GREEN JUICE CHEAT SHEET

BASE VEGGIES
Bok Choy, Cabbage, Celery, Cucumber, Romaine Lettuce
Choose two or three base veggies. (1) When choosing veggie combinations, think of things that might taste good eaten together (2) Add pure water to dilute or extend juices (3) Maximize the yield of your veggies by juicing ingredients in a certain order.

LEAFY GREENS
Broccoli Stems, Collards, Dandelion, Kale, Red Chard, Spinach
Choose one to three handfuls of dark leafy greens. (1) Remove tough stems from collards, kale, and chard (2) Consider the flavors of leafy greens when choosing combinations: earthy peppery, neutral (3) Those with thyroid conditions are recommended to limit cruciferous intake.

SWEETENERS
Beets, Carrots, Grapefruit, Green Apple, Green Pear
Choose one sweetener. (1) Apples and pears make the best sweeteners for green juices (2) Beets always trump in color.

ALKALIZERS
Lemons, Limes
Choose one alkalizer. (1) Try drinking your juice at room temperature, as it helps stimulate the colon (2) If removing rinds, leave the white pith intact for a valuable bioflavonoid and fiber boost (3) Try using a lemon-lime combination.

DETOXIFIERS
Basil, Cilantro, Mint, Parsley, and More
Choose one or two detoxifying herbs. (1) A little mint goes a very long way (2) For maximum nutrient yield, tightly pack leafy greens and herbs in a roll and gently nudge into juicer between two harder, juicier ingredients.

SUPERFOODS
Apple Cider Vinegar, Cayenne, Garlic, Ginger, Sprouts, Turmeric, Wheatgrass, Spirulina, Chlorella, Maca, Chia Seeds, and More
Then upgrade with one or more superfoods (optional). (1) Try alternating juicy base veggies with the tougher root veggies, ginger, and garlic for maximum yield (2) Juice grasses with leafy greens and herbs.

Remember to wash produce well and remove rinds from non-organic produce. We like to add a little water, some chia seeds, and a sprinkle of pink Himalayan sea salt to our empty container before juicing.

Double your detox results! Add a scoop of Organifi to your juice.