

ORANGE JUICE RECIPES (Days 7–9)

Clearly labeled for choice and balance.

1. GOLDEN GUT HEALER – Savory

Label: Savory

Focus: Gut lining, immune balance

Ingredients

- 2 carrots
- ½ sweet potato (raw, peeled, juiced carefully)
- 1 cucumber
- ½ lemon
- 1-inch ginger
- 1-inch turmeric



2. CANCER DEFENSE BLEND – Sweet

Label: Sweet

Focus: Carotenoids + immune support

Ingredients

- 1 cup frozen mango (or fresh if available)
- 1 carrot
- 1 cucumber
- ½ lemon

Notes

- Frozen mango is encouraged in winter
- Naturally sweet but balanced



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3. SUNSET BALANCE JUICE – Sweet-Savory

Label: Sweet-Savory

Focus: Liver + antioxidant balance

Ingredients

- ½ cup mango
- 1 carrot
- 1 celery stalk
- ½ cucumber
- ½ lemon
- Pinch turmeric

4. PEACH-CARROT IMMUNITY JUICE – Sweet

Label: Sweet

Focus: Cellular protection

Ingredients

- 1 cup frozen peaches
- 2 carrots
- ½ lemon
- Water as needed

Notes

- Peaches are winter-accessible frozen
- Gentle, comforting flavor

