



# 3-Day Meal Plan + Recipes

*"A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power."*

- Brian Tracy

# 3-Day Meal Plan + Recipes



created with lots of love by...  
Zuzana and Nikki

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# Juice Cleanse Meal Plan

## FULL DAY JUICE PROTOCOL

### Day #1

*meal #1*

Drink 24oz-32oz of water with juice from 1/2 lemon

between 6am - 8am

*meal #2*

Drink 24oz-32oz of GREEN #1

between 8am - 10am

*meal #3*

Drink 24oz-32oz of ORANGE GLOW

between 10am - noon

*meal #4*

Drink 24oz-32oz of RED #1

between noon - 3pm

*meal #5*

Drink 24oz-32oz of WARM & SPICY

between 4pm - 7pm

### Day #2

*meal #1*

Drink 24oz-32oz of water with juice from 1/2 lemon

between 6am - 8am

*meal #2*

Drink 24oz-32oz of GREEN #2

between 8am - 10am

*meal #3*

Drink 24oz-32oz of IMMUNITY

between 10am - noon

*meal #4*

Drink 24oz-32oz of RED #2

between noon - 3pm

*meal #5*

Drink 24oz-32oz of LEMON/GINGER ZINGER

between 4pm - 7pm

### Day #3

*meal #1*

Drink 24oz-32oz of water with juice from 1/2 lemon

between 6am - 8am

*meal #2*

Drink 24oz-32oz of POWER

between 8am - 10am

*meal #3*

Drink 24oz-32oz of ORANGE GLOW

between 10am - noon

*meal #4*

Drink 24oz-32oz of GLORIOUS TURMERIC

between noon - 3pm

*meal #5*

Drink 24oz-32oz of WARM & SPICY

between 4pm - 7pm

# Juice Recipes

Important Note: For best results opt for an organic produce whenever possible. Consume your juice fresh either right away or within few hours of juicing

## Green #1

celulite removing | fat burning | energizing

This simple, delicious juice contains all of the best, most alkaline foods known to help smooth away cellulite and help the body to burn fat naturally. The health and beauty benefits are bountiful and the taste is a perfect combination of sweet, smooth and tangy.

### INGREDIENTS:

- 1 Bunch of Fresh kale 16-20 Large Leaves
- 10 Stalks Of Celery
- 1 Cucumber
- 2 Green Apples
- Piece of Ginger (*you be the judge on how much to use*)
- 1 Lemon (*when possible, wax free and with the rind on*)

### METHOD:

Feed the ingredients into the juicer starting with kale, then celery, then cucumber, apples, ginger and then lemon.

Stir the juice and serve! *Best served fresh.*





## Green #2

cleansing | bone strengthening | reduces bloating

Dandelion is nature's best source of chlorophyll, which helps build healthy red blood cells. It's a perfect drink to treat chronic fatigue, anemia or low energy issues. This juice is also packed with celery, an excellent detoxifier to flush out the "old stuff."

### INGREDIENTS:

- 1 large handful dandelion leaves (*rinsed very well*)
- 1 large handful parsley leaves (*rinsed very well*)
- 1/4 large ripe pineapple peeled and cut to fit your juicer
- 10 organic celery ribs (*rinsed very well*)
- 1 organic lemon (*rinsed very well*)

### METHOD:

Feed the ingredients into the juicer starting with all the greens, then pineapple, then celery, and then lemon.

Stir the juice and serve!  
*Best served fresh.*



## Quick Tip

Remove any rough skins (such as pineapple), as well as any pits and seeds. Apple skin and citrus peel are edible (except the orange) and full of nutrients. Also the pith (that soft white material just under the rind) also has nutrients.

# Power

aids weight loss | alkalizing | eliminates cellulite

A true salad in a bottle, Power juice will help bring balance to your body. While celery regulates your body temperature, romaine promotes healthy kidney function, cucumber supports your urinary system, spinach aids in digestion, kale calms inflammation, cilantro is an excellent heavy metal detoxifier and apples satisfy hunger to assist in weight loss.

## INGREDIENTS:

- 6 Stalks Celery
- 1 Romain Lettuce
- 1 Cucumber
- 2 Handfuls of spinach
- 8 Kale leaves
- Bunch of Cilantro
- 2 Apples

## METHOD:

Wash all produce well.

Add all ingredients to juicer and enjoy!



## Red #1

weight loss | energy | liver detox

Here's one of our favorite juice combinations that contains unique antioxidants and anti-inflammatory nutrients to help with the detoxification process, nourish your liver cells and support their regeneration.

### INGREDIENTS:

1 beet  
10 carrots  
2 oranges peeled  
1 lemon peeled  
1 inch piece of ginger

### METHOD:

Prep all your produce - wash, peel and cut.

Put all ingredients through a juicer. Stir and serve immediately.



## Quick Tip

Studies have found that our bodies absorb more nutrients in the morning. So have a juice for breakfast.



## Red #2

thyroid support | blood builder | curbs cravings

It is the perfect health tonic for athletes or those looking to boost the immune system, lower swelling and/or curb chronic sugar cravings.

### INGREDIENTS:

- 2 Beets
- 8 Carrots
- 2 Apples
- 1 Grapefruit
- 1 Lime

### METHOD:

Wash all produce well.

Peel the grapefruit and lime. (You do not have to peel lime if organic)

Add all ingredients through a juicer and pour into a large glass.

Drink it all up and the living juice inside your body will do the rest!





## Warm & Spicy

cancer fighting | skinn beautifier | colon cleanser

This simple yet delicious drink soothes the body and has a wonderfully comforting aroma. Apples are raw life force and are considered to be one of the best anti-cancer and health promoters. They are also considered one of the best body cleansers on the planet. The pectin found in the apple sweeps up and sucks out the toxic waste from the intestine. The humble apple also has the ability to flush out the liver and kidneys and help keep the skin hydrated.

### INGREDIENTS:

8 apples

1 good pinch of cinnamon

### METHOD:

Juice the apples and pour juice into a saucepan. Slowly heat to skin temperature - DO NOT BOIL. When nice and warm, pour into mug, add cinnamon and enjoy!



## Quick Tip

Use both sweet and a tart apples. For the sweet, use Honeycrisp, Pink Lady, or Gala apples. For the tart, Granny Smith apples always work great.

# Lemon/Ginger Zinger

liver strength | detoxifying | immune building

The ginger in this juice gives it quite a kick, but it's an extremely effective immune enhancer. It is the perfect natural remedy for promoting an overall wellness.

## INGREDIENTS:

8 carrots

3 apples

1/4 inch of fresh ginger

1/2 lemon – where possible, wax free and with the rind on

## METHOD:

Simply juice all ingredients and enjoy.



# Orange Glow

promotes weight loss | skin restoration | mood boosting

Packed with beta-carotene to assist in healthy eye-sight as well the vitamins needed to boost your bodies immunity. It also contains high amounts of cancer fighting Ellagic Acid and vitamin C. Natural sugars from the fruit will boost your mood and your energy without the toxicity of processed sugars.

## INGREDIENTS:

10 carrots

3 oranges

1/4 pineapple

1 lime

## METHOD:

Peel lime.

Wash all produce well.

Add all ingredients through juicer and enjoy!



## Quick Tip

This wonderful vegetable contains calcium, magnesium, and iron with the utmost dosage of phosphorus and sulphur.

# Immunity

liver strength | detoxifying | immune building

This lovely juice has a high concentration of vitamin C and copper help to boost immunity. Pineapple regulates digestion, strengthens bones, and reduces pain. Soluble fiber in apples lowers cholesterol and satisfies hunger to further promote weight loss. The addition of cayenne assists your body with the nutrient absorption.

## INGREDIENTS:

- 1 Grapefruit
- 1/4 Pineapple
- 3 Oranges
- 3 Apples
- Pinch of Cayenne Pepper

## METHOD:

Wash all produce well.

Peel the orange and grapefruit.

Add all ingredients through juicer add cayenne powder at the end and stir.





# Glorious Turmeric

anti-inflammatory | decongestant | promotes overall longevity

Turmeric is a miracle root!!!! If you have not heard of turmeric, say hello to one of the most amazing medicinal foods on earth. It offers a long list of health benefits such as helping infections of the digestive tract, improves liver detoxification, prevention of cancer, Alzheimer's disease and cardiovascular disease and may help reduce cholesterol levels. All these benefits are due to its high anti-oxidant and anti-inflammatory effects.

## INGREDIENTS:

2 Apples (medium)

3 Carrots (medium)

4 Stalks Celery

1 in (2.5 cm) piece of turmeric

1 in (2.5 cm) piece of ginger

1 Lemon, where possible, wax free  
and with the rind on

2 Pears

## METHOD:

Wash all ingredients well.

Add all produce through juicer and  
enjoy!

## Quick Tip

Ugh oh! Turmeric Stain? Lemon has a natural bleaching agent and its acidic nature can cut through turmeric stains easily. Run the lemon through the juicer after you put the turmeric in. This helps prevent staining of your juicer.



# Substitutions

Some of the produce in the recipes may not always be available. In that case reference the list below for alternatives.

**Apple** → pear, pineapple

**Beets** → red cabbage

**Carrot** → sweet potato

**Cayenne** → Chili

**Celery** → cucumber, celeriac root, lettuce, zucchini, watercress, spinach

**Cilantro** → parsley, basil, mint

**Cucumber** → celery, zucchini

**Dandelion leaves** → spinach, kale, lettuce

**Ginger** → powder ginger if fresh is not available

**Grapefruit** → clementine, orange,

**Kale** → spinach, collard greens

**Lemon** → lime, grapefruit, orange

**Lime** → lemon, grapefruit, orange

**Orange** → mandarin, grapefruit

**Parsley** → mint, watercress, lettuce

**Pear** → apple, pineapple

**Pineapple** → orange, grapefruit

**Romaine lettuce** → arugula (rocket), other lettuce varieties, watercress, spinach

**Spinach** → kale, chard, romaine lettuce

**Turmeric** → powder turmeric if fresh is not available





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