



RAINBOW DETOX JUICE RECIPE BOOKLET & 1-DAY DETOX PLAN



RED Juice

1 cup grapes or red cherries

1 cup watermelon

1 beetroot

3 carrots

½ lemon

1" ginger

Makes one 16 oz serving

YELLOW Juice

½ pineapple

1 yellow summer squash

1 yellow bell pepper

½ lemon

1" ginger

Makes one 16 oz serving

ORANGE Juice

½ cantaloupe or 2 red apples

4 carrots

1" ginger root

1" turmeric root

½ lemon

Makes one 16 oz serving

GREEN Juice

2 green apples or ½ honeydew

4 kale leaves

1 cucumber

2 celery stalks

½ lemon

1" ginger

handful of parsley &/or cilantro

Makes one 16 oz serving

BLUE Juice

2 pears or apples

1 cucumber

3-4 celery stalks

½ fennel bulb

½ lemon

½ - 1 tsp blue spirulina

Makes one 16 oz serving

INDIGO Juice

1 red apple or ¼ pineapple

1 cup blue or black berries

1 beetroot

1 zucchini

½ - 1 tsp Acai powder

½ - tsp blue spirulina

½ lemon

1" ginger

Makes one 16 oz serving

VIOLET Juice

1 cup red cabbage

1 small beetroot

2 carrots

½ cucumber

½ cup black or blue berries

½ cup red or black grapes

½ lemon

1" ginger

DRINK IMMEDIATELY

Makes one 16 oz serving

**Blue Spirulina and Acai can be purchased
online from microingredients.com**

Juicing Tips



1-Day Detox Plan

by 8am

Drink water & lemon

by 9am

Drink 1st juice - not green



Drink water every hour



Drink water every hour

by 1pm

Drink 2nd juice - green



Drink water every hour



Drink water every hour

by 5pm

Drink 3rd juice - not green



Drink water every hour



Stop drinking by 6pm

- Hydration daily is 40% of body weight in ounces.
- Drink the correct amount each hour starting by 8 am over a 10 hour period.
- Can drink coconut water or herbal tea in place of water at least 2 times.
- It is recommended that the 1st and 3rd juice be red, orange, yellow, blue, indigo or violet and green juices consumed second.