ensures a broad spectrum of nutrients.
- **Balance of Macronutrients:** While juices are naturally low in protein and fat, including ingredients like nuts or seeds in smoothies can help maintain energy.
- **Minimizing Added Sugars:** Many commercial juice cleanses contain high levels of added sugars; professional recipes emphasize natural sweetness from whole fruits.
- **Freshness and Quality:** Using organic, fresh produce maximizes nutrient retention and reduces exposure to pesticides.

Popular 3 Day Juice Diet Recipes Explored

To paint a clearer picture, here are three professionally curated juice recipes, each designed to fulfill specific nutritional roles during the cleanse.

1. Green Vitality Juice

Ingredients:

- 2 cups kale
- 1 cucumber
- 2 green apples
- 1 lemon (juiced)
- 1-inch piece of ginger
- ½ cup water

This juice is high in antioxidants, vitamin C, and fiber. Kale and cucumber provide hydration and essential minerals, while green apples add natural sweetness and pectin, a soluble fiber that supports gut health. Ginger adds anti-inflammatory properties and aids digestion.

2. Carrot-Orange Immunity Boost

Ingredients:

- 4 large carrots
- 2 oranges (peeled)
- 1 small beetroot
- 1-inch turmeric root
- ½ teaspoon black pepper (to activate turmeric)

Rich in beta-carotene and vitamin A, this juice supports immune function and skin health. Beets promote blood circulation, and turmeric contributes potent anti-inflammatory benefits. The addition of black pepper enhances turmeric's bioavailability, a critical factor often overlooked in casual recipes.

3. Berry Antioxidant Blend

Ingredients:

- 1 cup blueberries
- 1 cup strawberries
- 1 cup raspberries
- 1 cup coconut water
- 1 tablespoon chia seeds (soaked)

Berries are renowned for their high antioxidant content, including anthocyanins, which combat oxidative stress. Coconut water replenishes electrolytes, and chia seeds provide omega-3 fatty acids and fiber, adding satiety and nutritional depth.

Comparing Homemade vs. Commercial Juice Plans

The market is saturated with commercial juice cleanse kits promising convenience and guaranteed results. However, these often come at a premium price and may contain preservatives or added sugars that undermine health goals. Homemade 3 day juice diet recipes allow for customization and better control over ingredients, but require time investment and access to quality produce.

Nutritional analyses show that homemade juices typically retain higher levels of vitamins and antioxidants when consumed immediately after preparation. Conversely, pre-packaged juices may undergo pasteurization, reducing some nutrient content but extending shelf life.

Pros and Cons of 3 Day Juice Diet Recipes

- **Pros:**
 - Easy way to increase fruit and vegetable intake.
 - Potential for short-term weight loss due to calorie restriction.
 - May improve hydration and digestive rest.
 - Convenient for those seeking a reset from processed foods.

- **Cons:**

- Low protein and fat intake can lead to fatigue and muscle loss if prolonged.
- Possible blood sugar spikes due to high natural sugar content in fruit juices.
- Not suitable for individuals with certain medical conditions or pregnant women.
- May cause temporary digestive discomfort due to sudden dietary changes.

Optimizing 3 Day Juice Diet Recipes for Sustainable Results

Experts recommend integrating these juice recipes into a broader lifestyle approach rather than viewing them as a standalone solution. Combining juicing with light physical activity, adequate hydration, and mindful eating before and after the cleanse can enhance benefits and reduce rebound effects such as rapid weight regain.

Moreover, incorporating vegetable-heavy juices with lower glycemic impact can help maintain stable blood sugar levels. Adding ingredients rich in essential fatty acids, such as flaxseed oil or avocado, can mitigate the lack of fats during the juice diet.

Tips for Preparing and Consuming Juices

1. **Prepare fresh juices daily:** Nutrient degradation begins soon after juicing; freshly made juices offer maximum benefits.
2. **Use a quality juicer:** Cold-press juicers preserve enzymes and nutrients better than centrifugal models.
3. **Drink juices at room temperature or slightly chilled:** Helps with digestion and absorption.
4. **Listen to your body:** If you experience dizziness or extreme fatigue, consider adjusting the intake or consulting a healthcare professional.
5. **Complement juices with herbal teas and water:** Maintain hydration throughout the cleanse.

The growing interest in 3 day juice diet recipes reflects a wider cultural shift towards natural and

preventive health strategies. While these recipes can offer a concentrated dose of nutrients and a break from processed foods, they are not a panacea. Thoughtful preparation, informed ingredient choices, and realistic expectations are key to making a juice cleanse both safe and rewarding.

3 Day Juice Diet Recipes

3 day juice diet recipes: Juicer Recipes: A Complete Juicing Guide on Juicing and the Juicing Diet Helen Rauscher, 2017-05-15 Juicer Recipes A Complete Juicing Guide on Juicing and the Juicing Diet Juicer Recipes is a juicer recipe book and also a good juicer recipe guide in one. You will find many great juicer recipes from healthy smoothie recipes to healthy juicing recipes, enough not to repeat a recipe for several weeks. Healthy juice recipes help to clear up many health concerns especially those that stem from needing a good body cleanse. You will find many healthy juicing recipes for weight loss. Weight loss is a major issue but it is not the only reason people juice. You will have the best juicing recipes for health. When you drink from the best juice recipes for health, you know you are giving your body the best.

3 day juice diet recipes: The 5-Day Juicing Diet Megan Roosevelt RDN, 2017-12-26 A fresh take on juicing (and eating!) for weight loss and health. Juicing is a simple, delicious way to lose weight while boosting your energy and overall health. But you don't have to go hungry on a strict juice cleanse to enjoy those benefits. The 5-Day Juicing Diet is a nourishing 5-day juice and meal plan that will make you think I can do this! This easy-to-follow plan comes complete with a full meal chart, instructions for juicing and blending at home, and a rundown on selecting, storing, and preparing fruits and veggies for juicing. Most importantly, you'll get tons of tasty juice combos to choose from—and recipes for plant-powered meals to help you squeeze out the most benefits. The 5 Day Juicing Diet includes: Juicing how-tos—Solve the mysteries of which juicer to choose, how to pick the right produce, and how to create your own juice blends—all the info you need is here. 100 recipes—Enjoy invigorating new flavor combinations like Coconut Kale, Lemon Chia Elixir, or Cucumber, Basil, and Lime Juice. Snacks and suppers—Feel satiated by eating delicious, plant-based snacks and meals every day—follow the included menu chart, or build your own from a variety of recipes. Blend juicing into your life and start crushing your health goals with The 5 Day Juicing Diet!

3 day juice diet recipes: The 3-Day Cleanse Zoë Sakoutis, Erica Huss, Zoe Sakoutis, 2010-04-02 The founders of the BluePrintCleanse®—praised in Elle, Vogue, and Every Day with Rachel Ray—offer an at-home detox program for everyone. Celebrities, foodies, and media people rely on the BluePrintCleanse for relief from the excess, overindulgence, and toxins we are all exposed to every day. Cleansing allows the digestive system to rest so you can rid yourself of the toxins everyone accumulates, whether from unhealthy eating or simply from our environment. The 3-Day Cleanse offers a customized program based on your own personal health and lifestyle. Unlike other cleanses, the BluePrintCleanse includes sufficient calories and natural fats, making for an easier yet incredibly effective cleanse. This book guides readers through step-by-step guidelines for a 1-day, 3-day, and 14-day cleanse, as well as a long-term maintenance plan. Throughout are sidebars, quick tips, secrets and advice from people who have successfully done the cleanse. In addition to the juice, raw, and partially-raw food recipes in the book, the authors include advice on battling the urge to cheat and working the cleanse into a busy lifestyle. Prepare to boost your immune system, alleviate allergies and PMS, improve your mood and sex drive, and clear up your skin. Finally, the juice service adored by many is available for you to create in your own home! Praise for the BluePrintCleanse® “BPC is a manageable, enjoyable, yummy-tasting cleanse. It’s not torture like other fasts or cleanses; it gives me energy.” —Christine Taylor, actress “I love BPC more than wrapping myself in Saran Wrap and sleeping in a sauna!” —Robert Verdi, celebrity stylist and television personality

3 day juice diet recipes: Juicing Cleanse 3 Day Detox Diet Rebecca Hays, 2013-12 Why do a Juicing Cleanse Detox Diet? A juice cleanse is the most natural way of detoxifying the body to undo years of toxic lifestyle damage, such as too much fun at birthdays, holidays or just plain good-living. Cleansing the body clears out your system. It's a bit like taking your car in for a tune-up and then suddenly you have more power! More Get Up n GO! You may discover you have more energy, sugar cravings and food cravings disappear. You may even lose a few pounds along the way. This detox cleanse is a special combination of fresh juices, smoothies, and broth, with a step-by-step guide for an easy 3 day adventure. Why is this 3 day cleanse the best detox diet? This juicing detox cleanse uses all natural ingredients to help your body eliminate toxins, stop sugar cravings, boost energy, and reboot your system to get back on the fast track to health. As mentioned on Dr Oz, a three day cleanse is the best way to lose weight, stop sugar cravings, and get a fast energy booster to optimal health. book is fabulous...weight loss, more energy...really does work...This 3 day diet plan includes delicious juicing recipes plus yummy smoothies, and a special broth, to help you stay satisfied while you reboot your system. If you have never juiced before, you will love it! This easy read explains the basics of juicing, why detoxification is so important, and how this cleanse can help you....great way to boost your health...tastes good too? Juicing condenses all the vitamins and minerals, antioxidants, and phytonutrients from fresh produce into a powerhouse drink! No vitamin or supplement can take the place of the living power of natural food. helps me get rid of my cravings for chocolate and sugar If you want more energy, if you want to feel better, if you want to stop food cravings, then DO the 3 day cleanse! Your body will thank you! This book gives you a complete step-by-step guide with recipes and tips for success, to make your 3 day adventure an easy ride. Do something good for yourself today. In only 3 short days you can be on a new path to a new you.

3 day juice diet recipes: The Great Detox Miracle Cleanse for Men and Women Jessica Caplain, 2018-03-16 HOW NEW DISCOVERIES IN SELF DETOXIFICATIONS WILL MAKE YOU HEALTHIER AND BEAUTIFUL, INSIDE AND OUT! Detoxification, or detox, has been a popular go-to remedy for getting rid of toxins from the body. You will be surprised to find out that there are certain toxins that stay in your system for a long time, and these can make you age easily and get you sick more often. These are harmful substances that people are constantly exposed to, and directly (or indirectly) affected by. The many harmful toxins around you can affect your health, and possibly reduce your spark and vitality. Through detoxification, your body can remove the accumulated harmful substances that negatively affect your overall health. In this guide, you will explore the general concept of detoxification and the many different processes involved. You will also learn about: The major types of detoxification; The definition of toxins; How and where you can get exposed to toxins; How toxins affect your life; The body's natural detox process; The major detox players in your body; The many different ways to detox; The do's and don'ts in detox; The health benefits of detoxing; The potential pitfalls; How to tell if your detox is working and much, much more... All of these topics will be discussed thoroughly. Everything that you need to know about detoxification and toxins is right here in this guide. Do yourself a favorr and GET YOUR COPY TODAY!

3 day juice diet recipes: The "21 Day" Slushie & Juice Fast Kyla Latrice, MBA, 2014-07-25 This cookbook is dedicated to men and women around the world that have dealt with or are beginning to deal with obesity or those whom simply want to loose weight, get healthy and get fit once and for all. I share my 170 lbs of weight loss secrets with you and how I was obese twice, ridiculed, looked down upon and even rejected. In this cookbook I help get you started on being free. A collection of my tips, tricks and health notes along with slush and juicing recipes will help you do just that. In addition, health notes have been added about which fruits to eat to help you live longer, have clearer skin, sleep better, help fight the common cold, cancer, depression, lower cholesterol, grow your hair, help with digestion and vision loss, aid in memory boosting, help fight aging and wrinkles, curb your appetite, eat on a dime, exercise less and still reach your weight loss goals and more. It's simply the ultimate health guide for men and women. This cookbook is also available around the world in airports, grocery stores, global retailers and department stores. Further, this cookbook has been

made available on mobile devices via Adobe Digital Editions and DRM (Digital Rights Management), in general and for travelers and for when you're on-the-go. Image Credits: FreeDigitalPhotos.net

3 day juice diet recipes: The Healthy Juicer's Bible Farnoosh Brock, 2013-03-01 "Don't juice without it!" - One of over 150 *FIVE STAR* Amazon Reviews! In addition to over 50 easy and delicious recipes, green juice expert Farnoosh Brock talks you through countless situations, including: How will your body will react to green juicing with a sensitive stomach? How can you stay motivated after the initial excitement wears off? What are the best juicers available, and which one is best for you? A passionate green juicer for over five years, Brock gives you her best tips on how to manage each as you move forward in this journey. She shares her knowledge, discoveries, and lessons learned from her years of green juicing! She gives you the good, the bad, and the ugly so you can make smart and informed decisions as you learn how to heal your body and return it to harmony using healthy plants from your farmer's market, garden, or produce aisle. In this widely praised juicing recipe book and guide, every fruit and vegetable you can think of pairs up in this juice bible for devoted followers of the juice craze that's sweeping the nation. From radical-fighting blueberries to nutrient-rich kale, to protein-packed spinach, The Healthy Juicer's Bible includes nutritional information and details on the benefits of juicing for life! Whatever your fitness regimen, health goals, or daily routine, The Healthy Juicer's Bible is the ultimate, comprehensive resource for every aspect of the wonderful world of juicing!

3 day juice diet recipes: The Ultimate Book of Modern Juicing Mimi Kirk, 2014-12-22 The most current and comprehensive juicing guide available Step aside, Juicing Bible and Big Book of Juices: Mimi Kirk is back with the most current and fresh guide to juicing yet. With more than 200 recipes, handy advice on how to get the most from your juicing, and an eye toward taste, health, and cost, The Ultimate Book of Modern Juicing is the only book on the topic you'll ever need. Kirk has been juicing vegetables and fruits for more than 40 years, yet she doesn't look a day over 50. (And yes, those two things are connected.) She recently became more interested in how to use juicing to feel and look even better. Her discoveries—genuinely up-to-the-minute—are shared here, along with vibrant photographs of her creations The Ultimate Book of Modern Juicing is a must-have for everyone interested in or committed to the juicing lifestyle.

3 day juice diet recipes: Supercharged Green Juice & Smoothie Diet Christine Bailey, 2015-12-29 Green juices and smoothies are the go-to drink of the moment. They are fantastically healthy, packed with vitamins, minerals and phytonutrients. And they're also much better for you in terms of sugar content and balanced energy levels. Christine Bailey takes green juicing to a whole new level. Supercharged Green Juice & Smoothie Diet is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Packed with nutrient-rich, health-boosting ingredients, each juice or smoothie contains at least one supercharged ingredient. These boosters include superfood powders such as acai berry powder (one of the most concentrated sources of antioxidants) or collagen powder supplement (brilliant for your skin), sea vegetables, seeds, bee products, berries, herbs and tinctures. Use the handy reference section at the back to quickly find recipes that will help you to lose weight, maximize energy levels, boost the immune system, combat ageing and look amazing. There is also a 2-day power-charged Superfood Juice Diet plan to set you on your way to looking fabulous as well as feeling great. Nutritionist and best-selling author Christine Bailey shows you how easy it is to make daily juices and smoothies, and explains the benefits of using green juices and supercharged ingredients for extra weight-loss and health-giving properties.

3 day juice diet recipes: Juice Cleanse Recipes Mendocino Press, 2014-06-13 Detox your body naturally with a healthy juice cleanse Renew your body and revitalize your health with a natural juice cleanse. Juice Cleanse Recipes will show you how to incorporate fresh, delicious fruit and vegetable juices into a healthy detox program to give your body a nourishing boost while you eliminate dangerous built-up toxins. With over 125 fast and easy juice cleanse recipes, and multiple detox programs to fit your busy lifestyle, this comprehensive guide gives you all the tools you need to lose weight, restore optimal health, and improve energy levels. Juice Cleanse Recipes will make it

easy to restore balance to your system and feel rejuvenated right away. Juice Cleanse Recipes will help you kickstart a successful juice cleanse today, with: 125 flavorful juice cleanse recipes to keep you energized, such as Carrot-Orange Juice, Papaya-Ginger Booster, and Sweet Spinach-Basil Juice Quick tips for creating delicious juice cleanse recipes Easy-to-follow meal plans for a 1-, 3-, 5-, or 7-day juice cleanse Useful shopping lists to help you save time and money Handy fruit and vegetable nutrition charts and measurement conversions Juice Cleanse Recipes will show you how to create your own successful detox program so you can feel more youthful and energetic than ever before.

3 day juice diet recipes: Juicing Diet Lana Scholl, 2013-03-06 Juicing Diet Juicing Recipes and Juicing Nutrition You Need to Do It Right Fruit and vegetable juices are a healthy addition to anyone's diet, but they can also be used on their own. Juicing diet plans are a popular way to remove toxins from the body, drop a few pounds and restart your digestive processes, but not every juice diet works well. This e-book lets you use a juicing diet plan to improve your health and feel satisfied while making sure your body gets the nutrition it needs. The Juicing Diet offers simple but delicious recipes that you can use as an addition to your normal eating plan or as part of an effective juice detox diet. It also provides a sample juice diet plan to help show you how to use these recipes to provide balanced nutrients and plenty of variety. After all, no one wants to be stuck on nothing but a grapefruit juice diet! Extremely limited juice fasts can even be dangerous, since they don't provide the full range of nutrients your body needs to function correctly. When put together correctly, a fruit juice diet or vegetable juice diet is the perfect short term solution for feeling bloated, tired and run-down. You'll see and feel the differences in just a few days. If you'd like to feel more energetic, lighter and healthier, the juice diets in this book are the perfect option. Just try some of the fruit or green juice diet beverages and smoothies that The Juicing Diet has to offer. Fruits and vegetables offer natural immune-boosting power and a range of health benefits that most people never experience. If you're ready to take your health practices to the next level, it's time to turn those natural goodies into great tasting juices, safely and easily. You can drink all you want; no matter which juices you prefer, you'll feel great and bring out your body's real potential.

3 day juice diet recipes: The Complete Idiot's Guide to Juice Fasting Bo Rinaldi, Steven Prussack, 2012-11-06 Juice fasting can be a powerful, transformative undertaking that does absolute wonders for the body. From detoxifying and cleansing, to weight loss, to increased energy and a reinvigorated digestive system, a juice fast can transform the body in a matter of weeks, or even days. However, maintaining a fast can also be a difficult undertaking without proper instruction and an understanding of the nutritional components of the fast — so clear guidance and recipes that satisfy the palate are essential to success. The authors of The Complete Idiot's Guide® to Juice Fasting take readers through a number of different fasts and help them choose the right fast to lose the pounds, cleanse their systems of undesirable waste and toxins, and be on their way to feeling renewed and recharged. The authors arm readers with over 75 fantastically delicious and powerful juice recipes that will not only give readers what they crave in taste, but will help them fully recognize the transformational benefits of the juice fast.

3 day juice diet recipes: Juicing, Fasting, and Detoxing for Life Cherie Calbom, John Calbom, 2014-02-04 From the bestselling author and health and diet guru Cherie Calbom, a holistic guide for detoxification for total well-being, now updated and revised. More than a simple collection of recipes, this book guides readers toward a lifestyle that promotes alkaline balance by juicing, eating well, and cleansing the body and soul. While most juicing books focus too much on fruit juice (which disrupts the body's pH balance with too much natural sugar), this book primarily focuses on juices, smoothies, and soups made from vegetables. Now, completely revised and updated, it also offers a guide to the food richest in nutrients from Vitamin A to zinc and includes over 20 new juice recipes as well as new versions of various cleanses to benefit the colon, liver, gall bladder, and kidney, lymphatics, and more. Beyond the body, the Calboms explain the heavy toll emotional, mental, and spiritual unrest can take on the body (and sometimes even encourage disease) and share unique, effective methods for cleansing the body of such toxicity.

3 day juice diet recipes: Juicing Recipes; 3 Day Detox for Weight Loss James Delong, Melissa

Bell, 2015 Juicing Recipes for Detox and Weight loss People who read this book also read The Reboot with Joe Juice Diet: Lose Weight, Get Healthy, And Feel Amazing and If you've watched Joe Cross' documentary Fat, Sick & Nearly Dead then you know how inspiring his results were. Joe used juicing to jump start his health goals, weight-loss, and body transformation and you can too with a little guidance from Juicing Recipes authors Melissa and James. Everyday people just like you want to know the best ways to get started with juicing and detoxing and this is exactly what Melissa and James are here to help you do. Their 3-day detox series is designed to help you achieve the results you've long sought after. You'll find many juicing recipe books out there but unlike those, theirs provides you detailed steps on how to go about starting and completing your detox regimen in a healthy short 3-day time span. In each of their books they walk you through a specific process of what fruits and vegetables combination you'll need, the prepping involved for before, during, and after your detox, along with a checklist on what to do during each day of your detoxing phase. If you've been searching for a step by step instructional juicing recipe book on detoxing that takes out all the guess work then stop wasting any more of your time and money and grab your copy today. Listen to what some of our readers had to say: This is a great book for those interested in juicing for health, weight loss, and for clearer skin! This book nicely explains why, when, and how to juice. The recipes are easy and delicious! This is definitely worth picking up when you are ready to adopt a juicing lifestyle! Brandi R. - www.BrandiJRoberts.com As someone who has tried a few juice fasts before, I can say that this book does a great job of explaining what to do and what to expect. It gave very practical advice for completing a juice fast. Rather than just throwing out a few recipes, like a lot of books do, they went further by giving a schedule along with those recipes so you know when to eat what. I definitely recommend it! Sandy Donovan - www.ClearlyInfluential.com I will be ordering this book for a few friends of mine who tend to go overboard on detoxes and can never finish one. The authors provide you with a lot of excellent information and make it easy to follow. They let you know what produce is best to buy organic, give you the shopping lists and recipes. You are even given suggested times to drink the juice. It is a truly doable juice detox and I really appreciate the advice on how to eat before and after the cleanse. I highly recommend this for anyone considering a juice detox cleanse. Angelica W. Now that you heard what others have said, download your copy today!

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3 day juice diet recipes: Juicing and Smoothies For Dummies Pat Crocker, 2012-12-13 Lose weight and cleanse your body with juices and smoothies Losing weight and being healthy is often on our minds, but not everyone has the time to spend several hours a week at the gym. The beauty of dieting and cleansing with juices and smoothies is that you can take them anywhere, and they only take minutes to prepare. Juicing can be done from one to three days to cleanse the body of unwanted toxins and lose weight, while smoothies provide a longer-term meal-replacement strategy that keeps you feeling full—and Juicing & Smoothies For Dummies brings you up to speed on everything you need to start incorporating this healthy lifestyle option right away. How to safely cleanse the body of toxins Tips to increase nutrition with protein and fiber supplements Juicing and smoothie tips and techniques A month's worth of grocery lists for items to have on hand, making it easier to make healthy juices and smoothies in minutes 50 recipes for juices and 50 recipes for smoothies for breakfast, lunch, dinner, and dessert Juicing & Smoothies For Dummies gives you everything you need to enjoy the benefits of this exciting new lifestyle choice.

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3 day juice diet recipes: The Juice Cleanse Reset Diet Lori Kenyon Farley, Marra St. Clair, 2013-12-31 A groundbreaking 7-day diet based on the popular Ritual Juice Cleanse, which resets the system by clearing the body of toxins and acidity to reduce cravings and promote lasting weight loss and improved overall health. Before any long-term diet and exercise program can work, we must reset our bodies to clear the toxins and acidity that cause cravings and prevent us from absorbing key nutrients. In just one week, The Juice Cleanse Reset Diet prepares the body for weight loss with a series of cleansing juices and then integrates healthy meals and fitness tips to free us of the bad habits that sabotage our health goals. Followed by stars like Kris Jenner, Charlie Sheen, and Kim Kardashian--who used it to prepare for her wedding--this simple and easy program first identifies what type of cleanse we need based on our individual eating and drinking habits and then presents 60 recipes for cleansing and eating our way to optimal health.

3 day juice diet recipes: 10-minute Recipes Liana Werner-Gray, 2016 Improve your health with clean, natural foods and nutrient-rich recipes that can be made in 10 minutes or less! Liana Werner-Gray understands how hard it is to find the time to take care of yourself; to keep up with her fast-paced life, she indulged in processed convenience foods until she landed in the hospital and could no longer take her health for granted. She shared her journey to healing herself in her blog, The Earth Diet, which launched her best-selling book of the same name. Through the Earth Diet lifestyle, she has helped thousands of people with thyroid issues, eating disorders, cancer, diabetes, acne, addictions, and other afflictions. Liana kept hearing from readers and clients that their biggest obstacle was a lack of time, so she gathered together her favorite quick recipes and time-saving techniques. In 10-Minute Recipes, you will find more than 100 recipes to get into your diet more of the essential vitamins, minerals, and micronutrients your body needs--each of which can be prepared in 10 minutes or less. Whether you're a meat eater or a raw vegan, this inclusive book offers options for juices, smoothies, salads, entrees, desserts, and more that will delight any palate. Liana also delivers advice on proper nutrition; tips for shifting out of toxic habits; and guides for specific goals such as weight loss, reducing inflammation, and increasing energy.

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