**Juices**

*SWEET LOVE*

2 pears, 6 kale leaves, 1 cucumber, juice from 1 lemon

*GREEN GLORY*

3 green apples, 1 bunch Swiss chard, 1 cup strawberries, 1 bunch parsley, juice of 1 lemon, 1 bunch cilantro

*COOL CUCUMBER*

1 handful spinach, ½ head romaine lettuce, 1 cucumber, 1 handful parsley, 1 green apple, juice 1 lemon

*CITRUS KISS*

4 kale leaves, 4 romaine leaves, 4 dandelion leaves, 1 orange, 1 cucumber, juice 1 lemon, 1 cup cilantro

*PEAR GINGER BLAST*

3 pears, 6 stalks celery, 1 cucumber, 2” piece of ginger

*APPLE ZING*

1 apple, 1 cucumber, juice 1 lemon, 1” piece ginger, dash cayenne, 2 oz coconut water

*DETOX ELIXIR*

1 cucumber, 3 stalks celery, 1 handful watercress or 3 dandelion leaves, 2 oranges, juice 1 lemon

*FLUSH ME MELON*

1 cup spinach, 1 cucumber, 3 cups watermelon, juice of 1 lemon, 5 mint leaves

*LOVE THE LIVER*

2 cucumbers, 4 stalks celery, 1 handful parsley, 1 handful cilantro, juice of 3 lemons, aloe vera juice

*DIGESTIVE AID*

8 oz coconut water, 2” piece ginger, juice of 1 lemon

*COOL CALM*

20 oz water, 1 cup fresh berries, 1 handful mint, 2 TBS honey

*LYMPH WEIGHT LOSS FLUSH*

20 oz water, 2 cups red clover tea steeped for 1 hour, ½ grapefruit (ruby red best), 2 TBS vitamin C powder or camu camu powder, 2 TBS honey