

Incredible Juicing Guide

Recipes, shopping lists, and key points

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Welcome

Hi! This is Jonathan Bechtel, the owner of Health Kismet. If you're reading this, you've likely come in contact with Health Kismet's 30 Day Juicing Guide, and for this let me just say THANK YOU! I started juicing 10 years ago after high school and ever since it's been a bedrock of my daily routine. It keeps me feeling well, looking healthy, and optimistic about life.

Juicing's great because it can be used by anyone regardless of their health and is all but guaranteed to rejuvenate your body's ability to heal itself. So whether you're looking for more energy, to lose a little bit of weight, or just wanting to feel better about your body, I sincerely believe this guide will help.

But before we get into the action, let's take some time to go over how you should and shouldn't use this guide.

What To Expect

This guide is the written companion to our 30 day video guide at the Health Kismet website. If you're reading this I strongly recommend you go to www.healthkismet.com/juicing and sign up for the daily videos so you'll have both to guide you on your journey.

You also need to know what this guide is and isn't.

What this guide is:

This guide is designed to be flexible and usable for everyone

This guide does not require you to make any additional lifestyle changes. You can still eat regular food, and don't have to make other additions or subtractions from your diet.

The written part of the guide will provide you with a weekly grocery list, recipes, and key points to consider each week on your juicing journey.

The video part of the guide will deliver 1 video to your inbox each morning for 34 days that provide recipes, feedback, and instructions that correspond to your progress in the program.

This guide is free of charge.

What this guide is not:

This guide does not require you to only drink juice. It's expected that you'll eat food on a normal schedule while you use it.

This guide is not designed for rapid weight loss or transformative healing during the month you take it. (It is designed to help you get on the right track for a healthy habit that'll reap benefits for years to come).

This guide is not the final authority what you have to be doing everyday. It's okay to make adjustments so it's better suited to your lifestyle.

How To Use

Here's how this guide works:

- 1). At the beginning of the week (whenever that is for you) you'll want to get your grocery list and make your first batch of juice.
- 2). Each week comes with 3 recipes to use for the produce you bought. I'm guessing you're busy, so the expectation is that you'll make your juice for 2-3 days at a time, and make each recipe once. You can make smaller daily recipes if you'd like.
- 3). As the month goes on you'll make progressively more juice that's a little more green and a little less fruity than the week before.
- 4). At the end of your month you'll have the option of going on a 3 day fast if you choose, but this is not mandatory.

What You'll Need to Complete the Course:

A weekly grocery trip to get your produce

About a \$20/week budget for your fruits and veggies

A juicer, preferably with at least a 150 watt engine.

A pitcher if you want to make your juice for more than one day at a time. (Make sure to get one with a lid)

You'll need to subscribe to the video course at www.healthkismet.com/juicing

About 20-30 minutes to make the juice and clean it up.

A Few Final Notes Before We Begin

You may find it difficult to get all the produce on the shopping list depending on the season or where you live. If that's you....don't worry! You can make substitutes as you please.

It's very normal to have a little bit of extra produce from the previous week. If that's true for you, feel free to make adjustments to your next week's grocery list to compensate.

Week 1:

The Journey Begins

Key Points:

- » You'll be drinking around 12 ounces of juice per day.
- » The first video for this week is the third video in this course. The first two are an introduction and a guide to choosing your juicer if you haven't done so already. You'll watch those before you start.
- » Don't expect too much the first week. Instead focus on working out the kinks of preparation and storage, what time of day and how often you like to do it, and what ingredients you like.

Recipes and Grocery Lists

Grocery List

- » 5lb bag of carrots (about 15 medium sized carrots)
- » 3lb bag of apples (about 7-10 if bought separately)
- » 1 piece of ginger » 4 oranges » 2 bunches of spinach

Apple Ginger Cocktail

- 1 bunch spinach
- 6 apples
- ½ piece ginger

Green Carrot Splash

- 7-8 carrots
- 1 bunch spinach
- 2 oranges

Apple n' Orange Delight

- 2-4 apples
- 6-8 carrots
- ½ piece ginger
- 2 oranges

Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Tasks	Grocery Shop, Make Juice		Make Juice		Make Juice		
Recipe	Apple Ginger Cocktail	Apple Ginger Cocktail	Green Carrot Splash	Green Carrot Splash	Apple n' Orange Delight	Apple n' Orange Delight	Apple n' Orange Delight
Video	First Shopping List!	Storing Your Produce	Basics of Using Your Juice	Common Mistakes	Recipe: Homema de V8	Prepping Your Produce	Cleaning Your Juicer

Week 2:

Shedding Growing Pains

Key Points:

- » Your juicing amount will increase slightly to about 14-16 ounces per day.
- » This week is a good time to think about the refinements you want to make to your routine
- » Some health benefits should start to become noticeable (Let's hope!)

Recipes and Grocery Lists

Grocery List

- » 3 lb bag of carrots (about 10-12 medium sized carrots)
- » 10-12 green apples (about a 3lb. bag)
- » 2 cucumbers
- » 1 bunch kale
- » 2 grapefruit
- » 4 limes
- » 2 bunches parsley

Green Apple Splash

- 5-6 green apples
- 1-2 kale leaves
- 2 cucumbers

Fall Harvest

- remaining carrots (about 3-4)
- remaining apples (about 5-6)
- remaining kale leaves
- 2 bunches of parsley

Citrus Pucker

- 2 lbs. of carrots (about 7-8 medium sized carrots)
- juice of 4 limes (feel free to leave the rind on a few... more nutritious)
- 2 grapefruit

Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Tasks	Grocery Shop, Make Juice		Make Juice		Make Juice		
Recipe	Green Apple Splash	Green Apple Splash	Citrus Pucker	Citrus Pucker	Fall Harvest	Fall Harvest	Fall Harvest
Video	2 nd Shopping List	Juicing Greens	Using Your Juice on the Go	Recipe: Homemade ginger ale	Supplements to Take	Don't Fast Right Away	What About Fiber?

Week 3:

Building the Habits

Key Points:

- » This week is a good time to assess your progress..... how have the results compared to what you expected?
- » This week will be used to troubleshoot common setbacks you might be having.
- » We'll discuss additional changes you might want to make to get the most out of your juicing

Recipes and Grocery Lists

Grocery List

- » 5lb bag of carrots
- » 1 piece ginger
- » 1 bunch kale
- » 7 apples
- » 2 bunch spinach
- » 1 lemon
- » 1 bag cranberries
- » 1 bunch cilantro
- » 1 beet

CranApple Green

- 5 apples
- ½ bag cranberries
- 3-5 carrots
- 1 bunch spinach

Kale Carrot Delight

- 7-8 carrots
- 1 bunch kale
- 1 bunch cilantro
- 1 apple

Ginger Beet Garden

- 5-6 carrots
- 1 beet
- ½ piece ginger
- 1 lemon
- 1 bunch spinach
- 1 apple

Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Tasks	Grocery Shop, Make Juice		Make Juice		Make Juice		
Recipe	CranApple Green	CranApple Green	Kale Carrot Delight	Kale Carrot Delight	Ginger Beet Garden	Ginger Beet Garden	Ginger Beet Garden
Video	Week 3 Grocery List	What to Eat While Juicing	Recipe: Green Machine	Can I Juice It?	Easy Ways To Spice Up Recipes	What If I'm Not Seeing Results?	Reducing Your Grocery Bill

Week 4:

The Last Mile

Key Points:

- » Congrats! You're almost there!
- » Spend time this week deciding whether or not you want to go on the fast
- » The recipes and lessons covered in this course can be used indefinitely
- » You'll be drinking 16-20 oz. of juice per day this week

Recipes and Grocery Lists

Grocery List

- » 5lb bag of carrots (about 15 medium sized carrots)
- » 3lb bag of apples (about 8-10 medium sized apples)
- » 1 piece of ginger (can use leftover from previous week)
- » bag of cranberries (can use bag from last week)
- » 8 oz. watermelon (about one of those medium sized plastic containers you see in the store....no need for a whole melon!)
- » 2 bunches parsley
- » 2 bunches spinach
- » 5 oranges
- » 1 bunch celery

Watermelon Breeze

watermelon
1/2 bag cranberries
2 apples
1/2 piece ginger
1/2 bag celery

Fruits n' Roots

6-8 carrots
6-8 apples
1/2 bag celery
2 bunches spinach
1-2 oranges

Orange n' Green Dream

8-12 carrots
3-4 oranges
2 bunches parsley

Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Tasks	Grocery Shop, Make Juice		Make Juice		Make Juice		Grocery Shop for 3 Day Fast
Recipe	Orange n' Green Dream	Orange n' Green Dream	Watermelon Breeze	Watermelon Breeze	Fruits n' Roots	Fruits n' Roots	Fruits n' Roots
Video	Week 4 Grocery List	Recipe: homemade flu tonic	Should You Go On The Fast?	Special Offer	Juicing vs. Blending	Recipe: homemade apple cider	Wrap Up: Where To Go From Here

3 Day Fast:

Your Victory Lap Begins Now

How the Fast Works:

- » It lasts 3 days
- » You'll make a pitcher of juice at the beginning of the day
- » You can eat one meal in the morning, preferably oatmeal and some protein
- » You can have a snack at night after sunset if experiencing cravings
- » It's a good idea to go grocery shopping the day before the fast
- » Moderate physical activity is okay, but you shouldn't plan on too much strenuous activity
- » The fast is optional! If you don't feel comfortable with it then don't do it. It's fine to stop in the middle if it's not working for you.
- » To help with satiety, try and refrain from too much sugary fruits in your drinks.
- » Try to drink at least 32 oz. of juice per day
- » It's a good idea to keep a bag of carrots handy in case you find you're not making enough juice
- » *If you have questions or health concerns then consult a doctor or physician. If you experience discomfort of any kind it's fine to stop.*

Recipes and Grocery Lists

Grocery List

- » 5lb bag of carrots (about 15 medium sized carrots)
- » 3-4 lbs of apples (about 9-12 apples if not in a bag)
- » 4 cucumbers » 3 beets » 3 oranges
- » 2 bunches parsley » 1 head kale » 1 bunch spinach
- » 1 bunch swiss chard » 1 piece ginger » 1 bunch cilantro

Orange Bliss

- 12-15 carrots
- 3 oranges
- 1 cucumber
- 1 bunch kale

Purple Paradise

- 3 beets
- 5-6 apples
- 2 cucumbers
- 1 bunch swiss chard
- 1 bunch spinach

Green Goblin

- 5 carrots
- 6-8 green apples
- 2 bunches parsley
- 1 bunch cilantro
- 1 piece ginger
- 1 cucumber

Schedule

	Day 1	Day 2	Day 3
Tasks	Make Juice	Make Juice	Make Juice
Recipe	Orange Bliss	Green Goblin	Purple Paradise
Video	How the Fast Works	Physical Activity During the Fast	Congratulations!