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# The 7 Ultimate Juicing Recipes For Weight Loss

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# || The Juicing Revolution



Juicing is fast becoming a very popular way to lose weight. Juicing fresh fruit and vegetables gives your body a super dose of fresh, healthy and natural nutrition.



Juicing can suppress hunger, make your body better at burning fat and even make your brain crave more healthy foods.



Join us on the juicing revolution and give your weight loss journey a boost!



We believe that by giving people **accurate and actionable health advice**, we can start a new health revolution



Health Ambition builds **step-by-step health courses** to help people achieve their health goals, regardless of experience



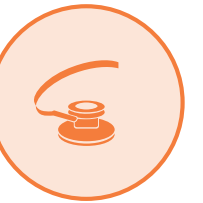
Thousands of people have **joined** our revolution and are working together, and with us, to change their lives for the better.



**health**  
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We work with the world's **foremost health experts** to build scientifically backed systems to solve a wide range of specific health problems.



# ⋮ A Quick Look into the Presentation



Ahead are a list of juicing recipes to help you lose weight.



Do remember to keep fruit to a minimum as too much fruit slows weight loss. Our recipes are designed to deliver the maximum nutritional value while still tasting good.



Start by replacing your unhealthy morning or afternoon snacks with a juice. Over time, you can start to replace one meal per day with a fresh juice from this list.

More than 200 million Americans are considered overweight or obese

- National Institute of Diabetes

# || The Anti-Oxidant Cocktail



This juice is **high in antioxidants** that counter free radicals within your body.



## Ingredients:

- ✓ 2 kiwifruit
- ✓ 2 organic carrots
- ✓ 1 medium sized beet
- ✓ 2 large tomatoes
- ✓ 2 sticks of celery
- ✓ 1 large lemon



## Variations:

- ✓ Swap the kiwifruit for grapefruit
- ✓ Replace the celery with cucumber

# ⋮ The Vitamin **Booster**



The more **bioavailable vitamin C** your body has, the better it tends to burn fat.



## Ingredients:

- ✓ 1 orange
- ✓ 2 branches of kale
- ✓ 1 red or orange bell pepper
- ✓ 2 sticks of celery
- ✓ 1 grapefruit
- ✓ ½ to 1 inch piece of fresh ginger



## Variations:

- ✓ Swap the grapefruit for lemon
- ✓ Try bok choy instead of kale

# ⋮ The Intestinal Healthier



Papaya's papain enzymes help to break down protein foods in your digestive tract.



## Ingredients:

- ✓ ⅓ of a medium sized papaya with the skin
- ✓ 1 large raw potato
- ✓ ½ a cucumber
- ✓ ¼ of a cabbage
- ✓ 2 tomatoes
- ✓ 2 limes



## Variations:

- ✓ Swap the papaya for pineapple
- ✓ Try carrots instead of tomatoes

# ⋮ The Digestion Enhancer



Pineapple is high in Vitamin C and contains a unique digestive enzyme called bromelain that is a powerful inflammation fighter.



## Ingredients:

- ✓ ⅓ of a pineapple
- ✓ 2 carrots
- ✓ 2 bok choy
- ✓ 1 raw potato
- ✓ 2 sticks of celery
- ✓ ½ to 1 inch piece of fresh ginger
- ✓ 1 lemon



## Variations:

- ✓ Swap the pineapple for apple
- ✓ Try cucumber instead of celery



# || The Liver Detoxifier



Beet is a powerful liver cleanser and one of the most important ingredients when juicing for weight loss.



## Ingredients:

- ✓ 1 beet
- ✓ 2 carrots
- ✓ 2 sticks of celery
- ✓ ½ a romaine lettuce
- ✓ 1 grapefruit
- ✓ 2 limes



## Variations:

- ✓ Swap the grapefruit for orange
- ✓ Try parsley instead of lettuce

# || The Body Cleanser



Every ingredient contributes to liver detoxification, allowing your body to process foods faster and therefore lose weight.



## Ingredients:

- ✓ 1 small apple
- ✓ 2 carrots
- ✓ 2 tomatoes
- ✓ ½ a cucumber
- ✓ 1 beet
- ✓ 1 bunch of parsley
- ✓ ½ to 1 inch piece of ginger
- ✓ 1 lemon



## Variations:

- ✓ Swap the parsley for kale
- ✓ Replace the cucumber with celery

# ⋮ The Stress Reliever



This juice recipe contains relaxing anti-cortisol ingredients like romaine lettuce, limes and strawberries.



## Ingredients:

- ✓ A big handful of strawberries
- ✓ ½ a large romaine lettuce
- ✓ ½ a cucumber
- ✓ 2 sticks of celery
- ✓ 2 carrots
- ✓ 2 limes



## Variations:

- ✓ Add ginger for an energizing kick
- ✓ Replace the carrots with a beet

This recipes list is actually one small part of a much bigger **step-by-step system** to losing weight with the power of juicing.



## Juicing Article: 3 Effortless Ways to Lose Weight Without Going Hungry

If you want to lose even more weight with juicing, then check out my top 3 tips to lose weight without feeling Hungry.