

YOUR FREE 3 DAY JUICE CLEANSE



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DAY 1

Time	Juice Recipe	Ingredients	Quantity	Health Benefits
Morning	Green Detox Blend	Kale, spinach, cucumber, green apple, lemon, ginger	2 cups kale, 1 cup spinach, 1 large cucumber, 2 green apples, 1 lemon, 1 inch ginger	Enhances detoxification, boosts immune function
Mid-Morning	Carrot-Apple Zinger	Carrots, green apple, ginger, lemon	4 large carrots, 2 green apples, 2 inches ginger, 1 lemon	Improves vision, aids digestion
Lunch	Beetroot Reviver	Beetroot, carrot, lemon, ginger	1 large beetroot, 3 carrots, 1 lemon, 1 inch ginger	Supports liver detox, increases stamina
Afternoon	Hydration Break	Water with lemon or herbal tea	—	Hydrates and aids detoxification
Evening	Green Detox Blend (Repeat)	Same as morning	2 cups kale, 1 cup spinach, 1 large cucumber, 2 green apples, 1 lemon, 1 inch ginger	Reinforces detoxification and nutrient intake

DAY 2

Time	Juice Recipe	Ingredients	Quantity	Health Benefits
Morning	Tropical Hydrator	Pineapple, cucumber, coconut water, lime	2 cups pineapple, 1 large cucumber, 1 cup coconut water, 1 lime	Hydrates, aids digestion
Mid-Morning	Berry Antioxidant Surge	Mixed berries, orange, banana	2 cups mixed berries, 2 oranges, 1 banana	Fights free radicals, promotes skin health
Lunch	Spicy Green Power	Spinach, celery, green apple, cilantro, jalapeño	2 cups spinach, 2 stalks celery, 1 green apple, 1/4 cup cilantro, 1/2 jalapeño	Boosts metabolism, enhances immune function
Afternoon	Hydration Break	Water with mint or herbal tea	—	Refreshes and further hydrates
Evening	Tropical Hydrator (Repeat)	Same as morning	2 cups pineapple, 1 large cucumber, 1 cup coconut water, 1 lime	Maintains hydration and nutrient levels



DAY 3

Time	Juice Recipe	Ingredients	Quantity	Health Benefits
Morning	Golden Glow Elixir	Orange, carrot, turmeric, ginger, lemon	3 oranges, 3 carrots, 1 inch turmeric, 1 inch ginger, 1 lemon	Boosts immunity, anti-inflammatory
Mid-Morning	Minty Watermelon Flush	Watermelon, mint, cucumber, lime	4 cups watermelon, 1/4 cup mint, 1 cucumber, 1 lime	Hydrates, aids digestion
Lunch	Deep Green Cleanse	Kale, parsley, cucumber, celery, green apple, lemon	2 cups kale, 1/4 cup parsley, 1 large cucumber, 2 stalks celery, 1 green apple, 1 lemon	Supports kidney health, rich in chlorophyll
Afternoon	Hydration Break	Water with cucumber slices or herbal tea	—	Supports overall hydration and detoxification
Evening	Golden Glow Elixir (Repeat)	Same as morning	3 oranges, 3 carrots, 1 inch turmeric, 1 inch ginger, 1 lemon	Ensures a consistent intake of beneficial nutrients

Grocery List (For 3 Days)

- Vegetables: 6 cups kale, 2 cups spinach, 6 large cucumbers, 6 carrots, 2 large beetroots, 4 stalks celery, 1/4 cup parsley
- Fruits: 6 green apples, 4 lemons, 2 cups pineapple, 4 cups mixed berries, 4 oranges, 1 banana, 4 cups watermelon, 3 limes
- Herbs & Spices: 1/4 cup mint, 1/4 cup cilantro, 3 inches ginger, 2 inches turmeric, 1/2 jalapeño
- Others: 2 cups coconut water

Recommended Drinking Times

- Morning Juice: 8:00 AM - 9:00 AM
- Mid-Morning Juice: 11:00 AM - 12:00 PM
- Lunch Juice: 1:00 PM - 2:00 PM
- Afternoon Hydration Break: 3:00 PM - 4:00 PM
- Evening Juice: 6:00 PM - 7:00 PM

These times are approximate and can be adjusted based on personal schedules and hunger cues. The important aspect is to evenly space out the juices throughout the day to maintain energy levels and support detoxification. Remember to drink plenty of water between juices to stay hydrated and help flush toxins from your body.

