### **Spiritual Fasting**

# The 3 C's (Carrot, Celery, Cabbage)

3-4 Carrots

1-2 Celery stalks

Small wedge cabbage

### **Sweet Drink**

5 Carrots

1 Apple

1/2 Beet

# **Peppers Galore**

1 Green Pepper

1 Red Pepper

3 Celery stalks

1/2 Cucumber

5 Lettuce leaves

## Vegetable 8

1/2 Tomato

1/4 Cucumber

1 Carrot

1 Celery stalk

1 Handful Spinach

1/2 Red Pepper

1/2 Cup Cabbage

1 Green Onion

### **Muscle Beach**

5 Handfuls Spinach

1 Cucumber

2 Carrots



## Carrot/spinach juice

6 Ounces of Raw Spinach

10 Ounces of Raw Carrots

### Carrot/beet/cucumber juice

4 Ounces of Raw Beet (with leaves)

3 Ounces of Raw Cucumber

#### 9 Ounces Raw Carrot

# **Carrot juice with dandelion**

8 Ounces of Raw Carrot

8 Ounces Dandelion

# Carrot, dandelion and spinach

8 Ounces Carrot

4 Ounces Dandelion

4 Ounces Spinach or Chard

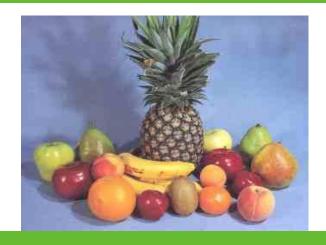
### **Almond Milk**

1 Part Almonds

4 Parts water & Blend

# Apple shake

1/2 orange peeled2 green apples1 ripe banana1 tablespoon brewers yeast orange slice for garnish



#### **Carrot Blush**

4 carrots

1 beet

5 - 6 leaves of Romaine or other leaf lettuce

3 - 4 leaves of spinach

## **Strong Carrot Combo**

1 beet with greens

1 stalk celery

large handful of spinach

large handful of parsley

1 green pepper (or whatever pepper is organic)

1-3 cloves garlic (to taste or what you can stand)

1 slice of Ginger

enough carrots to make a quart of juice

(usually half of a 5 lb bag)

## **Carrot/Strawberry Juice**

4-6 Carrots6 Strawberries



## **Strawberry Smoothie**

30-60 strawberries 9-13 medium or large bananas 7-8 cups fresh squeezed orange juice 1 cup flaxseed meal Blend until Creamy.

#### **Carrot Lemonade**

4-5 medium carrots
1/2 medium lemon
1 apple
1 small 1.5 - 2 " wedge red cabbage
1 round of Ginger , about the size of a quarter

#### **Golden Smoothie**

2 kiwi fruits
1 banana
1/2 cup orange juice
1/2 cup frozen mango chunks (or other frozen fruit chunks)

## **Garden Tonic Drink**

Handful of spinach 3 stalks of celery 2 stalks of asparagus 1 large tomato 1 cherry tomato for garnish



### **Health Smoothie**

1 firm kiwi fruit, peeled 1/4 cantaloupe, with skin 1 ripe banana

### Super 8 juice

1 kale leaf1 collard leaf

small handful of parsley
1 stalk of celery
1 carrot, greens removed
1/2 red pepper
1 tomato
1 broccoli floret
celery stalk for garnish