



5 DAY Juicing Plan

Feel great with this colorful combination of vibrant juicing recipes to fuel 5 days of healthy and nutritious living.

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Master Every Moment[™]

For more juice recipes visit: www.foodthinkers.com.ph

Mean Green Juice (Filipino Style)

Breville PH

Servings/Yield: 4.00 Serving

Ingredients

- 1 cup Camote Tops
- 50 g Celery
- 3 pieces Green Apple
- 2 pieces Cucumber
- 1 piece Lemon
- 28 g Ginger Root
- 1 bundle Malunggay leaves

Procedure

1. Wash all the ingredients well.
2. Peel the lemon.
3. Process all the ingredients using the Breville juicer.
4. Pour into glasses and serve.



Power Juice

Breville PH

Servings/Yield: 1.00 Serving

Ingredients

- 1 piece Chayote
- 5 pieces Kamias
- 2 pieces Sigarilyas
- 0.5 piece Pineapple
- 0.3 piece Squash, local
- 1 piece Turmeric root

Procedure

1. Wash all the ingredients well.
2. Process all the ingredients using the Breville Juicer.
3. Pour into glasses and serve.



Big C Buster Juice

Breville PH

Servings/Yield: 1 cups

Ingredients

- 3 pieces Carrots (local)
- 2 pieces Fuji Apple
- 2 pieces Orange
- 20 g Turmeric, root
- 2 pieces Cucumber

Procedure

1. Pour into glasses and serve.
2. Process all the ingredients using the Breville juicer.
3. Pour into glasses and serve.



E- Booster Juice

Breville PH

Servings/Yield: 2 persons

Ingredients

- 3 pieces Orange
- 1 piece Cucumber
- 0.50 piece Beet Root
- 2 pieces Carrots

Procedure

1. Wash all the ingredients well. Peel the orange and beet root.
2. Process all the ingredients using the Breville juicer.
3. Pour into glasses and serve.



Sunny Burst Juice

Breville PH

Servings/Yield: 2 cups

Ingredients

- 0.50 kg Pineapple
- 125 g Squash, Local
- 2 pieces Cucumber
- 0.3 bundle Camote Tops

Procedure

1. Wash all the ingredients thoroughly. Peel the pineapple and squash.
2. Process all the ingredients using the Breville juicer.
3. Pour into glasses and serve.



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