

Reverse it!

WEEKLY MEAL PLAN Interval 1

	BREAKFAST	LUNCH	SNACKS	DINNER
DAY 1	GET ME STARTED 24 OZ	KICK SOME KALE 30 OZ	WATER IN BETWEEN JUICES 16 OZ	THE GREENERY 26 OZ
DAY 2	GET ME STARTED 24 OZ	KICK SOME KALE 30 OZ	WATER BETWEEN JUICES 14 OZ	BRINGING IN THE GREENS 28 OZ
DAY 3	MEAN GREENS 34 OZ	I'M KALE'N IT 30 OZ	WATER BETWEEN JUICES 16 OZ	THE GREEN BEET 16 OZ
DAY 4	CAN'T BE BEET 26 OZ	TOP OF THE BEET 16 OZ	ROMAINE BEET 20 OZ + WATER BETWEEN JUICES 14 OZ	REDICIOUS 20 OZ
DAY 5	RED RUNNER OR POMEGRANATE JUICE 16 OZ	ROMAINE BEET 20 OZ	THE BEET GOES ON 16 OZ + WATER BETWEEN JUICES 16 OZ	CIRCULATION 28 OZ
DAY 6	COVERED BY THE BLOOD 32 OZ	THE GREEN BEET 16 OZ X2	WATER BETWEEN JUICES 12 OZ	ROMAINE BEET 20 OZ
DAY 7	ANTI FLAM 28 OZ	KALE- ABORATION 26 OZ	THE EYE OPENER 16 OZ + WATER 10 OZ	CARROT JUICE 16 OZ

Reverse it!

WEEKLY MEAL PLAN Interval 1

	BREAKFAST	LUNCH	SNACKS	DINNER
DAY 8	CANTELOUPE 24 OZ	ANTI FLAM 28 OZ	WATER IN BETWEEN JUICES 12 OZ	I CARE-OT YOU (A LOT) 16 OZ x 2
DAY 9	CARROT JUICIN' 16 OZ	KALE- ABORATION 26 OZ	CANTELOUPE 24 OZ + WATER BETWEEN JUICES 6 OZ	KALE- ABORATION 26 OZ
DAY 10	JUICE LEFTOVERS	JUICE LEFTOVERS	JUICE LEFTOVERS WITH WATER IN BETWEEN	JUICE LEFTOVER TOTAL LIQUID 64-96 OZ

Use your clean 15 and dirty dozen lists to govern what you buy organically. Alternatively, you will need to wash your fruits and vegetables extremely well to remove pesticides.



DETOX

INTERVAL 1 SHOPPING LIST DAYS 1-3



Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

GREENS

1 bunch of collards
3-4 large spinach clamshells
Fresh kale at least 35 leaves

FRUITS

1 pineapple
10 large cucumbers
6 green apples
4 lemons
4 pears
2 limes
1 red apple
1 orange

ROOTS

at least 7 inches of fresh ginger
13 celery stalks
1 beet
2 large carrots

HERBS

1 bunch fresh basil
1 bunch fresh cilantro
1 bunch fresh mint

MISCELLANEOUS

1 jalapeno pepper



DETOX

INTERVAL 1 GREEN RECIPES DAYS 1-3

Start each morning with fresh water with the juice of 1/2 lemon to get your digestion started

GET ME STARTED

5 c organic spinach
1 large cucumber
2 pears ie Bosc, etc
1 celery stalk
1 large carrot
½ lemon, unpeeled, washed well
1 inch fresh ginger

KICK SOME KALE

1 bunch of kale (4-6 leaves)
2 large cucumbers
½ c fresh pineapple, peeled
Juice of ½ lemon
½ c fresh mint
1 inch fresh ginger, washed, unpeeled

THE GREENERY

5 organic kale leaves
1 large cucumber
5 c organic spinach
1 organic green apple
1 celery stalk
Juice of 1 lime

BRINGING IN THE GREENS

2 c organic spinach
2 c organic kale
1 c collards
2 celery stalks
½ large cucumber
2 organic green apples
½ c fresh mint
juice of ½ fresh lemon
1 inch fresh ginger

MEAN GREENS

4 celery stalks
Juice of 1 lemon
2 large cucumbers
2 organic green apples
2 c organic spinach
½ c fresh basil
½ c fresh cilantro
1 jalapeño pepper (optional , but this is what makes it mean, can also remove seeds)

DETOX



DETOX

INTERVAL 1 GREEN RECIPES DAYS 1-3

Start each morning with fresh water with the juice of 1/2 lemon to get your digestion started

I'M KALE'N IT

- 5 kales leaves
- 1 organic green apple
- 2 celery stalks
- 1 lime, halved
- 1 inch fresh ginger

THE GREEN BEET

- 2-4 kale leaves
- 1 apple
- 1 orange
- 1 c fresh pineapple
- ½ large beet
- 1 celery stalk
- ½ lemon
- 1 inch fresh ginger



CIRCULATION

INTERVAL 1 SHOPPING LIST DAYS 4-6

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

REDS

6 medium beets
3 large beets
5 beet tops
15 purple kale leaves
1 purple cabbage
7 red apples
2 large Roma tomatoes (4 small)
1 clamshell fresh strawberries

ROOTS

19 carrots
fresh ginger (at least 2
inches)
3 heads romaine lettuce
7 celery stalks
1 finger fresh turmeric

FRUITS

4 large cucumbers
1 pineapple
5 lemons
4 oranges

HERBS

1 bunch fresh cilantro

MISCELLANEOUS

1 fresh garlic bulb
cayenne pepper



CIRCULATION

INTERVAL 1 RED RECIPES DAYS 4-6

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

CAN'T BE BEET

**1 medium to large beet
3 medium carrots
3 oranges
2 apples
1 finger of fresh turmeric
1 inch fresh ginger**

TOP OF THE BEET

**5 beet tops
2 large organic fuji or other
organic variety apples
1 lemon, peeled
1 inch fresh ginger**

THE ROMAINE BEET

**1 large beet
5 large carrots
1 head romaine lettuce
1 inch fresh ginger
1 large cucumber**

REDICIOUS

**5 purple kale leaves
4 romaine lettuce leaves
4 large carrots
1 medium beet
2 celery stalks
dash of cayenne pepper**

RED RUNNER

**2 Roma Tomatoes
2 large cucumbers
1 garlic clove
1 c fresh cilantro
dash of cayenne pepper**



CIRCULATION

INTERVAL 1 RED RECIPES DAYS 4-6

Start each morning with fresh water with the juice of 1/2 lemon to get your digestion started

POMEGRANATE JUICE

**4 pomegranates seeds
only**

THE BEET GOES ON

**2 carrots
1/2 large beet or 1 medium
1 inch ginger
1 apple cored, washed and un-
peeled**

CIRCULATION

**1/2 red cabbage
2 organic red apples
1 bunch of purple kale
2 medium beets
juice of 1 lemon**

COVERED BY THE BLOOD

**2 organic red apples
2 c fresh organic
strawberries
4 small or 2 medium beets
2 lemons, peeled
4 stalks of celery
1 inch ginger, unpeeled**

THE GREEN BEET

**2-4 purple kale leaves
1 apple
1 orange
1 c fresh pineapple
1/2 large beet
1 celery stalk
1/2 lemon
1 inch fresh ginger**

Cancer Fighting

INTERVAL 1 SHOPPING LIST DAYS 7-9

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

ORANGES

2 large canteloupe
55 carrots
18 seeded tangerines (where
possible)
8 sweet potatoes
12 seeded oranges (where
possible)

FRUITS

2 large cucumbers
1 lemon
6 lime
2 fuji apples

ROOTS

6 celery stalks
fresh ginger (at least 5
inches)
2 fingers fresh turmeric

LETTUCE

12 kale leaves
1 head romaine lettuce
2 fennel bulbs

MISCELLANEOUS

love

CANCER FIGHTING

INTERVAL 1 ORANGE RECIPES DAYS 7-9

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

ANTIFLAM

4 sweet potatoes
8 medium carrots
2 organic Fuji or Gala
apples
2 large cucumbers
1 inch ginger
½ finger fresh turmeric

THE EYE OPENER

5 large carrots
1 head romaine lettuce
2 oranges

KALE-ABORATION

4 organic kale leaves
4 oranges
6 tangerines
1 fennel bulb
2 celery stalks
Juice of 2 lime
½ inch fresh ginger

CARROT JUICE

1 lb large carrots,
washed
(Save the pulp and freeze it
for raw time)

CANTELOUPE

1 large cantaloupe, peeled
with seeds scooped out

CANCER FIGHTING

INTERVAL 1 ORANGE RECIPES DAYS 7-9

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

I CARE-OT YOU (A LOT)

3 oranges
5 medium carrots
1 inch fresh ginger
1 finger of fresh turmeric

CARROT JUICIN'

15 medium carrots
juice of half lemon
1 inch of ginger

Fight cancer with your full armor especially your sword and shield



Juice Bar

INTERVAL 1 JUICE MIX UP DAY 10

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

IMAGINE

Use your imagination to
make your best juice

CREATE

Be creative

ENJOY

Think of juices to enjoy

TASTE

Ginger and lemons do
wonders for taste

JUICE BAR

