



5 Day Juicing Plan

Feel great with this colourful combination of vibrant juicing recipes to fuel 5 days of healthy and nutritious living.

Day 1

Cool as a
Cucumber

Day 2

Raw
Roots

Day 3

Touch
of Tuscany

Day 4

Beet Around
The Bush

Day 5

Tomato
Blush

Just some of the nutritional benefits you will be getting more of



Vitamin C,
Dietary Fibre,
Vitamin B6



Vitamin C,
Dietary Fibre,
Potassium



Vitamin C,
Beta Carotene,
Potassium



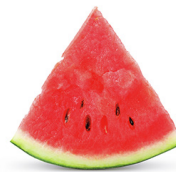
Vitamin C,
Vitamin A,
Vitamin B6



Vitamin C,
Magnesium,
Potassium



Vitamin C,
Vitamin B6,
Iron



Vitamin C,
Vitamin A,
Potassium



Vitamin C,
Vitamin A,
Vitamin B6




Day 1 - Cool as a Cucumber

 Makes 500ml / Serves 2

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- 4 Persian cucumbers
 - 1 Green apple
 - 4 Large sprigs fresh mint
 - 120g Baby spinach leaves
 - 1/4 Lemon, peeled
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1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients

Day 2 - Raw Roots

 Makes 500ml / Serves 2

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- 4 Medium purple carrots
 - 1/4 Celeriac, stems and base trimmed,
cut into long wedges
 - 1 Apple
 - 1 Medium Persian cucumber
 - 3cm piece ginger
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1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients





Day 3 - Touch of Tuscany

 Makes 500ml / Serves 2

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- 1/8 Medium pineapple, peeled, cut into long wedges
 - 100g Baby spinach leaves
 - 6 Kale leaves
 - 300g Peeled, chopped honeydew melon
 - 1/4 Lime, peeled
 - 1 Medium Persian cucumber
 - 2 Celery stalks, leaves trimmed
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1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients

Day 4 - Beet Around the Bush

 Makes 500ml / Serves 2

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- 4 Small golden beetroots
 - 3 Medium yellow or orange carrots
 - 1/4 Medium pineapple, trimmed, peeled, cut into long wedges
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1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients



Day 5 - Tomato Blush

 Makes 500ml / Serves 2

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- 300g Peeled, chopped seedless watermelon
 - 1 Medium orange carrot
 - 3 Medium ripe tomatoes
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1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients