

CLEANSING JUICE RECIPES:

When I choose the JUICE ONLY cleanse option:

I like to drink green juice for breakfast, veggie juice for lunch and fruit juice for supper. What plan will you discover that you like on your personal cleanse?

VATA:

Needs warming, nourishing tastes: sweet, sour, salty tastes

sweet: banana, mango, peaches, bok choy, chinese cabbage, lettuce

warming: lemon, ginger, pineapple (ripe)

salty: fresh celery, nori or dulse

sour: fresh berries, lemon, citrus fruits

KAPHA:

Needs stimulating tastes: astringent, pungent, bitter.

Add any fresh bean sprouts (mung, chickpea, lentil, etc) to your juices,
pinch cayenne, daikon, radishes

PITTA:

Needs cooling ingredients: bitter, astringent, sweet tastes

limes, cilantro, mint, sweet apples, cucumbers, celery

all bitter greens (avoid spicy greens such as arugula, radish, daikon, mustards)

*GROUND SPICES:

Add ground, powdered spices to your smoothie (or juice).

Vata: ground cinnamon and fennel for sweet taste

Kapha: ground dried ginger and cayenne for pungent taste

Pitta: ground turmeric for bitter taste

Sometimes I use all five spices, in varying amounts OR just one or two

Depending on how I am feeling and which dosha is most out of balance.

Some of my favorite juice combos:

ginger, red radish, gala apple, tatsoi & sorrel, kale

ginger, celery stalks, green apple, arugula, kale

ginger, cuke, bunch mint, green apple, kale, lime

ginger, daikon, arugula, bok choy, kale, chives, carrot tops

carrot, celery, apple, beet, ginger, lemon

carrot, sweet potato, orange, romaine lettuce

bok choy, lemon, ginger, apply, celery, arugula