



Fitness Heights Intl Nutrition Choices: Read Juicing For Life for Juicing Tips

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Pink Morning Tonic

1 Pink Grapefruit peeled (leave white part on) 1 Red Delicious Apple, seeded
Push grapefruit through hopper with apple.

Waldorf Salad

3 green apple, seeded 1 stalk celery
Push apple and celery through hopper

Lunch Potassium Broth: Handful parsley Handful spinach 4-5 carrots, greens removed 2 stalks celery

Dinner: Salad, Steamed vegetables, Brown rice, broiled or baked fish, fruit dessert, herbal tea.

Mid Afternoon Snack: Zippy Spring Tonic Handful dandelion greens (unsprayed) 3 pineapple rings, with skin 3 radishes. Bunch up dandelion greens and push through hopper with pineapple and radishes. Bunch up parsley and spinach leaves, and push through hopper. Dilute your juice with equal water, until you get used to the strength of the drinks..

Night Time Metabolizer...Take this before going to bed - This can go in your Blender. Two Celery stalks, ¼ piece of ginger cut up into small pieces, ⅛ piece of Aloe Vera Leaf (cut off the green part and scoop out the Aloe gel), Bunch of Parsley (take off the Stems), Juice of 1 lemon, ½ Cucumber. Optional - Add a ¼ cup Pineapple and ½ Orange. Mix in a cup of water and blend it all.

Take the 7 Day Challenge - Goals to consume at least 2 to 3 of the Juice options each day including the mandatory Night Time Metabolizer. Drink plenty water throughout the day, minimum 1 gallon. No processed foods, white sugars, no fried foods, no sodas, no candy and no