

# JUICING RECIPES

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### 3-Day Juice Fast Recipe Plan

A juice fast is a short-term cleanse of consuming fresh fruit and vegetable juices while avoiding solid food. This cleanse is often used for detoxification, allowing your body to rid itself of toxins while providing nutrients in a highly bioavailable form. A juice fast is also known for improving digestion, boosting energy, and enhancing skin health.

The purpose of this specific juice fast is to support liver detoxification. The liver is responsible for filtering toxins from the bloodstream, and a juice fast allows it to rest from processing complex foods. The ingredients in this juice — carrots, kale, apples, beets, cucumber, and celery — are all rich in antioxidants, vitamins, and minerals that support liver function and promote detoxification.



### **3-DAY JUICE FAST SCHEDULE**

**YOU WILL BE CONSUMING JUICE FIVE TIMES A DAY AND DRINKING WATER OR HERBAL TEA IN BETWEEN. HERE'S THE SCHEDULE FOR EACH DAY:**

**DAY 1, 2, AND 3:**

**7:00 AM – JUICE 1 (BREAKFAST JUICE)**

**10:00 AM – JUICE 2 (MID-MORNING JUICE)**

**1:00 PM – JUICE 3 (LUNCH JUICE)**

**3:00 PM – JUICE 4 (AFTERNOON JUICE)**

**6:00 PM – JUICE 5 (DINNER JUICE)**

**IN BETWEEN THE JUICES, YOU CAN DRINK WATER OR HERBAL TEA. AIM TO DRINK AT LEAST 8 OZ OF WATER OR TEA BETWEEN JUICE SERVINGS TO STAY HYDRATED.**

# Juice Recipe

For each juice serving, use the following ingredient percentages. You can multiply this base recipe by the number of servings needed each day (around 5).

**65% Carrots**  
**10% Apple**  
**5% Kale**  
**5% Beets**  
**10% Celery-Cucumber Mix**  
**5% Celery**

This will create a balanced, nutrient-dense juice that provides you with vitamins A, C, and K, as well as essential minerals like potassium, calcium, and magnesium. Here's the recipe for one serving:

**Recipe for 1 Serving (approx. 16 oz juice)**

**Carrots (65%): 10 medium-sized carrots (roughly 8 oz / 225g)**

**Apple (10%): 1 medium apple (roughly 4 oz / 115g)**

**Kale (5%): 3 leaves of kale (roughly 1 oz / 30g)**

**Beetroot (5%): 1 small beetroot (roughly 2 oz / 60g)**

**Cucumber (5%): 1/2 cucumber (roughly 3 oz / 85g)**

**Celery (5%): 1 stalk of celery (roughly 2 oz / 60g)**

## **Preparation:**

**Wash all produce thoroughly.  
Peel the carrots and beetroot (optional, depending  
on preference).**

**Core and slice the apple.**

**Chop the kale, cucumber, and celery into smaller  
pieces suitable for juicing.**

**Juice all ingredients in a juicer, starting with the  
carrots, then the apple, kale, beetroot, cucumber,  
and celery**

**Stir the juice well and serve immediately.**

# Shopping List

**This shopping list will cover the full 3-day juice fast. Adjust for the number of servings you plan to make each day: Buy organic.**

**Carrots: 30 medium-sized carrots (roughly 2.5–3 pounds)**

**Apples: 3 medium apples**

**Kale: 1 bunch (about 6–8 leaves)**

**Beetroot: 3 small beetroots**

**Cucumbers: 3 large cucumbers**

**Celery: 1 bunch**

**Optional: Fresh ginger, lemon, or turmeric for added flavor (and additional detox benefits)**

## **Kale (5%)**

**Liver Health:** Kale is packed with sulfur, a key compound involved in liver detoxification. It helps activate detoxifying enzymes and enhances the liver's ability to break down toxins.

**High in Vitamin K:** Vitamin K plays a critical role in blood clotting and bone health, but it also has antioxidant properties that help reduce inflammation in the liver.

**Rich in Chlorophyll:** The chlorophyll in kale supports the detoxification process by helping the liver neutralize toxins and remove them from the bloodstream.

## **Beetroot (5%)**

**Supports Liver Detox:** Beets contain betaine, a compound that supports liver function by helping the liver detoxify and reduce the buildup of fatty liver.

**Improves Digestion:** The high fiber content in beets aids digestion and helps eliminate waste from the digestive system.

**Antioxidants:** Beets are rich in antioxidants, especially betalains, which protect cells from oxidative damage and support overall liver health



# Benefits of a Juice Fast for Detoxing the Liver

The liver plays a central role in detoxifying the body by filtering out harmful substances and metabolizing nutrients. A juice fast with the right ingredients can support the liver in several ways:

**Antioxidant Boost:** The juice includes antioxidants from carrots (beta-carotene), kale (vitamin C, flavonoids), apples, and beets. These help protect liver cells from oxidative stress.

**Liver Enzyme Activation:** Beets and apples contain compounds that may enhance liver enzyme production, helping the liver break down toxins more efficiently.

### **Digestive Rest:**

Since juices are easy to digest and require minimal digestion effort, your digestive system gets a break, allowing the liver to focus on detoxification.

### **Anti-inflammatory Effects:**

The anti-inflammatory compounds in kale and beets can help reduce inflammation in the liver and other organs.

### **Hydration:**

The juice, along with water and herbal teas, helps keep you hydrated, which is crucial for the liver's detoxifying processes.

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### **Nutrient-rich:**

The juice provides the liver with the vitamins and minerals needed for optimal functioning, such as vitamin C, potassium, and magnesium.

# Health Benefits of Each Ingredient

## Carrots (65%)

**Rich in Beta-Carotene:** Carrots are loaded with beta-carotene, which is converted into vitamin A in the body. This vitamin supports liver function and detoxification by helping the liver process toxins.

**Boosts Immunity:** The high vitamin A content also promotes healthy skin and supports the immune system, which is essential during detox.

**Antioxidant-Rich:** Carrots contain antioxidants that help protect liver cells from damage caused by oxidative stress, making it easier for the liver to detoxify.

## **Apple (10%)**

**Supports Digestion:** Apples are high in soluble fiber (pectin), which helps with digestion and supports the gut during detoxification by binding to toxins and flushing them out of the body.

**Liver Detox:** Apples contain malic acid, which has been shown to help cleanse the liver and improve its ability to detoxify the body.

**Rich in Vitamin C:** Vitamin C boosts immunity and supports collagen production, keeping skin and tissues healthy.

## **Cucumber (5%)**

**Hydrating:** Cucumbers have a high water content, which helps to keep the body hydrated and aids the kidneys and liver in flushing out toxins.

**Anti-Inflammatory:** Cucumbers contain antioxidants and anti-inflammatory compounds that help soothe the body and reduce any inflammation that may be occurring during the detox process.

**Supports Skin Health:** The hydration and antioxidants in cucumber help improve skin appearance, making it clearer and more radiant.

## **Celery (5%)**

**Hydration:** Like cucumbers, celery is made up mostly of water, which helps keep the body hydrated during the juice fast, supporting liver and kidney detoxification.

**Liver Detoxification:** Celery contains compounds like flavonoids and antioxidants that help the liver break down and flush out toxins.

**Rich in Electrolytes:** Celery provides a good source of potassium and sodium, which help balance hydration levels and maintain the body's electrolyte balance during the fast.

**Benefits of a Juice Fast for Detoxing the Liver**  
A juice fast gives your liver essential nutrients while giving it a break from the heavy workload of processing solid foods. Here's how this juice fast supports liver detox:

**Antioxidant and Anti-Inflammatory Support:** Ingredients like carrots, kale, beets, and apples are rich in antioxidants and anti-inflammatory compounds that help reduce oxidative stress and inflammation in the liver, allowing it to perform better.

**Hydration for Detox:** Hydration plays a crucial role in detoxification. The high-water content in cucumbers, celery, and apples helps flush out toxins, promoting optimal liver function.



**Liver Enzyme Activation:** Certain compounds found in the beets, kale, and celery may activate liver enzymes that support detoxification, allowing the liver to process and eliminate toxins more efficiently.

**Easier Digestion:** The juice allows your digestive system to rest from heavy foods, so the liver can focus its energy on cleansing the body.

**Digestive Health:** Fiber from apples, beets, and carrots supports digestion, reducing the liver's burden by encouraging the movement of waste and toxins out of the system.



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## CONCLUSION

This 3-day juice fast is designed to help detoxify the liver and support your overall health. Each juice ingredient has unique properties that promote liver function, reduce inflammation, improve digestion, and boost hydration. By drinking nutrient-dense juices throughout the day, you'll give your body a chance to cleanse, recharge, and replenish essential nutrients. After completing the fast, consider transitioning back to a whole-foods-based diet to continue supporting liver health.