

*10 tasty juices you need to know now*

# Juice Jumpstart



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**A**re you juicing today? If you are, you are doing something great for your body. It's loving every single moment of the juice. Even if some of the juices taste sinfully good.

Juicing is the single easiest way to squeeze more nutrition into your diet. And because it's from raw whole foods, it's pure, and your body can assimilate it completely.

You can delight in the following juice recipes as they help you to reach many goals in living a healthy, well-nourished life – and to be a juicing superstar, of course.

## How most people like to live-it-up with juice in their diets:

### **INCORPORATING JUICE INTO A DAILY DIET WITH MEALS OR AS SNACKS**

This allows your body to get added nutrition with your normal diet – like a multivitamin.

### **JUICING FOR A MEAL**

If you replace a meal a day with juice, your body will use the energy that it's not using to digest your meal, to cleanse. This also enables your body to get extra nutrition with lower caloric intake, which aids in weight loss.

### **JUICE FASTING**

Juice fasting allows your body to focus on cleansing instead of digesting. It helps your body to take in loads of nutrition that is used to clean out cells and correct health issues. It's also a common way to lose weight.



However you decide to savor juice, know that you just can't go wrong. It's the drinkable way to flawless skin, non-stop energy, a slim figure and a sharp mind.

Thrill yourself and try out these easy and nutritious recipes right now. Have a juice-palooza. I'll be by your side.

With love and juice,

A handwritten signature in black ink that reads "Vanessa".

**THE JUICING MIXOLOGIST™  
AND FOUNDER OF ALL-ABOUT-JUICING.COM™**

*All About  
Juicing*  
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The logo features the words "All About Juicing" in a stylized, flowing font. "All About" is in a smaller, italicized script, while "Juicing" is in a larger, bold, italicized script. Below the main title is the website address "ALL-ABOUT-JUICING.COM" in a smaller, sans-serif font.

# the tasty must-know juice recipes

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# disclaimer

Disclaimer Please note that much of this publication is based on personal experience and studies. You should use this information as you see fit, and at your own risk.

Nothing in this document is intended to replace common sense, legal, medical, or other professional advice, and is meant solely to inform the reader. The information provided in this guide in no way substitutes for a physician's advice. These juice combinations or our diet plans will not treat, cure, or prevent a disease. Please consult with a doctor before conducting any health regimen.

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**1**

# Veggie Punch

## CARROT + TOMATO + CELERY JUICE

*This juice is a classic vegetable juice that is not only palatable, but also high in vitamins and minerals, making it a great start to your day. Try it as a breakfast juice or as a meal replacement.*

### ingredients

- 5 whole carrots
- 2 tomatoes
- 2 stalks of celery

### method

Wash carrots, tomatoes, and celery. Cut off tops of carrots and cut them into smaller pieces. Cut the tomatoes in quarters and the celery stalks in half. Juice the carrots, tomatoes, and then celery.

**OPTIONAL:** Add a few sprigs of parsley if you want some energy.

STRAWBERRIES CONTAIN A HIGH AMOUNT OF ANTIOXIDANTS,  
WHICH FEND OFF FREE RADICALS TO SLOW AGING.

2



## Berry Blaze

### STRAWBERRY + APPLE JUICE

*This antioxidant-packed drink will satisfy your sweet tooth. Thick, creamy and all love.*

#### ingredients

2 cups of fresh strawberries  
3 apples

#### method

Wash apples and strawberries. Core apples, and cut into wedges. Juice the apples and strawberries, alternating the fruits.

3



## Brocotini

BROCCOLI + CARROT + BELL PEPPER + LEMON

*Carrots are the most versatile vegetable in the juicing world! They pair well with almost any fruit or vegetable. This recipe is a good source of beta carotene, vitamins A & C, riboflavin, iron, calcium, magnesium, and potassium.*

### ingredients

2-3 broccoli stalks (small stalks)  
6-8 medium carrots  
½ medium green bell pepper  
1 lemon

### method

Remove carrot tops, if necessary. Prepare the broccoli by cutting the stalks into manageable pieces. Do not use too much broccoli, as it can quickly overpower a recipe. Cut the lemon and bell pepper in half.

Juice the broccoli, lemon, carrots, and bell pepper. Serve immediately.

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## Orange Sunshine

ORANGE + CARROT

*You might have seen this delightful juice in juice bars across the world. It's really quite yummy. There is no comparison between store-bought and fresh orange juice! This juice is a good source of vitamins A & C, folate, and potassium. Good for colds or flu.*

### ingredients

3 oranges  
4 carrots

### method

Peel the oranges (aside from lemons & limes, you always peel citrus fruits before juicing!). Remove carrot tops, if necessary. Juice oranges and carrots, alternating.

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## green Smash

KALE + ROMAINE + LEMON + APPLE + CELERY

*Kale is a superfood in my book, containing, per calorie, more iron than beef, more calcium than milk, and 10x more vitamin C than spinach. All greens are good for the blood and are effective cleansers. You should have great energy after juicing this.*

### ingredients

1 cup of kale (or one good-sized bunch)  
½ lemon (or a lime)  
4 green apples (any variety)  
Half a head of romaine lettuce  
2 stalks of celery

### method

Wash all of the produce. Core apples, and cut into wedges. Cut the celery into smaller stems, and cut the lemon in half. Juice the kale, romaine, lemon, apples, and celery, alternating. Roll the kale and romaine lettuce into a long cylinder so they are easier to put into the juicer chute. Be sure to alternate the celery with the other ingredients to avoid clogging the juicer more quickly than normal. If you're up for it, add a ½ inch piece of ginger for a little kick.

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## Beet Red Royale

### APPLE + BEET

*Beets have a strong flavor but are extremely nutritious. Good for the liver, bladder, and kidney, they taste more palatable when blended with apples, carrots, celery, or lettuce.*

### ingredients

**2 red beets (beetroot)  
3 apples (any red variety)**

### method

Wash apples and beets. Core apples, and cut into wedges. Cut the beets into wedges. Some beets are BIG. If you have a beet the size of a grapefruit, only use half of one beet. If your beets are the size of small apples, go ahead and use two. Juice the apples and beets, alternating the fruits. If you'd like to add some of the beet tops, this is okay too; but if you aren't accustomed to juicing beets, only include a small amount, as they are a strong cleanser.

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# Crazy Carrot Cider

**CARROT + CABBAGE + APPLE**

*If you want to make this a green juice, you can easily add kale or romaine lettuce to up the nutritional value. This is one drink that is very veggie-tasting. It's usually consumed more for health than for taste. If you absolutely hate cabbage, add more apples to the recipe.*

## ingredients

**5 carrots  
1 apple  
1 3-inch wedge of cabbage**

## method

Core apple, and cut into wedges. Remove carrot tops, if necessary, and cut a 3-inch chunk of cabbage from the head. Juice apple, cabbage, and carrots, alternating while feeding them into the juicer.

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## Jazzy Pear Plush

APPLE + PEAR

Pears are a good source of many B vitamins, which contribute to even blood pressure and healthy cardiovascular health. Just like apples, pears are a good source of pectin to aid in digestion and cleansing the body of waste.

### ingredients

2 pears (any variety)  
4 apples (any variety, I like gala)

### method

Wash apples and pears. Core apples, and cut into wedges. Pull out the stem from the pear, and cut it into spears for easy juicing.

Juice apples and pears. This will be a thick juice and will oxidize quickly, so consume it immediately.

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## Pineapple Colada

PEAR + PINEAPPLE + LIME

*Love. At. First. Sip. (Exclamation point). This is one of those sinfully delicious drinks. Pineapples are a popular flu remedy (instead of citrus for vitamin C) and weight loss juice. They also aid in digestion. They are good sources of vitamins B1 & C and manganese.*

### ingredients

2 pears  
 $\frac{1}{4}$  of a pineapple or about 3 rings/spears  
(rind not recommended but okay)  
 $\frac{1}{2}$  lime, peel on is okay

### method

Wash pears and lime. Cut the pear into spears. Cut the pineapple into spears. Juice pears, pineapple, and lime, alternating the fruits.

THIS COMBINATION IS ESPECIALLY GOOD FOR HEALTHY SKIN  
BECAUSE OF ITS HIGH VITAMINS A AND C CONTENT.

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## Carrot Cocktail

### CARROT + SWEET POTATO

*Sweet potatoes are one of the best sources of beta carotene, beating broccoli and carrots. They are also rich in vitamin C, calcium, potassium, and fiber. Definitely try this recipe to promote a healthy complexion.*

### ingredients

6 carrots  
1 sweet potato

### method

Wash the carrots and sweet potato - no need to remove the peel. Cut them in half or into manageable chunks for juicing.

Juice the carrots and sweet potato, serve immediately.

## What's next? Join our community, and take advantage of our resources.

Make these juices and head on over to Facebook or Instagram to let me know what you think about them. Don't be afraid to experiment and add some extra ingredients, like greens, to make your own combos.

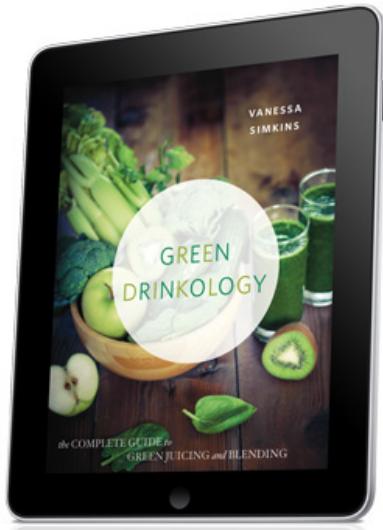
### AAJ FACEBOOK

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### Get my ebooks



I have three popular ebooks that are instantly downloadable and include printable recipe cards. They have helped thousands of people get healthier and hotter with juice, so I know you'll love them, too.

**GET JUICED** *Basic steps and hot secrets to get you up and juicing.*

**GREEN DRINKOLOGY** *A complete guide to green juicing and blending.*

**JUICE CLEANSE RESET** *The complete guide to get a glowing, clean fresh start through juicing and detox.*

### Join our membership community

Vanessa's Juice Club is a groundbreaking membership resource with weekly juice and smoothie recipes + community dedicated to making juices and smoothies, new recipes, and staying on track a breeze.

I'd love for you to join us.

[Learn more here.](#)



# the juice on All About Juicing

All About Juicing will help you juice your way to radical well-being through a straw.

If you're a juicer or juicer to be, you've found your all-in-one resource for becoming a high-energy, healthy, glowing, nutrition-absorbing machine.

## At All About Juicing you'll find:

Fabulous-tasting recipes you can juice every day.

- \* What to juice for what ailment.
- \* What combinations of juices work the best.
- \* How to fast and lose weight safely with juicing.

- \* The drinkable route to flawless skin, non-stop energy, a slim figure, and sharp mind.
- \* How to get the most benefit-bang for your juicing buck.
- \* Guidance from someone who's been around the juicing block.

Whether you find yourself undernourished or want to start clean eating, All About Juicing can help you add this habit into your daily life and love it at the same time.

Are you in? Let's start the juicer.



## about vanessa

**V**anessa Simkins, The Juicing Mixologist™, is the founder of all-about-juicing.com: a website and newsletter serving up fresh, tested juicing advice for getting a hot body, glowing skin, and lifelong health through a straw.

A juicing trendsetter known for her inventive and tasty juice recipes, Vanessa has an undying thirst for connecting people back to what makes them healthy, one drink at a time.

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