

Juice recommendation

- beetroot (half if small whole)
- celery (2 stalks) -cucumber (4-5)
- carrot (4-5)
- spinach (blanch in hot water)
- kale (blanch in hot water)
- ginger (20 cent piece)
- lemon (half) Fruit

choose one fruit to add:

- green apple (1-2)
- watermelon (2 slices)
- orange (1-2)
- can also add up to 5 grapes to sweeten the juice

Use cold press juicer this way your body does not need to use any energy to digest the nutrients are easily absorbed.