

SuperGreen

Juices



Orange & Kale Juice

Ingredients

- 1 cup water
- 1 cup raw chopped kale
- 1 orange, peel and seeds removed
- 1-2 tsp of Living Lean Supergreen powder
- 1 pinch of ground cinnamon
- 1 pinch of ginger powder

Preparation

Combine all ingredients in a blender and mix until smooth.

Green Renewal Juice

Ingredients

- 1 bunch English spinach
- 1 handful mint
- 1 handful parsley
- 1 tablespoon lemon juice
- 1 Lebanese (short) cucumber, cut in half lengthways
- A few lettuce leaves
- 4 celery stalks
- 2–3 cm (3/4– 1 1/4 inch) knob of fresh ginger, peeled
- 1-2 tsp Living Lean SuperGreen powder
- 6 ice cubes

Preparation

With the motor running, feed all the ingredients except the ice cubes and powder into a juicer one at a time.

Pour into a drinking glass, add the ice cubes and powder and sip slowly to enjoy its benefits.

Cilantro & Apple Green Juice

Ingredients

2 green apples

2 stalks celery

2 lg kale leaves

1 med cucumber

$\frac{1}{4}$ c fresh cilantro

$\frac{1}{2}$ lemon, peeled

1-2 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in SuperGreen powder and serve immediately.

Cucumber & Basil Juice

Ingredients

- 1 cup fresh basil leaves
- 1 long cucumber
- 1 lime, peeled
- 1 green apple
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Cucumber & Parsley Juice

Ingredients

1 long cucumber

1 medium pear

¼ cup fresh mint

1 cup fresh parsley

1 lemon, peeled

2 cup baby spinach

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Fennel & Apple Juice

Ingredients

- 2 medium fennel bulbs
- 1 cup baby spinach
- ¼ cup fresh dill
- 2 green apples
- 1 long cucumber
- ½ lemon, peeled
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Orange & Spinach Juice

Ingredients

- 1½ cups fresh baby spinach
- 1 green apple
- 2 lemons, peeled
- 1 lime, peeled
- 2 medium oranges, peeled
- 1 celery stalk
- ½-inch fresh ginger
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Pineapple & Parsley Juice

Ingredients

- 1 long cucumber
- 1 cup diced fresh pineapple
- 1 cup arugula
- 1 medium grapefruit
- 2 long lemons, peeled
- ½-inch fresh ginger
- ⅓ cup fresh parsley
- 1 green apple
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Romaine & Ginger Juice

Ingredients

- 1 head romaine lettuce
- 2 stalks celery
- 1 bunch Rainbow Swiss chard
- 2 Fuji apples
- ½ lemon, peeled
- ½-inch fresh ginger
- 1 cup dandelion greens
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Swiss Chard & Ginger Juice

Ingredients

- 1 green apple
- 4 leaves romaine lettuce
- ½-inch piece fresh ginger
- 1 lemon, peeled
- 1 bunch Swiss chard
- 1 cup fresh parsley
- 1 medium carrot
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Swiss Chard Lemonade

Ingredients

- 1 bunch Swiss chard
- 1 medium pear
- 2 large lemons, peeled
- 1 medium cucumber
- 2 green apples
- 1 tsp raw, unfiltered honey
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Watercress, Beet & Mint Juice

Ingredients

2 large carrots

1 medium beet, washed and scrubbed

1 bunch fresh watercress leaves

½ medium daikon radish

⅓ cup fresh mint

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches.

Stir in Supergreen powder and serve immediately.

Pineapple Jalapeno Juice

Ingredients

2 Cups Pineapple

5 Kale Leaves

1 Cucumber

1/2 – 1 Jalapeno - use 1/2 a jalapeno if you don't want it to spicy

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Simply Green Juice

Ingredients

5 Handfuls of Spinach

3 Kale Leaves

3 Celery Stalks

1/2 Cucumber

1/2 Lemon

2 Fuji Apples

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches.

Stir in Supergreen powder and serve immediately.

Green Detox Juice

Ingredients

- 1/2 Head of Romaine
- 1 Handful of Spinach
- 2 Kale Leaves
- 10 Sprigs of Cilantro
- 2 Apples (Fuji or Granny Smith)
- 1/2 Lime
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Pineapple, Kale and Cucumber Juice

Ingredients

- 1 Cucumber
- 1 Granny Smith Apple (Green)
- ½ Cup of Pineapple
- 4 Kale Leaves
- 3 Swiss Chard Leaves
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches.
Stir in Supergreen powder and serve
immediately.

Green Citrus Juice

Ingredients

1 Orange

1/2 Cucumber

3 Celery Stalks

1/2 Lemon

1 Fuji Apple

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches.
Stir in Supergreen powder and serve immediately.

Pineapple & Mint Juice

Ingredients

- 2 Handfuls of Spinach
- 4 Kale Leaves
- 1 Cup Pineapple
- 1 Small Handful of Mint Leaves
- 2 Granny Smith Apples (Green)
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

The Green Super Juice

Ingredients

2 Celery Stalks

1/2 Cucumber

3 Swiss Chard Leaves

2 Kale Leaves

1-2 Apples

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches.
Stir in Supergreen powder and serve immediately.

The Green Goddess Juice

Ingredients

6 Chard Leaves

1-2 Cups of Green Grapes

½ Cucumber

1 Green Apple

½-1 inch Piece of Ginger

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches.
Stir in Supergreen powder and serve immediately.

The Green Glow Juice

Ingredients

1 Handful of Spinach

6 Kale Leaves

10-15 Sprigs of Parsley

2-3 Apples (Fuji)

1 Lime

1 Cucumber

2 Ribs of Celery

½-1 inch Piece of Ginger

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

The Deep Green Juice

Ingredients

1 Cucumber

1-2 Granny Smith Apple (Green)

6 Collard Leaves

2 Celery Ribs

1/2 Lemon

1/8 Fennel Bulb

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Clean Green Juice

Ingredients

1 Zucchini

3 Pears

1/8 Fennel Bulb

4 Broccoli Florets

1 Bunch of Spinach

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Hardcore Green Juice

Ingredients

- 2 Handfuls of Spinach
- 4 Kale Leaves
- 3-4 Dandelion Greens (optional)
- 10 Sprigs of Parsley
- 2 Celery Ribs
- 1/2-1 Lemon
- 2 Granny Smith Apples (Green)
- 1 Cup of Green Grapes
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Kale, Kiwi & Apple Juice

Ingredients

1 Bunch of Kale

3 Kiwis

1-2 Apples (Fuji)

½ - 1in Ginger

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Romiane, Chard & Mint Juice

Ingredients

- 1 Head of Romaine Lettuce
- 1 Small Handful of Mint
- 3 Swiss Chard Leaves
- 1 Lemon
- 2 Apples
- 1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches. Stir in Supergreen powder and serve immediately.

Beetroot, Chard & Apple Juice

Ingredients

1 Beet

1-2 Apples

1 Cucumber

3 Swiss Chard Leaves

10 Parsley Sprigs

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches.
Stir in Supergreen powder and serve immediately.

Kale, Grapefruit & Apple Juice

Ingredients

½ Grapefruit

1 Orange

2 Apples

4 Kale Leaves

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches.
Stir in Supergreen powder and serve immediately.

Cucumber, Apple & Mint Juice

Ingredients

1-2 Apple

2 Cucumber

½ – 1 in Piece of Ginger

1 Small Handful of Mint

1 tsp Living Lean SuperGreen powder

Preparation

Press all ingredients through a juicer in batches.
Stir in Supergreen powder and serve
immediately.