



7 Day Juicing Plan

Feel great with this colourful combination of vibrant juicing recipes to fuel an entire week of healthy living.

Day 1

Lean
Green

Day 2

Beetiful
Day

Day 3

Purple
Dinasour

Day 4

Mellow
Yellow

Day 5

Green Fighting
Machine

Day 6

Cantaloupe
Loop

Day 7

Ring
The Bell

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



Vitamin C,
Vitamin A,
Vitamin B6



Vitamin C,
Dietary Fibre,
Potassium



Vitamin C,
Beta Carotene,
Potassium



Vitamin B6,
Potassium
Magnesium



Vitamin C,
Dietary Fibre,
Potassium



Vitamin C,
Vitamin B6,
Iron



Vitamin C,
Vitamin B6,
Potassium



Vitamin C,
Vitamin A,
Dietary Fibre



Day 1 - Lean Green

 Makes 500ml / Serves 2

200g Baby spinach leaves
150g Kale leaves
400g Carrot
400g Green apple

1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients

Day 2 - Beetiful Day



Makes 500ml / Serves 2

4 Medium beetroots
4 Large sprigs fresh mint
1 Cup peeled, chopped honeydew melon
1/2 Celery stalks, leaves trimmed

1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients





Day 3 - Purple Dinosaurs

 Makes 500ml / Serves 2

- 1 Small beetroot
- 1 Cup black or red seedless grapes
- 2 Medium courgettes
- 3 Medium purple carrots
- 1 Orange, peeled

1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients

Day 4 - Mellow Yellow



Makes 500ml / Serves 2

- 2 Medium yellow bell peppers, stem and seeds removed
- 150g peeled, chopped cantaloupe
- 2 Medium yellow courgettes
- 1/4 Orange, peeled
- 1/4 Lemon, peeled

1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients



Day 5 - Green Fighting Machine

 Makes 500ml / Serves 2

- 2 Medium courgettes
- 4 Swiss chard leaves
- 50g Baby spinach leaves
- 1 Kiwi fruit, peeled
- 1 Pear, stem removed
- 5 Large sprigs flat-leaf parsley

1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients




Day 6 - Cantaloupe Loop

 Makes 500ml / Serves 2

-
- 3 Medium orange carrots
 - 1/2 Cup peeled, chopped cantaloupe
 - 1/2 Orange, peeled
 - 3 Celery stalks, leaves trimmed
 - 1 Medium parsnip
 - 4cm piece of ginger
-

1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients

Day 7 - Ring The Bell

 Makes 500ml / Serves 2

-
- 2 Red bell peppers, stem and seeds removed, quartered
 - 1 Medium orange carrot
 - 1 Medium beet
 - 1 Orange, peeled
-

1. Wash ingredients well
2. Juice the ingredients in the Sage centrifugal juicer alternating between ingredients

