



# 7 DAY Juicing Plan

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*Feel great with this colorful combination of vibrant juicing recipes to fuel an entire week of healthy living.*

**Breville**<sup>®</sup>  
Master Every Moment<sup>™</sup>

For more juice recipes visit: [www.foodthinkers.com.ph](http://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.





# Tonic Energizer

Breville PH

Servings/Yield: 1.00 Serving

## Ingredients

- 0.5 piece Pineapple
- 0.3 piece Upo
- 1 kg Chayote
- 2 kg Carrots

## Procedure

1. Wash all the ingredients well.
2. Remove the skin of pineapple and bottle gourd.
3. Process all the ingredients using the Breville Juicer.
4. Pour into glasses and serve.







# VV Surprise

Breville PH

Servings/Yield: 4 cups

## Ingredients

- 80 g Pechay
- 500 g Pineapple
- 2 pieces Cucumber
- 30 g Ginger, thumb

## Procedure

1. Wash all the ingredients well. Peel the skin of pineapple.
2. Process all the ingredients using the Breville juicer.
3. Pour into glasses and serve.



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