

A glass of vibrant green juice sits on a rustic wooden surface. A light green straw is inserted into the drink. In the background, a wooden cutting board holds several sliced carrot sticks and a knife. To the left, a bunch of fresh spinach leaves is visible. The overall scene is bright and fresh, suggesting a healthy and natural beverage.

The One Day Juice Plan

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THE ONE DAY JUICE PLAN

Follow this Plan on the Equinox and any other day that you feel you may be getting a cold or flu, or simply like you need a health boost.



Start the day

by squeezing half a lemon into a glass of warm to hot water and drink. I do this as soon as I wake up each morning; it's important to cleanse your digestive system and it gives a hydrating start to the day.

Space the juices out during the day e.g. at 10.30, 13.30, 16.30 and 19.30



1. Pineapple Punch

Juice:

- ¼ pineapple
- 2 apples
- 4 kale leaves
- ½ green pepper
- ½ lemon (including rind)
- 2cm cube of fresh ginger

and **blend** with ¼ **avocado** and some optional ice.

2. Zesty Carrot

Juice:

- 4 carrots
- 2 apples
- 1/2 lemon
- 2cm cube of fresh ginger

Optional ice cubes

3. Ruby Radiance

Juice:

- 1 beetroot
- 3 carrots
- 1 apple
- a handful of fresh blackberries (if you can find them) or other berries
- optional ice cubes

4. Green Revolution



Juice:

3 stalks celery
½ cucumber
2 apples

Blend with ½-1 banana and a large handful of baby spinach leaves.

Tips:

- Accompany the Juice Plan with as much rest as possible.
- Follow the recipes but feel free to substitute ingredients that you have in your kitchen eg instead of kale you could use chard, spinach or broccoli.
- Swap some ingredients for others that you prefer.
- Vegetable and fruit sizes vary so adjust quantities accordingly.
- If you feel like you are about to cave in and eat some solid food, make another juice.
- You can pour your juice over ice or blend with ice for a fresh experience.
- If you feel like you want more juice after drinking one, drink a glass of water, wait 10 minutes, and if you still feel hungry make another juice.
- Take your mind off food for the day by finding enjoyable, restful, absorbing or useful things to do.
- Drink plenty of water and herb teas throughout the day, as you desire.
- Rest a lot, if you can 😊

Note 1 Juice 1 and 4 are thicker juices, juice 2 and 3 are thinner (for when you are more active)

Note 2 add a teaspoon of your favourite green superfood, Spirulina or Chlorella powder before blending