



My 10-Day Juice Cleanse Recipes



Hey there!

You're in for a juicy treat.

After I completed my [10-day homemade juice cleanse](#), I got some requests to compile all of my recipes into one document.

Here it is - all 10 recipes with minimal images - perfect for printing out and bringing to the grocery store. Use these recipes to create your own juice cleanse or just drink them as a healthy addition to your life! [Why did I do a cleanse?](#)

Sending you lots of juicing love!

xo - Jenny Sansouci

General Cleanse Guidelines:

- Start out with 1-3 days if you're a newbie cleanser.
- A standard juice cleanse is about 64-96 ounces of juice per day.
- Drink lots of water.
- Get lots of rest and listen to your body when it comes to your activity levels.
- Find more resources [here!](#)

You may also enjoy: [The Burning Questions eBook](#)

Classic Green Juice

This juice is my favorite to make daily! It's also the staple "mean green" juice from the juicing documentary, "Fat, Sick & Nearly Dead."

Makes about 16-20 oz of juice depending on juicer and produce size.



- 1 bunch of kale
- 4 stalks of celery
- 1 cucumber
- 2 granny smith apples
- 1/2 a lemon
- 1 inch ginger root

Carrot Juice

Makes about 16-20 oz of juice depending on juicer and produce size.



- 3 organic carrots
- 2 organic apples
- 1/2 a lemon
- 1 small piece of ginger

Cilantro Juice

If you're a cilantro fan, you'll love this juice! I drank it all day long on my cleanse and felt great.

Makes about 16-20 oz of juice depending on juicer and produce size.

- 2 large cucumbers
- 1 bunch cilantro
- 1 lime
- 1 cup coconut water (mix in after juicing the rest of the stuff)



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Almond Milk

Although this isn't technically a "juice," it was the treat that helped me get through my cleanse. It's incredibly creamy, delicious, and fun to make!

Makes about 2 cups of almond milk.

- 1 cup almonds
- 3 cups water
- seeds from 1 vanilla bean (or 1 tsp vanilla)
- 1 tsp cinnamon
- 2 dates

Soak almonds for 8 hours. Add almonds, water, vanilla, cinnamon and dates to blender (I used a [Vitamix](#)) and blend until smooth.

Strain milk through a nut milk bag/cheese cloth (or a new, clean sock)! You can save the pulp to use in another recipe, if you want (Google it - there are some cool ideas out there).



Spicy Green Juice



If you want a spicy, savory juice without fruit (aside from lemon), this is the way to go!

Makes about 16-20 oz of juice, depending on juicer and produce size.

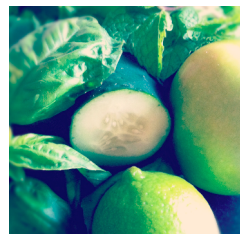
- 1/2 head romaine (about 6 leaves)
- 1/2 head cilantro
- 1 cucumber
- 2 stalks celery
- 1/2 a jalapeno, seeds removed
- 1 clove garlic
- 1/2 small onion
- 1/2 lemon
- small piece of ginger

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Mojito Juice

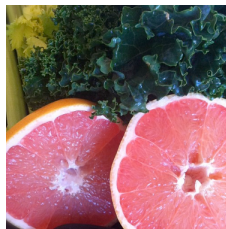
This is another one of my favorites! It's so refreshing. I can't get enough of it! You can even add a cup of spinach for an extra green punch.

Makes about 16-20 oz of juice depending on juicer and produce size.



- 1 apple
- 1 lime
- 1 cucumber
- 1/2 cup basil
- small handful of fresh mint leaves

Grapefruit Green Juice



The grapefruit gives this green juice some zing!

Makes about 16-20 oz of juice depending on juicer and produce size.

- 1 grapefruit
- 1 green apple
- 1 head of kale
- 4 celery stalks
- 1/2 cucumber
- 1 lime

Beet Juice

Although I was hesitant to make beet juice (I'm not really a beet fan), it was actually pretty delicious and a welcome change from all the green juice!

Makes about 16-20 oz of juice depending on juicer and produce size.



- 2 beets
- 1 large carrot or 2 medium carrots
- 1/2 a green apple
- 1/2 cucumber
- 3 celery stalks
- 1 small piece of ginger

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Pear Orange Juice

The pear, orange and basil combination makes this one really refreshing!

Makes about 16-20 oz of juice, depending on juicer and produce size.



- 2 pears
- 1 orange
- 4 cups spinach
- 1 cup basil
- 1 small piece of ginger

Pineapple Green Juice



This drink is pure, tropical green bliss!

Makes about 16-20 oz of juice, depending on juicer and produce size.

- 1 1/2 cups fresh pineapple
- 4 stalks celery
- 1/2 head kale
- 1 small piece of ginger

There you have it! Enjoy your delicious juices!

Head to the [Healthy Crush Facebook](#) page to let me know what your favorite juice is.

[Follow me on Twitter](#) for more of my health, nutrition and food excitement.

See you soon on [Healthy Crush!](#)

xo,
Jenny

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