

juice.

JUICES & SAUCES





1 | apple.

recipes featuring apples

SUPERNOVA
SIN CITY
DISAPPEAR
WORK
ON THE OCEAN
INTOXICATED
SAY LOVE
CUPID
GIBBERISH
PILLOW TALK
OOH GIRL
ONE DANCE
CRANES IN THE SKY
WALK THE LINE
GET RIGHT
JOKER LOVE

2 | grapefruit.

recipes featuring apples

HEAVEN
HOLLYWOOD
MS. KATHY
SCREAM
BALTIMORE
CALIFORNIA
SELFISH
HELLO
SOAKING WET
PASS DAT
GOODBYE
MARY JANE
PERMISSION
WORK
HALLUCINATIONS
DEVIL'S KISS
MUFASA
PETTY

3 | spinach.

recipes featuring apples

STRONG ARM
LUV
JUNKIE
AEMERGENCY
MUSICIAN
RELOAD
STARBOY

4 | beet.

recipes featuring apples

OUI
ZADDY
CRUSH
1990X
BURN SLOW
AMEN
CAPSIZE
FIREPROOF

5 | celery.

recipes featuring apples

HUMAN
2 HEADS
11 BLOCKS
LONG DISTANCE
SMILE
MOTH
HAPPY PILLS
JACKPOT
TRIP SWITCH
DRINKEE
INDULGE

6 | cucumber.

recipes featuring apples

TEMPLE
BOO HOO
UNDERCOVER
ESCAPIST
MIRACLE
THE WOODS

7 | ginger.

recipes featuring apples

RIVER WILDER
LOUDSPEAKER
SCREAMING COLORS
BURN UP
SWEET TALKER
STRIPTease
RAINBOW
ABRACADABRA
DOMINO

8 | lemon.

recipes featuring apples

R&B
TRU BLOOD
LONG SONG
TROLLY
LONDON
BACKSEAT
EARTH GIRL
SUNSHINE

9 | pineapple.

recipes featuring apples

DON WAKE UP
TRU TONIC
P943
GANGSTER
CHANNEL X
FALSE ALARM
COMPANY
SOLO
VALET
BAD INTENTIONS
PYT
HALF SIDE
PRE GAME
GAZI
NESS
FIREFLY
IGNORANCE
BIG WONDERFUL
LOCATOR
UNRAVEL
MOLINO
ONE PLUS ONE
NO MERCY

10 | tomato.

recipes featuring apples

SURE THING
VSOP
SLOW MOTION
BODY PARTY

11 | watermelon.

recipes featuring apples

HOTLINE BLINE
NEW FLAME
CLASSIC

12 | mango.

recipes featuring apples

OUI
ZADDY
CRUSH
1990X

13 | watermelon.

recipes featuring apples

PLANES
WATERFALL
IGNITION
CHARLENE
LATCH
JUICY FRUIT

14 | mango.

recipes featuring apples

EEXCHANGE
EX-FACTOR
2 ON
WINDOWS
SAMMY
AFRODISIAC
CREEP
INTERMISSION
SWITCH
ROLLERCOASTER
MONISHA

13 | carrots.

recipes featuring apples

CHILL BILL
SEVEN MILLION
MY SHIT
DREAM
SKATEBOARD
NIKES

13 | kiwi.

recipes featuring apples

MONICA
TANK
JOE
CONTROLLA
MOOLAH
DEVASTED
DEJA VU
IVY
STONE COLD
ALOHA
DOWN LOW



supernova.

2 APPLES
5 CARROTS
1 INCH GINGER ROOT
¼ LEMON, PEELED

sin city.

1 INCH GINGER
1/2 FENNEL BULB
3 CARROTS
1 APPLES
2 CELERY RIBS

disappear.

1 TOMATOE
3 APPLES
1 CUCUMBER
7 CARROTS

work.

1 CUCUMBER
1 CELERY RIB
1 APPLE
½ HEAD RED CABBAGE
3 KALE LEAVES
1 HANDFUL CILANTRO
½ LEMON
1 TEASPOON SPIRULINA
POWDER

on the ocean.

¼ CUPS KALE
¼ CUPS SPINACH
1 APPLES
½ LEMON
½ INCHES GINGER
6 PIECES PINEAPPLE, CUBED

intoxicated.

1 MANGO
2 APPLES
2 ORANGES
½ PINEAPPLES
5 CARROTS

say love.

4 CELERY RIBS
½ CUCUMBER
1 CUP PINEAPPLE
½ GREEN APPLE
1 CUP SPINACH
1 LEMON
1 KNOB GINGER

cupid.

3 BEETS
5 CARROTS
¼ LEMON
2 APPLES
2 CENTEMETERS GINGER

gibberish.

1 CUP BLACKBERRIES
4 SPRIGS MINT
½ FENNEL BULB
2 GREEN APPLES
1 CUP BROCCOLI
1 HANDFUL WATERCRESS
1 CUCUMBER
1 LEMON, PEELED

pillow talk.

1 APPLE
¼ PINEAPPLE
1 SWEET POTATO
4 CARROTS

ooh girl.

1 BEETS
1 HANDFUL GREENS
1 APPLES
1 CUCUMBER, PEELED
1 LEMON, PEELED

one dance.

2 PINEAPPLES, SLICED
7 FUJI APPLES
7 ORANGES
1 LEMON
4 KALE LEAVES

cranes in the sky.

3 CUCUMBERS
2 APPLES
¼ BEETS
4 MINT LEAVES
HOMEADE APPLE CIDER

walk this line.

1 GREEN APPLE
3 HANDFULS SPINACH
8 KALE LEAVES
4 CARROTTS
1 INCH GINGER

get right.

6 CARROTS
2 APPLES
2 LIMES

joker love.

1 GRAPEFRUIT
3 ORANGES
1 PEARS
7 CARROTS
1 APPLES

HEALTH BENEFITS OF JUICING APPLE

VITAMINS

Vitamin A
Vitamin B1 (thiamine)
Vitamin B2 (riboflavin)
Niacin
Folate
Pantothenic Acid
Vitamin B6
Vitamin C
Vitamin E
Vitamin K

MINERALS

Potassium
Calcium
Phosphorus
Magnesium
Manganese
Iron
Sodium
Copper
Zinc

HEALTH BENEFITS OF JUICING GRAPEFRUIT

VITAMINS

Vitamin A
Vitamin B1 (thiamine)
Vitamin B2 (riboflavin)
Niacin
Folate
Pantothenic Acid
Vitamin B6
Vitamin C
Vitamin E

MINERALS

Potassium
Phosphorus
Magnesium
Calcium
Iron
Selenium
Manganese
Copper
Zinc

heaven.

3 TABLESPOONS GRANULATED SUGAR
1 CUP WATER
2 TABLESPOONS GINGER
2 GRAPEFRUITS
2 LIME

hollywood.

1 GRAPEFRUIT
1 CUCUMBER
5 CELERY STALKS
¼ BEETS

ms. kathy.

4 CUPS PINEAPPLE
1 PINK GRAPEFRUIT
½ MINT LEAVES
1 LIME
1 INCH GINGER
½ TUMERIC

scream.

¼ CANTALOUPE
1 GRAPEFRUIT
1 LEMON
½ INCHES GINGER
½ INCHES TUMERIC

baltimore.

1 GRAPEFRUIT
1 ORANGE
½ LEMON

california.

1 GRAPEFRUIT
1 CUCUMBER
4 CARROTS
1 INCH GINGER

selfish.

1 GRAPEFRUIT
1 ORANGE
2 CARROTS
½ INCHES GINGER

hello.

1 CUCUMBER
1 GRAPEFRUIT
1 SLICE GINGER
2 CUPS WATER

soaking wet.

1 BEET
1 GRAPEFRUIT
2 ORANGES
5 CARROTS
8 STRAWBERRY

pass dat.

1 GRAPEFRUIT
1 ORANGE
1 LIME
1 APPLE
2 BEETS
4 CARROTS

goodbye.

2 GRAPEFRUITS
3 BLOOD ORANGE
2 TANGERINES

mary jane.

1 GRAPEFRUIT
¾ CUPS SPINACH

permission.

4 CUPS PINEAPPLE
1 GRAPEFRUIT
½ CUP MINT LEAVES
1 LIME
1 INCH GINGER
½ INCHES TUMERIC

work.

2 CUPS HONEYDEW MELON
2 CUPS WATERMELON
2 CUPS WATER

hallucinations.

1 LEMON
1 LIME
1 ORANGE
1 GRAPEFRUIT
½ TEASPOONS GROUND TUMERIC

devil's kiss.

1 GRAPEFRUIT
2 ORANGES
1 BUNCH MINT
1 HEAD ROMAINE LETTUCE

mufasa.

½ GRAPEFRUIT
½ ORANGE
½ LEMON
1 HANDFUL MINT
2 CARROTS
2 CELERY
2 PARSNIPS

petty.

1 BEETS
1 BANANAS
2 APPLES
½ GRAPEFRUIT



HEALTH BENEFITS OF JUICING SPINACH

VITAMINS

Vitamin C
Niacin
Vitamin B1 (thiamine)
Vitamin B2 (riboflavin)
Vitamin B6
Pantothenic Acid
Folate
Vitamin A
Vitamin K
Vitamin E

MINERALS

Potassium
Phosphorus
Magnesium
Calcium
Iron
Sodium
Zinc
Copper
Manganese
Selenium



strong arm.

4 CARROTS
3 APPLES
2 CELERY RIBS
1 CUP SPINACH
1 INCH GINGER

luv.

½ BUNCHES SPINACH
1 CUP WATERCRESS
½ LEMON
1 CELERY RIB
2 APPLES
1 INCH GINGER

junkie.

1½ GREEN APPLES
2 CUPS SPINACH
1 CUCUMBER
2 KALE STALKS

emergency.

4 CELERY RIBS
½ CUCUMBER
1 CUP PINEAPPLE
½ GREEN APPLE
1 CUP SPINACH
1 LEMON
1 KNOB GINGER

haze.

1 CARROT
4 BROCCOLI FLORETS
3 ORANGES
2½ CUPS SPINACH
1 APPLE

musician.

¼ CUPS SPINACH
6 CELERY STICKS
1½ BEETS
1 INCH GINGER
2 RADISHES
3 CARROTS

reload.

2 TOMATOES
4 CUPS SPINACH
1 BUNCH KALE
1 CELERY RIB
1 GREEN PEPPER
½ BUNCHES PARSLEY
½ LEMON

starboy.

1 HANDFUL SPINACH
1 KIWI
1 APPLES
1 LIME

oui.

2 CARROTS
½ BEET
2 TABLESPOONS HONEY
1 ORANGE

zaddy.

½ ORANGE
4 CARROTS
½ CUP POMEGRANATE
1 INCH GINGER
¼ PINEAPPLE
1 BEET

crush.

3 GOLDEN BEETS
1 SWEET POTATO
8 CARROTS
2 LEMON
2 ORANGE
½ INCHES GINGER

1990x.

1 BEET
1 GRAPEFRUIT
2 ORANGES
5 CARROTS
8 STRAWBERRIES

burn slow.

2 PERSIMMONS
1 BEET
1 APPLE
3 CELERY STALKS
1 HANDFUL SPINACH
2 INCHES GINGER
1 DASH CINNAMON

amen.

3 PLUMS
1 BEET
2 APPLES
6 KALE LEAVES

capsize.

1 BEET
1 RED BELL PEPPER
1 GRAPEFRUIT
1 APPLE
6 STRAWBERRIES
½ JICAMA

fireproof.

4 LIMES
4 LEMONS
½ BEETS
6 CUPS WATER
4 CUPS SUGAR



HEALTH BENEFITS OF JUICING BEET

VITAMINS

Vitamin A
Vitamin C
Vitamin D
Vitamin E
Vitamin K
Vitamin B1 (Thiamine)
Vitamin B2 (Riboflavin)
Vitamin B3 (Niacin)
Vitamin B5 (Panthothenic acid)
Vitamin B6 (Pyridoxine)
Vitamin B12
Folate
Choline

MINERALS

Calcium
Iron
Magnesium
Phosphorus
Potassium
Sodium
Zinc
Copper
Manganese
Selenium