

MILITARY FIT

48 HOUR JUICE CLEANSE

OPERATION: LEAND & MEAN

INGREDIENTS

GINGER
HEMP SEEDS (OPTIONAL)
CHIA SEEDS
CHLORELLA (OPTIONAL)
SPIRULINA (OPTIONAL)
HONEY
MATCHA GREEN TEA POWDER (OPTIONAL)
APPLE CIDER VINEGAR (OPTIONAL)
FLAX SEEDS

AVOCADO
LIME
LEMON
ORANGE
GREEN APPLES
BLUEBERRIES
BANANA
COCONUT OIL
PECANS
WALNUTS

SPINACH
BROCCOLI
CUCUMBER
KALE
BEETS
MINT



BREAKFAST

LUNCH

DINNER

The Eye-Opener"

1 large ripe banana
1/2 ripe avocado
1/2 apple
A handful of baby spinach
A handful of raw pecans
1/2 cup of almond milk
(unsweetened)
1 tsp of chia seeds

Blend all ingredients together

"Green bomber"

1/2 cup cucumber
1/2 cup parsley
1/2 cup spinach
1 green apple
1/2 lemon
1/2 cup mint
1 T. chlorella
1 T. coconut oil
1 cup water or almond milk

Blend all ingredients together

"Revive"

1 1/2 cucumber
1 cup kale
1/2 green apple
1/2 lime
1 T. chia seeds
1 cup water
1 tbsp hemp seeds
ICE

Blend all ingredients together

"Early Riser"

1/2 green apple
1/2 cup raspberries/
blueberries
1 cup hemp milk or almond
milk
1 T. ground flaxseeds
1 tsp. Spirulina
A handful of kale (optional)
A handful of Walnuts

Blend all ingredients together

"Jibba-Jabba"

1 green apple
1 stalk of celery
10 pieces of parsley
1 big handful of spinach
1 carrot
1/3 of a cucumber
1 avocado
2 tablespoon zero fat yogurt
2 tablespoons apple cider vinegar

Blend all ingredients together

"Man Juice"

2cm fresh turmeric
4 carrots
1cm fresh ginger
1 orange
1/2 lemon
1 stalk chopped celery

Blend all ingredients together

"Beet the day"

1/2 beet
1/2 cucumber
1 stalks celery
1 cup broccoli (frozen)
1 green apple
1/2 cup blueberries
1/2 lime

Blend all ingredients together

DAY 1

DAY 2

OPTION 1

OPTION 2