**Plant-Based Recipes**

**(Juices)**

The American Institute for Cancer Research recommends a plant-based diet, incorporating a minimum of 5 servings of fruits/vegetables daily. This can be challenging to accomplish; hopefully, these recipes will help!

Always wash fruits and vegetables thoroughly. Many of these recipes are not cooked; there are good reasons to incorporate into your diet foods that are closer to their natural state, as cooking can decrease the nutritional value.

Some of these recipes call for soaked nuts or seeds. Soaking nuts and seeds increases their nutritional value, as it begins the germination process. You can add 1 T of food-grade hydrogen peroxide to the soak water to make sure they are extra clean. The recipes should be refrigerated and eaten within 3 days.

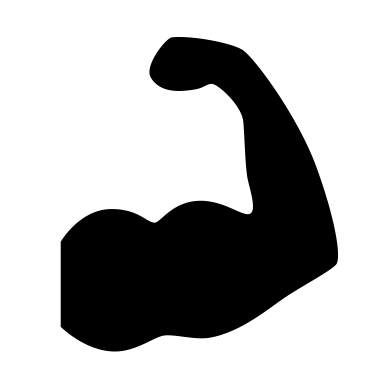
**Dietary needs vary; always follow the guidance provided by a registered dietician and/or your physician to include recipes that are suited to your particular needs.**

All recipes are used with permission from the authors. They are coded as follows, to help with your meal planning:

**= low glycemic**

**= fairly low glycemic**

**= higher glycemic**

**= high protein/high calorie**

***JUICES***

**Green Lemonade**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: juicer

1 bunch kale or other leafy greens

1 cucumber   
4 stalks celery   
1⁄2” piece fresh ginger root

1 lemon with peel

2 squirts stevia (grape, vanilla, orange, apricot, or combo)

Per recipe:

Calories: 90

Protein: 6 g

**One Love Juice**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: juicer

1 cucumber   
1 bunch Romaine   
4 stalks celery   
2 broccoli stems   
juice of 1 lime   
1 squirt stevia (orange, grape, vanilla, peppermint, strawberry...)

Per recipe:

Calories: 239

Protein: 18 g

**Jugo Fabuloso!**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: juicer

1 cucumber   
4 carrots   
4 stalks celery   
1 lemon   
1⁄2” piece fresh ginger root

1 handful cilantro   
6 large collard green leaves

Per recipe:

Calories: 379

Protein: 28 g