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With that said... happy juicing! Those we've tried and liked are highlighted in yellow.

JoinTheReboot.com Weekend Reboot Plan

Day One

First Thing in the Morning

- 8-16 ounces of hot water with lemon and ginger (optional)
- 16 oz. water (filtered is recommended)

Breakfast:

Carrot Apple Ginger Juice

- 3 organic Carrots
- 2 organic Apples
- 1 small piece of Ginger (about 1")

Morning Snack:

Mean Green Juice

- 1 Cucumber
- 4 Celery Stalks
- 2 Apples
- 6-8 leaves Kale
- 1/2 Lemon
- 1 tbsp Ginger

Lunch:

Gazpacho Juice

- 4 Plum Tomatoes
- 1 large Cucumber

- 2 stalks Celery
- 1 Red Bell Pepper
- 1/4 small Red Onion
- 2 cups Parsley, leaves and stems, roughly chopped and packed into the measuring cup
- 1 Lime

Afternoon Snack:

Citrus Inspired Green Juice

- 6-8 leaves Kale
- 6-8 leaves Swiss Chard
- 1 Cucumber
- 6 Clementines

Dinner:

Sunset Juice

- 1 large Sweet Potato
- 1 medium Carrot
- 1 Red Bell Pepper
- 2 Golden Delicious Apples
- 1 Orange, optional

Before Bed:

Hot Herbal Tea (you can add Stevia for sweetness as desired).

Day Two

First Thing in the Morning

- 8-16 ounces of hot water with lemon and ginger (optional)
- 16 oz. water (filtered is recommended)

Breakfast:

Purple Power Juice

- 6 cups Concord Grapes
- 1 Golden Delicious Apple
- 1 2 x 2" piece of Ginger
- 1/2 cup Blackberries
- 1/2 cup Blueberries, optional

Morning Snack:

Green Lemonade

- 1 Green Apple
- 2 cups Spinach (~3 handfuls)
- 2 cups Kale leaves (~6-8 leaves)
- 1/2 Cucumber
- 4 Celery Stalks
- 1/2 Lemon

Lunch:

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- 3 large Red Beets
- 2 medium Carrots

- 2 stalks Celery
- 4 Plum Tomatoes
- 4 cups Parsley, leaves and stems, roughly chopped and packed into the measuring cup
- 1 Jalapeno, ribs and seeds removed
- 12 Red Radishes

Afternoon Snack:

Spinach-Fennel-Cucumber

- 1 Fennel Bulb
- 1 Cucumber
- 3 Celery Stalks
- 3 cups Spinach

Dinner:

Bountiful Brassica Juice

- 2 Broccoli stalks
- 1/2 head or 2 wedges Green Cabbage
- 2 cups or 6-8 leaves of Kale
- 1 organic Granny Smith Apple
- 1/4 Lemon (peeled)
- 1" Ginger root

Before Bed:

Hot Herbal Tea (you can add Stevia for sweetness as desired).

Day Three

First Thing in the Morning

- 8-16 ounces of hot water with lemon and ginger (optional)
- 16 oz. water (filtered is recommended)

Breakfast:

Apple-Carrot-Beet

- 2 Apples
- 4 Carrots
- 2 Beets
- 6 leaves swiss chard – 1.5 cup
- 1" ginger root (1 tablespoon)

Morning Snack:

Great Greens Juice

- 2 Green Apples
- 2-3 cups Spinach
- 6-8 leaves Swiss Chard
- 1 Cucumber
- 4 stalks Celery
- 1/2 Fennel Bulb
- 1 bunch Basil

Lunch:

Tabbouleh Juice

- 1 big bunch Parsley (approx. 4 cups)
- 1 Tomato
- 1/4 Red Onion

- 1/2-1 Lemon (peeled)
- 1/2 Cucumber
- Dash Sea Salt and Black Pepper

1. Push parsley, tomato, red onion, lemon and cucumber through juicer.
2. Add olive oil, salt and pepper into juice, stir to mix.

Afternoon Snack:

Bruschetta Juice:

- 2 medium sized Tomatoes
- 1-2 cloves Garlic, peeled
- 20 fresh Basil leaves

Dinner:

Green Juice

- 2 cups Kale
- 2 cups Spinach
- 1/2 Cucumber
- 4 stalks Celery
- 2 Green Apples
- 1" Ginger root

Before Bed:

Hot Herbal Tea (you can add Stevia for sweetness as desired).

Joe Cross' documentary on his adventure with juicing:

<http://www.hulu.com/watch/289122/fat-sick-and-nearly-dead>

Other Juice Recipes Heather Discovered

Cantaloupe Juice

- 3 hard pears
- 1 cantaloupe
- 1 sweet potato

Juice Recipe 1

- 2 apples
- 2 carrots
- 1 beet
- 1 celery stalk

Juice Recipe 2

- 1 pear
- 1 apple
- 1 red bell pepper
- 2 carrots

Juice Recipe 3

- 1/2 Cantaloupe
- 1 large Apple

Juice Recipe 4

- 1 cucumber
- 1 tomato
- 2 carrots
- A bit of parsley
- A bit of ground pepper

Carrot/Apple Juice

- 6 carrots
- 2 apples

Liver Mover

- 2-3 carrots
- 1/2 beet

Bromeiain Special

- pineapple (skin & all)
unscrew top and throw away

Orange or Grapefruit

- 3 oranges (peeled)
or 1 grapefruit (peeled)

Evening Regulator

- 2 apples
- 1 pear

Digestive Special

- handful of spinach
- 6 carrots

Holiday Cocktail

- 2 apples
- 1 large bunch of grapes
- 1 slice lemon with peel

Body Cleanser

- 4 carrots
- 1/2 cucumber
- 1 beet

Rejuvenator

- handful of parsley
- 3 carrots
- 2 celery stalks
- 2 cloves of garlic

Only Cantaloupe Juice

- cut into strips and juice
(rind and all)

The Waldorf

- 1 stalk celery
- 2 apples

Sunshine Cocktail

- 3 apples
- 3 pears
- 1 pint box strawberries

Energy Shake

- handful of parsley
- 6 carrots

Watermelon Juice

- cut into strips and juice (rind and all)

Potassium Broth

- 1 handful of spinach
- 1 handful of parsley
- 2 stalks of celery
- 4-6 carrots

AAA Juice

- 6 carrots
- 1 apple
- 2 stalks of celery
- 1/2 handful of wheatgrass
- 1/2 handful of parsley
- 1/2 beet

Passion Cocktail

- 4 strawberries
- 1 large chunk pineapple
- 1 bunch black grapes

Morning Tonic

- 1 apple
- 1 grapefruit (peeled)

Digestive Cocktail

- 1/4 lemon with peel
- 1/2 grapefruit (peeled)
- 2 oranges

Alkaline Special

- 1/4 head cabbage (red or green)
- 3 stalks of celery

Simply Apple

- 4 apples

Angry Green Juice

- 1 Cucumber
- 4 Celery Stalks
- 2 Apples
- 1/2 Lemon
- 1 tbsp Ginger
- 6-8 leaves Kale and 1 large Jalapeño (deseeded)
– or – 1 bunch Mustard Greens