

GREEN JUICE RECIPES (4 Options)

Each recipe yields 16–24 oz depending on juicer.

1. GREEN RESET JUICE (SAVORY)

Ingredients

- 1 cucumber
- 3 celery stalks
- 1 handful spinach or kale
- ½ lemon (peeled)
- ½ green apple (optional)
- Handful parsley
- 1 inch ginger
- 1 tbsp **sea moss gel** or 1 tsp powder



Notes:

Bright, mineral-rich, gentle taste. Diabetes-friendly even with ½ apple.

2. DEEP GREEN DETOX JUICE (SAVORY + BOLD)

Ingredients

- 1 cup kale
- 1 cup spinach
- 1 cucumber
- 2 celery stalks
- 1 small zucchini
- ½ lime (peeled)
- 1 inch turmeric root or ½ tsp powder
- 1 tsp spirulina powder (mix in after juicing)



Notes:

Low sugar, high chlorophyll, excellent for cellular detox and inflammation pathways.

3. SWEET GREEN GLOW JUICE (LIGHTLY SWEET)

Ingredients

- 1 green apple
- ½–1 pear
- 1 cucumber
- 1 cup spinach
- ½ lemon
- 1 tbsp sea moss gel or powder
- 3–4 mint leaves



Notes:

Clean sweetness without spiking blood sugar. Beginner-friendly.

4. PINEAPPLE–CELERY REFRESH (SWEET-SAVORY)

Ingredients

- ½–1 cup pineapple (use ½ cup for low-sweet option)
- 4 celery stalks
- 1 cucumber
- ½ cup spinach or romaine
- 1 inch ginger
- 1 tbsp sea moss gel or powder

Notes:

Excellent digestion support, fresh and bright flavor.

